



IN THIS ISSUE

Breast Cancer Awareness Month

Additional Resources

Upcoming Wise & Well Webinar – Register Now

Monthly Moves

Horse Stance

Recipe

Chicken Stir-Fry

Wise & Well

Welcome to the Wise & Well Newsletter, where we promote whole-person well-being each month and highlight health-related topics to help you be your best.



Breast Cancer Awareness

As October ushers in the crisp autumn air, it also heralds a month dedicated to a crucial cause: Breast Cancer Awareness. This annual campaign serves as a powerful reminder of the importance of education, early detection and support in the fight against breast cancer. With that in mind, we'll explore the prevalence of breast cancer, discuss prevention strategies and highlight the significance of Breast Cancer Awareness Month.

The Scope: Breast Cancer Prevalence

In the United States, breast cancer ranks as the most frequently diagnosed cancer in women, second only to various skin cancers. The impact of this disease is substantial, with breast cancer accounting for roughly one-third of all new cancer diagnoses in women annually. In 2024, medical experts project that invasive breast cancer will affect approximately 310,720 women and 2,800 men across the nation.

While these figures underscore the widespread nature of breast cancer and the critical need for awareness and proactive health measures, it's important to note that breast cancer doesn't discriminate. It spares no one, affecting people of all ages, ethnicities and backgrounds. However, certain factors can increase risk, including age, family history and mutations in specific genes, such as the tumor suppressors BRCA1 and BRCA2, which repair DNA and keep other genes healthy.

Thanks to advancements in early detection and treatment, survival rates for breast cancer have improved significantly over the past few decades. The five-year relative survival rate for women with non-metastatic invasive breast cancer is 90%, and if the cancer is localized in the breast, this rate increases to 99%. These encouraging figures really drive home the importance of early detection and prompt treatment, underscoring why awareness campaigns and regular screenings play such a crucial role in combating this disease.

The First Line of Defense: Prevention and Early Detection

In the fight against breast cancer, understanding personal risk factors and making healthy lifestyle choices are crucial.

These proactive steps can not only potentially lower cancer risk but also aid in detecting the disease in its early, most treatable stages. By taking control of breast health, individuals can empower themselves against this widespread condition.

For women, this includes regular screenings, which are crucial for early detection. Mammograms, clinical breast exams and self-examinations all play important roles in identifying potential issues before they become more serious. The American Cancer Society recommends that women between 40 and 44 should have the option to begin annual mammogram screenings if they choose, and yearly mammograms for women between 45 and 54 years old are advised. Once women reach 55 and older, they can either switch to biennial (every two years) mammograms or continue with annual screenings based on their preference and their doctor's advice.

In addition to screenings, maintaining a healthy lifestyle can help reduce your risk. This includes:

- Staying physically active
- Maintaining a healthy weight
- Limiting alcohol consumption
- Avoiding smoking
- Eating a balanced, nutritious diet

It's also vital to be aware of the signs and symptoms of breast cancer. While not all lumps are cancerous, any changes in breast tissue, skin or nipple appearance should be promptly discussed with a healthcare provider.

A Time for Action: Breast Cancer Awareness Month

The efforts of Breast Cancer Awareness Month have made a significant impact over the years. In fact, increased awareness has led to more women getting regular screenings, resulting in earlier detection and improved survival rates. Funds raised during this time have fueled groundbreaking research, leading to advancements in treatment options and improved quality of life for those battling the disease.

Moreover, the campaign has helped reduce the stigma surrounding breast cancer, encouraging open conversations and creating a supportive community for patients and survivors.

As we observe Breast Cancer Awareness Month, there are numerous ways you can contribute to this important cause:

1. Educate yourself and others about breast health and the importance of regular screenings.
2. Participate in local awareness events, such as walks or fundraisers.
3. Donate to reputable breast cancer research organizations.
4. Volunteer your time at local cancer support centers or hospitals.
5. Share factual information and support resources on social media.
6. Encourage the women in your life to schedule their mammograms and perform regular self-exams.

A Powerful Reminder

Breast Cancer Awareness Month serves as a powerful reminder that we all have a role to play in the fight against this disease. Whether it's taking charge of your own health through regular screenings, supporting a friend or family member affected by breast cancer or contributing to awareness and research efforts, every action counts.

When you see pink ribbons this month, remember that awareness is just the beginning. It's the actions we take throughout October and beyond that truly make a difference. Together, we can work towards a future where breast cancer is no longer a life-threatening disease but a treatable condition with consistently positive outcomes.

So embrace this October as an opportunity to learn, support and act. Your involvement could save a life — perhaps even your own.

For more information about breast cancer and overall health, including hearing testimonials from real-life survivors, visit these additional resources:

- [Susan G. Komen Foundation](#)
- [Susan G. Komen Foundation Testimonials](#)
- [American Cancer Society](#)
- [National Breast Cancer Foundation](#)



Additional Resources

Upcoming Wise & Well Webinar — Register Now!

