



BREAST CANCER UPDATE

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**Eating More Fiber When Younger May
Help Reduce Future Breast Cancer Risk**

Women who eat more high-fiber foods during adolescence and young adulthood, especially lots of fruits and vegetables, may have significantly lower breast cancer risk than those who eat less fiber when young, according to a recent Harvard University study.

“This work on the role of nutrition in early life and breast cancer incidence suggests one of the very few potentially modifiable risk factors for premenopausal breast cancer,” said Maryam Farvid, lead author of the study.

In 1991, the researchers began studying 90,534 women ages 27 to 44. The women filled out questionnaires about their food intake every four years. They also complet-

ed a questionnaire about their diet during high school.

Breast cancer risk was 12 to 19% lower among women who ate more dietary fiber in early adulthood, depending on how much more they ate. High intake of fiber during adolescence was also associated with 16% lower risk of overall breast cancer and 24% lower risk of breast cancer before menopause. Among all the women, there was a strong inverse association between fiber intake and breast cancer incidence.

Source: T.H. Chan School of Public Health at Harvard University



Bad Breath?

Take Charge

Many factors can cause bad breath, including underlying medical conditions, foods we eat, oral-hygiene habits, dry mouth and tobacco use. Your dentist can help determine the cause. There are some basic steps that can help you control bad breath:

- See your dentist regularly for an exam and a professional cleaning.
- Keep up with your daily oral hygiene. Floss daily and brush twice daily. (Don't forget to brush your tongue, too.) You may want to add a mouthwash to help flush



away debris and to freshen breath.

- If you smoke, stop.

Source: American Dental Association

Diaper Rash

Keep Your Baby Comfy and Happy

Diaper rash can be caused by irritation from stool or urine; friction from diapers; yeast infection; or an allergic reaction to soap, laundry detergent, fabric softener, baby wipes or lotions. In many cases, it can be prevented. Try these tips:

- Change the diaper as soon as it's wet or soiled.
- Allow your baby's skin to dry completely before putting on another diaper.
- Secure diapers loosely to allow airflow.

- Wash your hands before and after changing diapers to prevent spreading germs that could cause infections.

- Some babies get rashes often. You can apply a barrier ointment to help prevent irritation. Products containing zinc oxide (such as Desitin) or petroleum (such as Vaseline) are good choices.

- Don't use powders, such as cornstarch or baby powder.

Source: American Academy of Family Physicians

Plan Now for End-of-Year Healthcare Decisions

Review FSA, Medicare Choices

Welcome, October! It's time to make sure you're using up the dollars you've stashed in your 2017 Flexible Spending Account (FSA). Although employer plans vary, FSA expenses generally must occur no later than December 31. Schedule doctor visits before the end-of-year rush. Remember, too, that your FSA dollars can be used for prescription medications plus over-the-counter medications with a prescription.

Is it time to think about enrolling in Medicare (or changing coverage during this period)? The first time you can enroll is

called your initial enrollment period. This period usually begins three months before the month you turn 65. Different parts of Medicare help cover specific services. Medicare Part A (hospital insurance) covers inpatient hospital stays, care in a skilled nursing facility, hospice care and some home-healthcare. Medicare Part B (medical insurance) covers certain doctors' services, outpatient care, medical supplies and preventive services. Visit www.medicare.gov for details.

Sources: HealthCare.gov; Medicare.gov





Rx Gourmet

Your Prescription for Healthy Eating
Heart Healthy, Diabetes Friendly — and Delicious!

Spinach Salad with Bacon Vinaigrette

Serves 4

This easy salad can be dressed up or down, depending on what else you're serving. To make it a main-dish salad, add your choice of additional veggies, chopped boiled eggs, fruits, cheeses and/or nuts. The sweet-and-sour vinaigrette, with a touch of bacon (1/2 slice per serving; just enough to flavor the vinaigrette), really lends itself to either savory or sweet additions. Let your imagination and your family's personal tastes dictate what you add.

