



This workplace has been recognized by the American Heart Association for meeting criteria for employee wellness.

WELLNESS NEWSLETTER

October: Prostate/Breast Health Awareness

DIABETES SEMINAR: "Taking Control" on 10/22 1PM at CHNRC. Call 465-1260 to register.

5th ANNUAL BREAST CANCER WALK at the Park on 10/12 @12:30 Issue: October 1, 2014

PROSTATE CANCER & HEREDITY -

Prostate cancer is a worry for all men, regardless of their family history. But only 3 of every 100 American men will die from the disease. The impact of family history is greatest when close relatives have the disease, when multiple relatives have been afflicted, & when the disease has been diagnosed at an early age. Men with a hereditary predisposition should discuss rou-

tine monitoring of their PSA level with their physician. They may also decide to change their lifestyles in ways that may prevent an inherited prostate cancer gene from doing its work. Nutrition is a crucial element: reducing saturated fat is the most important preventive measure. There is also good evidence to support the benefit of high intake of tomatoes & other vegetables. Discuss your risks, supplements and dietary changes with your

health care provider. (Ref: Health.Harvard.edu/men)

BREAST HEALTH -

One in 8 women will get breast cancer. A woman should work closely with her clinician to determine her personal risk for breast cancer and plan screenings, office visits, and preventive care accordingly. Online resources can be useful tools. Visit these links for more information: www.cancer.gov/bcrisktool www.diseaseriskindex.harvard.edu (Ref: ACS; Health.Harvard.edu/women)

What's Happening?

PINK & BLUE DAY is on **FRIDAY 10/24** Let's show our support for those among us who are dealing with breast or prostate cancer. Please wear pink and/or blue on 10/24 & send your group office photos to the Wellness Division to show that we care!



RUTGERS COOPERATIVE EXTENSION – FRIDAY 10/10 – 11AM TO 3 PM. See flyer or wellness website calendar for more details on this celebration of **REAL FOOD.** Questions: call 465-5115



Vegetarian Awareness Month

October is Vegetarian Awareness Month

No one diet is right for everyone; and the decision to eat meat is a personal one. Plant based diets, low in saturated fats and processed foods, high in whole grains and leafy vegetables, help maintain a health weight. Proteins such as lentils, beans, peas, nuts and soy are also considered more nutritious than processed or red meat.

If eating vegetarian is not for you, just consider your options to decrease consumption of processed food and red meat. Studies show that cutting back on animal protein can lessen your risk of heart disease, cancer, obesity and diabetes. *So make that effort!* **Cardiovascular disease is the leading cause of death in the U.S.— killing 1 million Americans annually. Eat healthy ... Don't be a statistic!**



What's New This Month?

"LIFE WELLNESS" classes will be offered by CAPE ASSIST during Oct. The topic focus will include dealing with work and life stressors. Please notify your Supervisor for approval on attending this class. Check the wellness website calendar to register & for more info. Limited class size—classes will only be held this month.

'Life isn't about waiting for the storm to pass, it's learning to dance in the rain.'

