



NMU
WELLNESS COMMITTEE
— EDUCATING, ENGAGING & EMPOWERING EMPLOYEES —

VOLUME VI ISSUE II

OCTOBER 2018

October is National Breast Cancer Awareness Month!

Read on to learn more about common myths believed about breast cancer, and tips on how to reduce your risk.

Myth: Drinking too much milk or consuming dairy in general causes breast cancer.

Myth: Finding a lump in your breast means you have cancer.

Myth: Breast cancer only affects women.

Myth: If you don't have a family history of breast cancer, you won't develop it either.

Fact: Studies have shown that dairy consumption does not increase the risk of breast cancer.

Fact: Only a small percentage of lumps found in the breast turns out to be cancer. (Although, no lump should go ignored!)

Fact: Although rare, men can develop breast cancer.

Fact: Only about 10% of those diagnosed with breast cancer have a family history of the disease.

Here are some tips to reduce your risk of breast cancer:

Get your exercise! Experts say that as little as 3 hours of exercise per week can begin to lower your breast cancer risk. Exercise helps to keep your immune system functioning well and maintain a healthy weight.

Eat right! A nutrient dense and low in fat diet that has a large amount of fruits and leafy greens can help reduce your risk of developing breast cancer. Eating a diet high in fat triggers the body's estrogen production, which can fuel tumor growth.

Perform a self-breast exam! Make sure to give yourself a self-breast exam once a month. If you notice any changes in breast tissue such as size, a palpable lump, redness of the skin, or inversion of the nipple, it is important to see a physician immediately. Even though eight out of ten lumps are benign, you should still always see a physician to rule out cancer.

Know your risk! Only 5-10% of people diagnosed with breast cancer have a family history of the disease.



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The purpose of the "wildcat wellness connection" newsletter is to keep you informed about wellness related issues. Please note that information in this publication, along with other similar materials, is meant to complement the advice of your physician, not replace it. Before making any major changes in your medications, diet or exercise, please consult your physician.





Try this unique and healthy fall soup recipe:



INGREDIENTS

- 8 oz. Thai rice noodles
- 1 tbsp. canola oil
- 1 shallot, chopped
- 2 garlic cloves, chopped
- 1 tbsp. grated fresh ginger
- 2 c. chicken stock
- 1 (13.5-oz.) can coconut milk
- 3 c. cubed fresh pumpkin or butternut squash
- 1 tbsp. Thai roasted red chili paste
- 1 tsp. dark brown sugar
- 1 lb. large shrimp, peeled and deveined
- 1 c. snow peas
- 2 tbsp. fresh lime juice
- 1 tbsp. fish sauce
- Fresh basil, for serving

DIRECTIONS

Cook noodles according to package directions. Meanwhile, heat oil in a large saucepan over medium-high heat. Add shallot and garlic and cook, stirring, until fragrant, 1 minute. Add ginger and cook, stirring, until fragrant, 1 minute. Add stock, coconut milk, pumpkin, chili paste, and brown sugar. Bring to a boil, reduce heat and simmer, stirring occasionally, until pumpkin is just tender, 10 to 12 minutes. Stir in shrimp and cook until opaque throughout, 1 to 2 minutes. Stir in snow peas and cook until bright green, 1 minute. Stir in lime juice and fish sauce.

Did you know?

You can check out active workstations for your office at the LRC!

If you're tired of sitting at your desk all day, try out one of our standing desks available for check out of the LRC. You'll stay active throughout the day, while still maintaining productivity in the office.



Feel free to send any questions or comments to wellness@nmu.edu

Check out www.nmu.edu/wellness/



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UPCOMING EVENTS:

**Wednesday
October 31
Flu Clinic in the
LRC**

**Thursday,
November 8 at
7:00pm
REYNOLDS
RECITAL
HALL: Your
Health Lecture
Series:
Behavioral Health**

Sources:
Country Living (2018).

National Breast Cancer
Foundation (2018).

NMU (2018).