



**IN THIS ISSUE**

**Women's Health and Cervical Cancer Awareness Month**

**Additional Resources**

Upcoming Wise & Well Webinar – Register Now!

**Monthly Moves**

9-Minute Warm-Up

**Recipe**

Beef Stew



# 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.

# Women's Health and Cervical Cancer

When it comes to women's health, cervical cancer awareness and prevention deserve our full attention. With approximately 660,000 new cases worldwide in 2022, making it the fourth most common cancer affecting women globally, understanding and protecting ourselves and our loved ones from this disease is crucial.

First, the good news: cervical cancer is both preventable and highly treatable when caught early. Unlike many other cancers, there are powerful tools at our disposal to prevent and detect it early. The key to using them effectively is knowing what steps to take and when to take them.

Most cervical cancers are caused by persistent infection with the human papillomavirus (HPV), a common virus that most sexually active people will encounter at some point in their lives. The good news is that we have safe and effective ways to prevent it. The HPV vaccine provides strong protection against the types of HPV that most commonly cause cervical cancer. While it's typically recommended between ages 9 and 14, the vaccine is available for people through age 26 and, in some cases, up to age 45.

Regular screening is another powerful tool to take advantage of. Regular cervical screening helps catch any concerning changes before they become serious. The screening process has become more sophisticated over the years, with options including both traditional Pap tests and HPV testing. Your healthcare provider can help determine which screening schedule is right for you based on your age and health history.

Many women ask about symptoms they should watch for. While regular screening is essential even without symptoms, it's important to pay attention to your body. Unusual bleeding, particularly after intercourse or between periods, changes in vaginal discharge, persistent pelvic pain and unexplained fatigue or weight loss are all signs that warrant a conversation with your healthcare provider. Remember, these symptoms don't necessarily mean you have cervical cancer, but they're worth checking out.

We understand that talking about cervical health isn't always comfortable. However, open discussions about women's health are vital for our well-being. The more we share accurate information and support each other in seeking preventive care, the better equipped we are to protect our health.

## Taking Action: Your Health Checklist

- Schedule your next screening appointment.
- Discuss HPV vaccination with your healthcare provider if eligible — if you have sons or young men in your life, remember they should also receive the HPV vaccine, ideally between ages 11-12. In fact, all males and females ages 9-26 should get the HPV vaccine.
- Mark your calendar for future screenings.
- Know your family health history.
- Keep track of any unusual symptoms.
- Share this information with other women in your life.

## The Path Forward

The global health community has set ambitious but achievable goals for cervical cancer elimination:

- 90% of eligible girls vaccinated against HPV by 2030.
- 70% of women screened with high-quality tests by ages 35 and 45.
- 90% of women with cervical disease receiving treatment.





Remember, above all, health matters. Every step you take toward prevention and early detection is an investment in your future. Whether you're due for a screening, considering vaccination or simply want to learn more, now is the perfect time to take action.

For more information, check out the [CDC's Cervical Cancer Resources](#). It provides a wealth of resources, including videos, podcasts, graphics, fact sheets and posters about cervical cancer.

“Regular cervical screening helps catch any concerning changes before they become serious. The screening process has become more sophisticated over the years, with options including both traditional Pap tests and HPV testing.”

#### References

Administering HPV Vaccine: [cdc.gov](#)

Cervical Cancer Overview: [who.int](#)

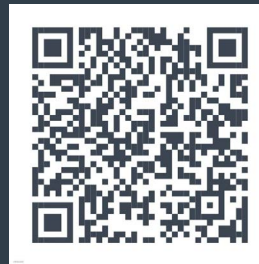
Cervical Cancer Causes, Risk Factors, and Prevention: [cancer.go](#)

## Additional Resources

Upcoming Wise & Well Webinar — Register Now!

Embrace the Power of “Flow State” for a Thriving Year

When: Tuesday, January 14 | Noon – 1:00 p.m. ET



To register, [click here](#) or scan the QR code. For more information, view the [Employee Flyer](#).



