



## FIVE WAYS TO INTEGRATE CANCER AWARENESS INTO YOUR WORK ENVIRONMENT

BY: WELLWORKS FOR YOU

Be a leader in your workplace. Organize an event, promote pink, and think about ways you can raise awareness about cancer this month (and every month).

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### QUICK TIP

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## EARLY DETECTION AND TREATMENT

According to the American Cancer Society, the cancer death rate has dropped by 26% as of 2015. This decline is largely attributed to early detection and treatment, in addition to a significant drop in the population of smokers in the U.S.

October is National Breast Cancer Awareness month, reminding us that one out of eight women in the U.S. will develop breast cancer. You don't have to confine awareness of cancer to October only. With an estimated 1,735,350 new cancer cases being projected in 2018, every month is an appropriate month to spread the word.

### DESIGNATED COLOR DAY

Many people know that pink is the designated ribbon color for breast cancer awareness, but did you know that blue is the color for colon cancer; green is for gallbladder cancer; orange is for leukemia and kidney cancer; and orchid is for testicular cancer? Work with your HR department to designate a day in which employees can wear a color to represent cancer awareness for someone they have known who has been affected by cancer.

### WALK AND TALK

Organize an office walk with strategically posted signs along the walking route with statistics and discussion-provoking statements to promote cancer awareness, such as: "The importance of women between the ages of 40 and 49 scheduling regular mammograms" and "42-percent of new cancer cases in the U.S. are potentially avoidable."

### LUNCH AND LEARN

Facilitate a lunch and learn by seeking an expert to speak about the relationship between diet and cancer prevention. Serve a healthy recipe as recommended by the American Cancer Society.

### ONSITE CANCER SCREENINGS

Find out from your HR department if you can help organize an onsite cancer

screening event. If onsite isn't an option, see if you can get the approval to send out a company-wide email educating individuals on how and where they can seek cancer screening options offsite.

### TEAM BUILDING OUTING

Typically, national and local nonprofits sponsor marathons, activities, and events to help bring awareness of certain types of cancer, such as Susan G. Komen for breast cancer awareness. Help organize a team-building event associated with a nonprofit or charity in which co-workers can participate together.

*Source: Wellworks For You*

# FEATURED RECIPE:

## AUTUMN CHICKEN STEW

Serves: 6

### INGREDIENTS

- 5 teaspoons extra-virgin olive oil, divided
- 1 pound chicken tenders, cut into bite-size pieces
- 1 large onion, chopped
- 4 medium parsnips, peeled and chopped
- 2 medium carrots, peeled and chopped
- 2 teaspoons chopped fresh rosemary or ½ teaspoon dried
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 4 cups reduced-sodium chicken broth
- 2 Granny Smith apples, peeled and chopped
- 2 teaspoons cider vinegar

### DIRECTIONS

- Heat 2 teaspoons oil in a Dutch oven over medium heat. Add chicken and cook, stirring occasionally, until just cooked through, 3 to 5 minutes. Transfer to a plate.
- Add the remaining 3 teaspoons oil to the pot. Add onion, parsnips, carrots, rosemary, salt, and pepper and cook, stirring often, until the vegetables begin to soften, 3 to 5 minutes. Add broth and apples; bring to a simmer over high heat. Reduce heat to maintain a simmer and cook, stirring often, until the vegetables are tender, 8 to 10 minutes. Return the chicken to the pot and stir in vinegar.

### NUTRITION

Serving Size: 1 ½ cups

Per serving: 208 calories; 6 g fat (1 g sat); 4 g fiber; 21 g carbohydrates; 19 g protein; 48 mcg folate; 42 mg cholesterol; 10 g sugars; 0 g added sugars; 3,420 IU vitamin A; 14 mg vitamin C; 45 mg calcium; 1 mg iron; 621 mg sodium; 631 mg potassium

Source: <http://www.eatingwell.com/recipe/252657/autumn-chicken-stew/>



## MONTHLY DRAWING



Please e-mail [info@wellworksforyou.com](mailto:info@wellworksforyou.com) with your response to be placed in a drawing to possibly win a \$25.00 Wellworks For You Visa Reward Card. If you wish to be placed in the drawing, your answer must be submitted to Wellworks For You by the last day of the month.

**How will you promote cancer awareness in your workplace?**

OCTOBER 2018

# HEALTH OBSERVANCE

## NATIONAL DENTAL HYGIENE MONTH OCTOBER 1 - OCTOBER 31

October is National Dental Hygiene Month, a month in which we raise awareness on the importance of good oral health.

Do not neglect the health of your mouth. Oral issues, such as canker sores, tooth decay, gum disease, and bad breath can all be treatable, and in most cases preventable, with proper care. Without consistent, preventative maintenance, you are opening yourself up to chronic oral issues, including decay and infections.

### FOLLOW THESE SIMPLE TIPS TO STAY ON TOP OF YOUR ORAL HEALTH ON A DAILY BASIS:

- Brush your teeth at least twice a day for two minutes with a soft-bristled brush
- Use fluoride toothpaste
- Brush your tongue to remove bacteria and keep breath fresh
- Clean between your teeth (floss) daily
- Use mouth rinse to eliminate biofilm and bacteria that brushing and flossing cannot
- Limit sugary beverages and snacks
- Make regular, preventative cleaning appointments with your dentist

### DID YOU KNOW?

Even though regular dental examinations and good oral hygiene can **prevent** most dental disease, approximately 100 million Americans fail to schedule yearly dental exams. Do not wait until you have an issue, make an appointment for **regular dental visits** as they can contribute to a lifetime of good oral health.

Source: Wellworks For You, Colgate, and ADA