Holiday Presence: Increasing Connection while Prioritizing Self-Care

When: Tuesday, November 12 | Noon – 1:00 p.m. ET

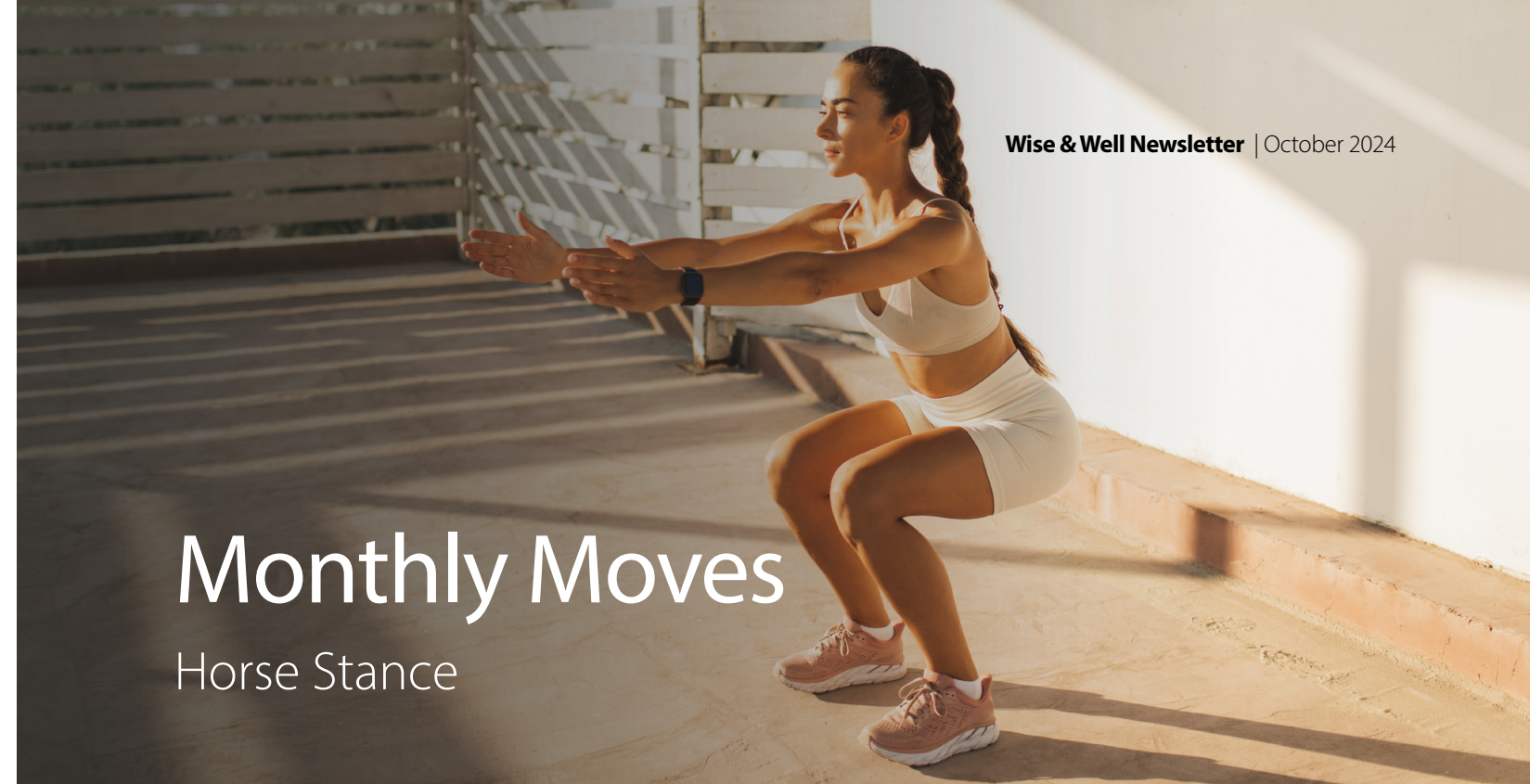


To register, [click here](#) or scan the QR code.

To view previous Wise & Well webinars and supplemental materials, please visit [NFP's Wise & Well Training Center page](#).

References:

- [cancer.org \(screening guidelines\)](#)
- [breastcancer.org \(facts and statistics\)](#)
- [cancer.org \(understanding survival rates\)](#)



Monthly Moves

Horse Stance

The equine posture is a fundamental exercise in numerous Asian martial disciplines, particularly prevalent in kung-fu training. When executed correctly, this stance can contribute to strength development in both the lower and upper body.

This isometric position involves widening your legs to the sides and lowering your body into a squat, aiming for a 90-degree angle at the knees. The name derives from the posture one would adopt when straddling a horse. To progress in this exercise, consistent practice is key.