# Monthly Moves

## The 9-Minute Warm-Up that Is Better than Stretching

In *The New York Times* last summer, Cindy Kuzma published an excellent article about the virtues of warming up before physical activity. She suggests that instead of a traditional stretching routine, you can prepare for exercise with just a few minutes of dynamic warm-up. This pre-workout approach focuses on movements that increase blood flow, take your joints through their full range of motion and reflect current best practices in exercise science.

The original article can be referenced here: [nytimes.com](https://www.nytimes.com)

### **Thoracic Spine Rotations**

Lie on your left side with your knees and hips both bent 90 degrees and your arms straight in front of you, palms touching. Reach your right arm straight up and over to the floor on your right side, rotating your trunk rather than your hips. Return to starting position, then repeat on the other side.

The goal: 15 seconds per side

### **Hip Cradles**

Stand with your feet hip-width apart, then take a step forward with your left leg. Lift your right knee and rotate your leg so your shin is parallel to the floor, grabbing your right ankle with your left hand near your hip.

Keep your right hand on your right knee, gently “cradling” and pulling the leg up toward your chest. Release, step forward with the right leg and repeat on the other side.

The goal: 30 seconds, alternating sides

### **Straight Leg Marches**

From a standing position, kick your right foot straight up in front of you to about waist height, stretching your hamstring. Bring it back down, then repeat with the left leg, moving forward. Try to keep your knee straight. If you can't touch your toe, lift the leg to the point where you feel it stretch.

The goal: 30 seconds, alternating sides



# Monthly Moves (Continued)

## The 9-Minute Warm-Up that Is Better than Stretching

### **Forward Lunges**

Begin standing, with your feet together. Lift your right foot off the floor and take a large step forward. Bend your right knee and lower your hips until your right thigh is parallel to the floor — or until the position becomes uncomfortable, whichever comes first.

Aim to keep your back straight, your upper body still and your back foot planted. Return to the starting position and repeat with the left leg. Be sure your front knee doesn't pass your foot.

The goal: 30 seconds, alternating sides

### **Lateral Lunges**

From standing, take one big step to the right, keeping your toes facing forward and your heels pressing into the floor. Bend your hips and your right knee as you shift your weight onto your right foot. Continue until your left leg is nearly fully extended and your right knee hovers over the second toe of your right foot. Return to standing and repeat on the left side.

The goal: 30 seconds

### **Side Shuffle with Overhead Reach**

Keep your toes pointed forward, your torso tall and your weight in the balls of your feet, shuffle to one side, then the other. As you do this, raise your arms overhead and lower them as if you were doing a jumping jack.

The goal: 30 seconds





# Beef Stew

The post-holiday slump of January, with its short days and bitter cold, can bring on a severe case of the winter blues. Fortunately, there's nothing quite like a hearty, homemade meal to lift your spirits.

A pot of beef stew simmering on the stove doesn't just fill your home with mouthwatering aromas — it promises the kind of deep, soulful comfort that only slow-cooked goodness can deliver. As temperatures drop and the evening comes early, this classic dish offers more than just sustenance; it's like a warm embrace in a bowl, turning any gray winter day into a cozy retreat.

## Ingredients

- 1-1/2 pounds beef stew meat, cut into 1-inch cubes
- 1/2 teaspoon salt, divided
- 6 tablespoons all-purpose flour, divided
- 1/2 teaspoon smoked paprika
- 1 tablespoon canola oil
- 3 tablespoons tomato paste
- 2 teaspoons herbes de Provence
- 2 garlic cloves, minced
- 2 cups dry red wine
- 2 cups beef broth
- 1-1/2 teaspoons minced fresh rosemary, divided
- 2 bay leaves
- 3 cups cubed peeled potatoes
- 3 cups coarsely chopped onions (about 2 large)
- 2 cups sliced carrots
- 2 tablespoons cold water
- 2 tablespoons balsamic or red wine vinegar
- 1 cup fresh or frozen peas
- Additional fresh rosemary, optional



