



FALL FLU CLINICS

It is not too late to schedule a flu clinic at your office. As little as 10 people up to hundreds can be accommodated. Call for more information.
Read more about preventing the Flu at Work

HEALTH OBSERVANCE CALENDAR HIGHLIGHTS

- 1 OCT 27TH. LUNG HEALTH DAY
- 2 OCT. 22 NATIONAL MAMMOGRAPHY DAY NATIONAL BREAST CANCER AWARENESS MONTH
- 3 PREVENTING FLU AT WORK
- 4 TALK ABOUT PRESCRIPTIONS MONTH
- 5 RECIPE OF THE MONTH

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1 LUNG HEALTH

Celebrate Lung Health Day with a Life-Saving Test

A simple test that can identify lung problems in their earliest and most treatable stages, especially in smokers and those affected by second-hand smoke.

Spirometry is a simple breathing test that measures airflow through the lungs.

Lung Function testing can be performed quickly and

easily. The test requires the participant to take a deep breath, then blow out through a mouthpiece as fast and hard as possible for six seconds.

“Test Your Lungs – Know Your Numbers!”

COPD is a lung disease that makes it hard to breathe. It is caused by damage to the lungs over many years, usually from smoking.

The Forced Expiratory Volume (FEV1) measures

the volume of air that is exhaled in the first second. Abnormal results mean air is not getting through as well as it should and could indicate the presence of lung disease.

Abnormal spirometry is more likely in people who smoke and people exposed to second-hand smoke, than people who don't. Quitting smoking is vital for anyone with abnormal results.

Call to set up a LUNG FUNCTION screening.

2 BREAST CANCER AWARENESS

National Mammography Day is October 22nd, and it's a day where the American Cancer Society reminds all women to get their appropriate screenings. Yearly mammograms can help save lives because they often show breast changes that may be cancer even before physical symptoms develop. By following the American Cancer Society's breast cancer screening guidelines, you or important women in your life can find breast cancer early.

The American Cancer Society's current breast cancer screening guidelines are: Yearly mammograms should begin at age 40 and continue for as long as a woman is in good health.

A clinical breast exam should be part of a periodic health exam – about every three years for women in their 20s and 30s and every year for women age 40 and older.

Women should know how their breasts normally look

and feel and report any breast changes to a health care provider right away. Breast self-examination (BSE) is an option for women starting in their 20s.

For a free email reminder to schedule your yearly mammogram, go to cancer.org/MammogramR reminder



HEART SCREEN EVENTS RELATING TO THESE HEALTH ISSUES

1 LUNG FUNCTION
SCREENING

2 BREAST DISPLAYS
AND SPEAKER ON
BREAST HEALTH

3 HOST A FLU
CLINIC

4 INVITE A
PHARMACIST FOR A
WORKSHOP ON
PRESCRIPTIONS

5 HOST A
NUTRITION
WORKSHOP or a
LUNCH 'N' LEARN

3 PREVENTING FLU AT WORK

It is as easy as counting to five...

- ★ Cover your mouth and nose when you sneeze or cough
- ★ Clean your hands often.
- ★ Don't greet others with a handshake.
- ★ Stay home when you are sick.
- ★ Avoid touching your eyes, nose and mouth.



4 PRESCRIPTIONS 101

Drugs don't work in patients who don't take them!"

– Former US Surgeon General C.
Everett Koop

When taken correctly, prescription and nonprescription (over-the-counter) medicines can go a long way to help relieve symptoms, fight certain infections and even improve the functioning and quality of life of those with common chronic

illnesses such as heart disease, diabetes or depression.

But, when they are misused or taken without a prescription, the consequences can be devastating and even deadly.

Health risk factors often can be controlled with medication, such as blood pressure, cholesterol and

diabetes. Not taking medications for a variety of reason often keeps individuals from reaching control of these life-threatening illnesses.

Prescription drugs are only safe to use at the dose they've been prescribed *for you* by a doctor who knows *your health*

5 RECIPE OF THE MONTH: Vegetarian Skillet

Ingredients:

- 1 15 oz can stewed tomatoes
- 1 15 oz can black beans, rinsed and drained
- 2 cups mixed fresh veggies (or 2 cups frozen)
- 1 cup water
- 3/4 cup instant brown rice
- 1/2 t thyme
- 1 15 oz can healthy tomato soup (or a low-sodium, low fat tomato soup)
- 1/3 cup slivered almonds
- 1/2 cup light cheddar cheese, shredded



Directions:

1. Combine tomatoes, beans, vegetables, water, uncooked rice and thyme in large skillet.
2. Bring to a boil and then reduce heat
3. Cover and simmer about 15 minutes, stirring occasionally
4. Add tomato soup and almonds
5. Stir and simmer an additional 3 minutes
6. Sprinkle with cheese and serve

Analysis: 4 servings: 354 calories, 10g fat, 19g protein, 5g carbs

