



HEALTHY HEART

Be Breast Aware

October is Breast Cancer Awareness Month

Fact: One in nine Canadian women is expected to develop breast cancer during her lifetime.

Fact: Breast cancer continues to be the most commonly diagnosed cancer in Canadian women.

Fact: In Canada, the five-year survival rate of breast cancer is 88%.

Although there are uncontrollable risk factors, such as gender, age and family cancer history, there are things you can do to reduce your risk and improve your chances for recovery. And there is no better time than now to learn and understand more about this disease as October is breast cancer awareness month.

Like most ailments, you can reduce your risk of developing breast cancer by practicing better lifestyle choices, such as the following:

- Be a healthier weight
- Eat a balanced diet
- Keep active

- Decrease your alcohol consumption
- Quit smoking or don't start
- Reduce your exposure to toxic chemicals in your environment

To further reduce your risk, you need to understand your body, research your family history and identify the precautionary procedures that are available and applicable to you. No one knows your body better than yourself. If something doesn't feel right or look normal, don't be afraid to see your doctor. And knowing your family history can help guide you to make some appropriate decisions. Lastly, getting ahead by getting screened for early detection of breast cancer is also highly encouraged by the Canadian Breast Cancer Foundation.

Remember, it's not enough to think you are breast healthy. You need to know you are breast healthy. And the first step starts with awareness.

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Source: Canadian Breast Cancer Foundation

TRG
GROUP BENEFITS

HEALTHY MIND

Goodness from Gratitude

How Giving Thanks is Good for Your Brain

Oprah has dedicated years to keeping a gratitude journal. Forget the wealth and physical possessions under her name – she’s grateful for small, everyday things such as eating cold melon on a bench in the sun and having sorbet in a cone. By diarizing the joy of simple moments (usually five per day), she felt happier. You could say that the art of gratitude was her happy drug without the doctor’s note.

And now, there’s scientific evidence to back up this claim.

A study by two psychologists, Dr. Robert A. Emmons of the University of California and Dr. Michael E. McCollough of the University of Miami, has found a change in brain activity by thinking of something to be grateful for or simply asking the question. What actually happens is an activation of certain neural circuits, coupled with an increased production of dopamine and serotonin to bring that happy feeling to the surface. This activity is similar to what would happen in the brain if antidepressants were taken. But what’s more is by practicing gratitude more frequently, you also awaken these neural passages so the good feelings become stronger and more automatic.

Although October is the month that houses the Thanksgiving holiday, you don’t need a special time or place to think of something to be grateful for. Look for the simple things in life and you will soon realize there is appreciation all around.

So, go ahead and build your gratitude list. You will likely feel better today and tomorrow and the day after that and so on.

HEALTHY LIVING

Happy Thanksgiving!

A Thanksgiving Leftover Recipe

Wonder what to do with the remaining five pounds of the 20 pound turkey after your Thanksgiving meal? Courtesy of *Martha Stewart Living* (November 2009), here is a simple recipe that is equally refreshing as it is delectable for the whole family to enjoy.

Turkey Banh Mi (also known as Vietnamese sub)

Ingredients

- Chilled cooked turkey
- Mayonnaise
- Asian chile sauce (such as Huy Fong Sriracha) (*optional*)
- Thinly sliced peeled cucumber
- Grated carrot
- Generous handful of fresh cilantro
- Whole-wheat baguette
- Jalapeno chiles, sliced, if desired

Directions

- Chop chilled cooked turkey, and mix with mayonnaise spiked with Asian chile sauce.
- Layer turkey with thinly sliced peeled cucumber, grated carrot, and a generous handful of fresh cilantro inside a whole-wheat baguette. Add more heat with sliced jalapeno chiles if desired.
- Optional: You can toast the sub after it's been assembled.