# Beef Stew

## Directions

1. In a small bowl, toss beef and 1/4 teaspoon salt. In a large bowl, combine 4 tablespoons flour and paprika. Add beef, a few pieces at a time, and toss to coat.
2. In a Dutch oven, brown beef in oil over medium heat. Stir in tomato paste, herbes de Provence and garlic; cook until fragrant and color starts to darken slightly. Add wine; cook until mixture just comes to a boil. Simmer until reduced by half, about 5 minutes. Stir in broth, 1 teaspoon of rosemary and the bay leaves. Bring to a boil. Reduce heat; cover and simmer until meat is almost tender, about 1-1/2 hours.
3. Add potatoes, onions and carrots. Cover; simmer until meat and vegetables are tender, about 30 minutes longer.
4. Discard bay leaves. In a small bowl, combine remaining 1/2 teaspoon rosemary, remaining 1/4 teaspoon salt and remaining 2 tablespoon flour. Add cold water and vinegar; stir until smooth. Stir into stew. Bring to a boil; add peas. Cook, stirring, until thickened, about 2 minutes. If desired, top with additional fresh rosemary.

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





January is Cervical Cancer Awareness Month, and each week brings a vital message about women’s health and prevention. Below are five key tips to guide us through this important month.

January 3

### Understanding Your Risk

Start your year by learning about risk factors and discussing your family history with loved ones. Knowledge is your first line of defense.

January 10

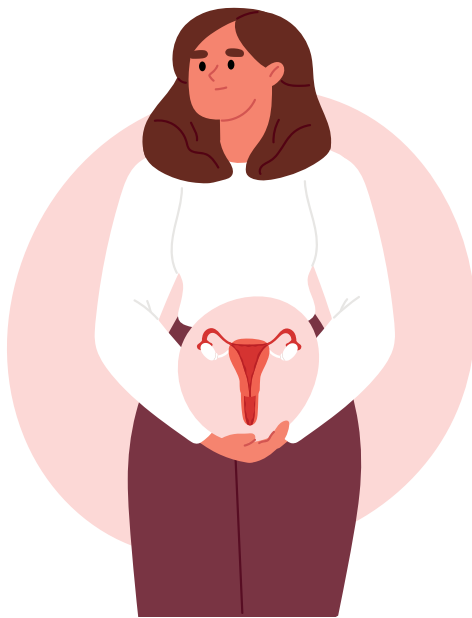
### The Power of Prevention

The HPV vaccine is a game-changer in cervical cancer prevention. While typically recommended between ages 9-14, it’s available through age 26 and sometimes up to 45.

January 17

### Screening Saves Lives

Use this week to schedule your next screening appointment or remind a friend to schedule their appointment.



January 24

### Know Your Body

Being aware of changes in your body is crucial. Unusual bleeding, changes in vaginal discharge, persistent pelvic pain, or unexplained fatigue are signs that warrant attention.

**The HPV vaccine protects against 90% of cervical cancers.**

January 31

### Spreading Awareness

As we close out Cervical Cancer Awareness Month, let’s focus on sharing what we’ve learned. The global health community aims for 90% of eligible girls to be vaccinated against HPV by 2030. Share this information with other women in your life — your mother, sister, daughter, or friend. Together, we can work toward eliminating cervical cancer.

Send 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

Source: [who.int](http://who.int)

**Cervical cancer** is a cancer of the cervix, a donut-shaped passage between the uterus and the vagina. Human papillomavirus (HPV) is the top cause of cervical cancer and the most common sexually transmitted infection. Here are some essential facts about preventing cervical cancer:

## What are the prevention methods?

90%

The HPV vaccine protects against 90% of cervical cancers.



HPV infections may not have symptoms, so you need to get screened regularly for HPV and cervical cancer.



Cervical screening starts with a pap smear. Your healthcare provider will take a small sample of cells from the cervix, send it to a lab for testing, and then discuss the results with you.

### Who should be screened?

Women 21-29

should have a Pap test every 3 years.

Women 30 and older

should have one every 5 years, along with an HPV test, or every 3 years without an HPV test.

Source:  
[njfpl.org](http://njfpl.org)