Ingredients:

2 center-cut uncured bacon slices
1 1/2 tablespoons cider vinegar
1 1/2 teaspoons brown sugar
1 1/2 teaspoons Dijon mustard
1/8 teaspoon freshly ground black pepper
Dash of kosher salt
6 cups washed fresh spinach

Optional savory add-ons: Feta cheese, blue cheese, parmesan cheese, red bell pepper, red onion, chopped boiled eggs, cubed avocado

Optional fruit add-ons: Pineapple chunks, blueberries, strawberries, dried sweet cherries, thin apple or pear slices, mango, papaya, blackberries, dried cranberries, raisins

Optional nut add-ons: Toasted walnuts, almonds, pecans, pine nuts, pistachios



Cook bacon until crisp. Remove bacon from pan; crumble.

Add vinegar, brown sugar, Dijon mustard, pepper and salt to drippings in pan, stirring with a whisk. Stir in bacon. Drizzle over spinach and toss. Add other ingredients as desired.

Per Serving (does not include any optional additions): 79 Calories; 7g Fat (73.5% calories from fat); 2g Saturated Fat; 2g Protein; 3g Carbohydrate; 1g Dietary Fiber; 8mg Cholesterol; 142mg Sodium. Exchanges: 0 Lean Meat; 1/2 Vegetable; 1 Fat; 0 Other Carbohydrates.

Recipe courtesy of LowFatLifestyle.com. Visit them on the web for more free recipes and healthy-cooking tips.



October Is "Talk about Prescriptions" Month

Your Doctor and Pharmacist Are Here to Help

Your doctor and pharmacist are your partners in protecting your health. Part of their job is to provide patient education. When you get a new prescription, be sure to ask the following questions:

- What is the name of the medicine and what is it supposed to do?
- Is there a less-expensive alternative?
- How and when do I take the medicine and for how long?
- Should I take it with water or food?
- What should I do if I miss a dose?
- How do I time my doses? (For example, does "four times a day" mean I have to take it in the middle of the night?)
- What does "as needed" mean?
- Are there any other special instructions, such as where to store the medication?
- What (if any) foods, drinks, other medicines, dietary supplements or activities should I avoid while taking this medicine?
- Will any tests or monitoring be required while I am taking this medicine? Do I need to report back to the doctor?
- What are the possible side effects and what do I do if they occur?
- When should I expect the medicine to start working and how will I know if it is working?

Source: U.S. Food and Drug Administration

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What Is Respiratory Syncytial Virus?

Know the Signs and Protect Your Child

Respiratory syncytial virus (RSV) infects the nose, throat and air passages of the lungs. Almost all children have had an RSV infection by the time they reach preschool. RSV is carried on secretions and it's easy to catch. It generally causes only cold-like symptoms in adults and older children. The first signs of infection are usually a runny nose and red throat. Over the next couple of days, the child becomes sicker with a cough, wheezing and sometimes a low-grade fever or an ear infection. There may be nasal drainage.

Most children get better by themselves. Some babies and young children (and some adults over age 65) will get sicker. This can happen quickly. Contact your doctor if your infant or child has breathing that becomes faster (more than 40 to 60 breaths/minute), has trouble breathing or has irritability/restlessness. If your infant or child has breathing pauses of 10 to 15 seconds or longer, seek emergency help.

Source: University of Michigan C.S. Mott Children's Hospital

DID YOU KNOW?



Vitamin C

Vitamin C is needed to maintain healthy body tissues and the immune system. It helps the body absorb iron from food. Not getting enough vitamin C may lead to anemia, bleeding gums, infections and poor wound healing. Fortunately, vitamin C is found in many foods, and deficiency is rare. Contrary to popular opinion, taking vitamin C supplements does not prevent colds. However, some studies have shown that taking vitamin C supplements may help decrease the duration of a cold.

Source: University of Florida Extension