

Wellness Wednesday's ~ Pearl ~ October's Health Focus: Breast & Prostate Health

Issue: October 2, 2013

~ FOOD FOR THOUGHT ~

No single food can reduce your risk of cancer, but the right combination of foods may help make a difference. At mealtimes, strike a balance of at least two-thirds plant-based foods and no more than one-third animal protein. This "New American Plate" is an important cancer fighting tool, according to the American Institute for Cancer Research. A cancer-conscious diet may be the best choice to bolster health and lower your risk factors. That means eating a diet rich in color, limiting proc-

essed foods & alcohol.

Can Prostate Cancer be Found Early?

Screening tests are available to find prostate cancer early, but current guidelines don't call for routine testing in men at any age. *Talk to your health care provider.* The American Cancer Society advises men to talk with a doctor about screening tests, beginning at:
* 50 for average risk men; * 45 for men at high risk; * 40 for men with more than one first degree relative diagnosed at an early age.
(Source: WEBMD)

Tips for Healthy Lifestyle Choices for Women:

Maintain a Healthy Weight Gaining weight after menopause increases the risk of breast cancer. If you have gained weight, losing weight may lower your risk of breast cancer.
Add Exercise to your routine. Exercise lowers estrogen levels, lowers insulin levels & boosts immune system cells that attack tumors.
Limit alcohol intake. The more alcohol you drink, the higher your risk of developing breast cancer. Need advice? Contact your health care provider.
(Source: www.komen.org)

What's Happening?

Pink & Blue Day! 10-17-13

Weekly WC Classes:

Check our website calendar for news on our Tai Chi, Yoga, & MBSR (stress reduction) classes.

- ☺ The **Wellness Center** is open to benefit eligible employees, spouses and retirees. You can download an application on our website, or call the WC at 465-1087. A brief Gym orientation is required prior to use of the gym. **GET YOUR MOVE ON PEOPLE!**
- ☺ The **CMC Freeholder Board** sponsored drive-through flu clinic will be held on **Sunday October 6th** from 8am-1pm at Kindle Ford Autoplaza. For more information call 463-6581 or go to www.cmchealth.net.



CHN&RC staff supported Pink/Blue Day Oct 23, 2012



How about this one -

"If you have everything under control, you're not moving fast enough" Mario Andretti

Have a Healthy Living or Fitness Tip to share in the Newsletter?

Send an email to:

CMCWellness@co.cape-may.nj.us

Visit the Wellness Website at:
www.CMCWellness.org

NEWS FLASH! Our **SECOND ANNUAL PINK & BLUE DAY** will be on **Thursday October 17th!** Wear **PINK** and/or **BLUE** (or both!) to help raise awareness for breast and prostate cancer. Send your group photos to the Wellness Division so we can share. Want to really feel good about it? Have a benefit luncheon or pass the envelope in your office to donate to the charity of your choice.