1. Stand up straight, then put your legs apart, ensuring that your feet are facing forward. Be aware of your torso. Make sure that your spine is straight and your posture is flat.
2. Bend your knees and lower the upper body as if you were sitting on horseback. The lowness of the stance varies in Kung Fu styles, mainly northern and southern: northern is a more relaxed higher stance whereas southern is right down near the ground. Be aware not to put your knees forward or outward over the toes. Make sure your feet are still facing forward, your body is still straight and your hips are loose.
3. You can first start at 30 seconds and try and work your way up to two minutes. This exercise can be performed anywhere anytime, so you can do it while brushing your teeth or when you need a quick break at work.

Source:

[One of the Most Beneficial Exercises for Muscle Growth: Horse Stance](#)
[How to Do the Horse Stance in Kung Fu](#)



Chicken Stir-Fry

This is a tasty fall treat and is an easy and ready-to-rock stir fry. Although you can practically throw any combination of protein, veggies and sauce in a pan and call it good, sometimes it's helpful to have a basic formula to go off of.

Enter: The chicken stir-fry recipe. A stir fry is a great go-to weeknight dinner when we just don't have the energy to spend a long time in the kitchen or hit the grocery store — this recipe is no exception. You can start here with this super-duper spectacular version, then use it as a jumping-off point to create your perfect chicken stir-fry.

Ingredients

- 1/2 c. reduced-sodium soy sauce
- 2 tbsp. honey
- 2 tsp. toasted sesame oil
- 1 tbsp. canola oil
- 1 head broccoli, cut into small florets
- 1 bell pepper, seeds and ribs removed, chopped
- 2 cloves garlic, finely chopped
- 1 lb. boneless, skinless chicken breast, cut into 1" pieces
- 1/3 cup cashews
- Freshly ground black pepper

Source: [delish.com](https://www.delish.com)

Directions

1. In a small bowl, whisk soy sauce, honey and sesame oil.
2. In a large skillet over high heat, heat oil. Cook broccoli, bell pepper and garlic, stirring frequently, until softened, for about five minutes. Add chicken and cook, tossing occasionally, until golden brown and cooked through, about eight minutes. Stir in cashews; season with pepper.
3. Pour sauce into skillet and bring to a simmer. Cook, stirring occasionally, until thickened, about five minutes.



Tips

Try sending our Wise & Well Tips of the Week to your employees for quick, easily digestible health and well-being tidbits they can incorporate into their daily lives.

– Your Wise & Well Team

October is Breast Cancer Awareness Month, a time to focus on education, early detection and support for those affected by this disease. To help make the most of this important month, here are four weeks of actionable tips. Each week highlights a different aspect of breast health and awareness, empowering you to take charge of your well-being and make a positive impact in the fight against breast cancer.

October 5

Know Your Risk

This week, focus on understanding your personal risk factors for breast cancer. If you haven't already, take the time to schedule an appointment with your healthcare provider to discuss your family history, lifestyle and other factors that may influence your risk. Consider genetic counseling if breast or ovarian cancer runs in your family. Remember, knowledge is power in prevention and early detection.

October 12

Prioritize Screening

Early detection saves lives. This week, make sure you're up-to-date on your recommended screenings. If you're 40 or older, schedule your annual mammogram if you haven't already. For younger women, learn how to perform a breast self-exam and commit to doing it monthly. Encourage the women in your life to prioritize their screenings too.

October 19

Embrace a Healthy Lifestyle

Focus on habits that may help reduce your risk of breast cancer. Aim to incorporate more physical activity into your routine — try for at least 150 minutes of moderate exercise per week. Also, work on improving your diet by adding more fruits, vegetables and whole grains while reducing processed foods and alcohol consumption. Small changes can make a big difference in your overall health.

October 26

Spread Awareness and Support

In this final week, concentrate on supporting the broader breast cancer community. Share educational resources on social media, participate in or donate to a local breast cancer walk or fundraiser or volunteer at a cancer support organization. Consider reaching out to a friend or family member affected by breast cancer to offer your support. Remember, awareness and community support are crucial in the fight against breast cancer.

Source: [mayoclinic.org](https://www.mayoclinic.org)

October Is Breast Cancer Awareness Month

Three Steps to Early Breast Cancer Detection

- 1 in 8 women will develop breast cancer in their lifetime.
- Breast cancer is the most common cancer diagnosed in US women after skin cancers.
- 66% of breast cancers are diagnosed at a localized stage (when treatment is most effective).
- Over 4 million women in the US have a history of breast cancer.

Thanks to advancements in early detection and treatment, survival rates for breast cancer have improved significantly.



Step 1: Breast Self-Exam (BSE)

Monthly self-exams help you become familiar with how your breasts look and feel so you can detect any changes and alert your doctor.



Step 2: Clinical Breast Exam (CBE)

Performed by a healthcare professional trained to recognize abnormalities and warning signs. Your family physician or gynecologist typically completes this in-office exam.



Step 3: Mammogram

A **mammogram** X-ray allows a specialist to examine breast tissue for any suspicious areas, often before a lump can be felt.

Source:

piedmont.org | breastcancer.org