

# CMMHC WELLNESS BULLETIN

October 2018

## October is Breast Cancer Awareness Month

As many know October is Breast Cancer Awareness Month. What many people may not be aware of is that Breast Cancer affects both men and women. According to the Centers for Disease Control and Prevention not counting some kinds of skin cancer, breast cancer in the United States is —

- The most common cancer in women, no matter your race or ethnicity.
- The most common cause of death from cancer among Hispanic women.
- The second most common cause of death from cancer among White, Black, Asian/Pacific Islander, and American Indian/Alaska Native women.

Source: <https://www.cdc.gov/cancer/breast/statistics/index.htm>

There are some key statistics for breast cancer in men that are important to recognize as well. According to the American Cancer Society, estimates for breast cancer in men in the United States for 2018 are:

- About 2,550 new cases of invasive breast cancer will be diagnosed
  - About 480 men will die from breast cancer

For men, the lifetime risk of getting breast cancer is about 1 in 833.

Source: <https://www.cancer.org/cancer/breast-cancer-in-men/about/key-statistics.html>

The American Cancer Society has put together a wide range of statistics and information not only for Breast Cancer but other forms of Cancer as well. Additional information and resources can be found at:

- Center for Disease Control: <https://www.cdc.gov/cancer/>
- National Institutes of Health: <https://www.nih.gov/>
- National Cancer Institute: <https://www.cancer.gov/>
- American Cancer Society: <https://www.cancer.org/>



## Local Resources

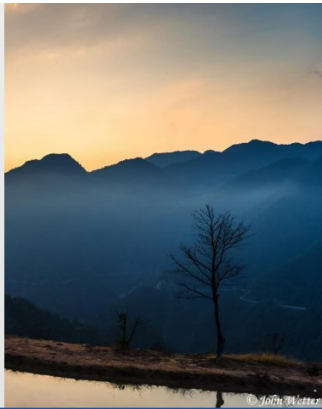
- Wigs for Women: <https://wigsforwomenwithcancer.com/>
- American Cancer Society—Minnesota: <https://www.cancer.org/about-us/local/minnesota.html>
- Susan G. Komen of MN: [http://www.komenminnesota.org/understanding\\_breast\\_cancer/local\\_resources/minnesota\\_cancer\\_resources.htm](http://www.komenminnesota.org/understanding_breast_cancer/local_resources/minnesota_cancer_resources.htm)



## Fall Weather Safety Fog

Driving in Fog:

- Slow down when you encounter fog.
- Use your low beam headlights.
- Do not change lanes or pass other vehicles unless absolutely necessary.
- If you must pull off on the side of the road, turn off your lights and use your parking break to avoid being hit by cars who may not realize you've pulled over.

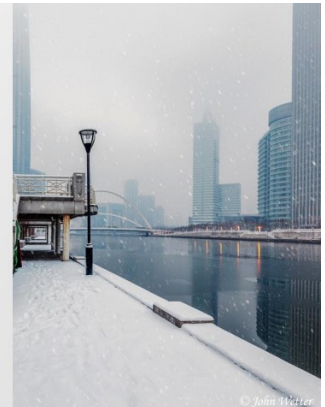


[weather.gov/safety](http://weather.gov/safety)

## Fall Weather Safety Winter Weather

Freezing Rain/Sleet:

- Make sure your trees are trimmed and away from power lines.
- Have an emergency kit in case the power goes out.
- Avoid driving. If you must drive, drive slowly and give extra space to the cars in front of you.
- The NWS will issue a Winter Weather Advisory or an Ice Storm Warning.



[weather.gov/safety](http://weather.gov/safety)

## Fall Weather Safety Winter Weather

Be Prepared for Early Season Winter Storms:

- Winterize your car with snow tires and a winter driving safety kit.
- Restock your emergency kit with extra batteries, enough food, etc.
- If you have a generator, make sure it is in working order and review safety. NEVER run a generator in an enclosed space such as a garage.



[weather.gov/safety](http://weather.gov/safety)

### Annual Wellness Visits

A friendly reminder to schedule your annual wellness visit, if you have not already had one this year.

These visits are covered 100% by insurance carriers.

Call your provider today to schedule.



## Fall Recipe

### Apple Pumpkin Muffins

Yields: 1-1/2 dozen

Cook Time: Prep: 15min Bake: 30min + cooling

#### Ingredients

- \* 2-1/2 cups all purpose flour
- \* 2 cups sugar
- \* 1 teaspoon baking soda
- \* 1 teaspoon ground cinnamon
- \* 1/2 teaspoon ground ginger
- \* 1/2 teaspoon salt
- \* 1/4 teaspoon ground nutmeg
- \* 2 eggs
- \* 1 can canned pumpkin
- \* 1/2 cup vegetable oil
- \* 2 cups finely chopped peeled tart apples



<https://www.tasteofhome.com/recipes/apple-pumpkin-muffins/>

#### Directions

1. In a large bowl, combine the first seven ingredients. In a small bowl, combine eggs, pumpkin and oil; stir into dry ingredients just until moistened. Fold in apples. Fill greased or paper-lined muffin cups two-thirds full. Bake at 350° for 30-35 minutes or until muffins test done. Cool for 10 minutes before removing from pan.

UPCOMING  
EVENTS★

- Social Justice Perspective in Honoring Differences and Understanding Similarities—St. Cloud Tuscan Ballroom in the Midtown Square Mall—October 25th

#### CMMHC's Wellness Committee Mission Statement:

It is the mission of the CMMHC Wellness Committee to promote the health and wellness of staff through education and initiatives that:

- Encourage habits of Wellness
- Increase awareness of factors and resources contributing to well-being
- Inspire and empower individuals to take responsibility for their own health.
- Support a sense of community

*Brought to you by your*

Central Minnesota Mental Health Center Wellness  
Committee

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