



HEALTHY AT 80

www.communityhealthdayton.org

October 2017

STAY SPOOKY AND SAFE!

Halloween should be an exciting time of year for children and their parents. This season, make safety the top priority for your family. Follow these tips to keep your family both healthy and safe.

- S** S. Swords, knives, and other costume accessories should be short, soft, and flexible
- A** A. Avoid trick-or-treating alone. Walk in groups or with a trusted adult.
- F** F. Fasten reflective tape to costumes and bags to help drivers see you.
- E** E. Examine all treats for choking hazards and tampering before eating them. Limit the amount of treats you eat.

- H** H. Hold a flashlight while trick-or-treating to help you see and others see you. WALK and don't run from house to house.
- A** A. Always test make-up in a small area first. Remove it before bedtime to prevent possible skin and eye irritation.
- L** L. Look both ways before crossing the street. Use crosswalks wherever possible.
- L** L. Lower your risk for serious eye injury by not wearing decorative contact lenses.
- O** O. Only walk on sidewalks whenever possible, or on the far edge of the road facing traffic to stay safe
- W** W. Wear well-fitting masks, costumes, and shoes to avoid blocked vision, trips, and falls.
- E** E. Eat only factory-wrapped treats. Avoid eating homemade treats made by strangers.
- E** E. Enter homes only if you're with a trusted adult. Only visit well-lit houses. Never accept rides from strangers.
- N** N. Never walk near lit candles or luminaries. Be sure to wear flame-resistant costumes.

<https://www.cdc.gov/family/halloween/index.htm>

Healthy at 80 is Community Health Centers of Greater Dayton's informational newsletter on healthy living, created with the goal of helping you stay healthy and thriving through 80 years old and beyond! To read more Healthy at 80 articles, please visit the archives on our website:
www.communityhealthdayton.org/healthyat80

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OCTOBER: BREAST CANCER AWARENESS MONTH

Breast Cancer Awareness Month, every October, helps to increase attention & support for the awareness, early detection & treatment of this disease.

Breast cancer is by far the most common cancer in women worldwide. When breast cancer is detected early, and if adequate diagnosis and treatment are available, there is a good chance that breast cancer can be cured. If detected late, however, curative treatment may no longer be an option.

- ◊ Women ages 40 to 44 should have the choice to start annual breast cancer screening with mammograms (x-rays of the breast) if they wish to do so.
- ◊ Women age 45 to 54 should get mammograms every year.
- ◊ Women 55 and older should switch to mammograms every 2 years, or can continue yearly screening.
- ◊ Screening should continue as long as a woman is in good health and is expected to live 10 more years or longer.
- ◊ Women should also know how their breasts normally look & feel & report any breast changes to their health care provider right away.
- ◊ Talk with your health care provider about your risk for breast cancer and the best screening plan for you.

Risk Factors for Breast Cancer:

- ◊ Smoking increases breast cancer risks, particularly long-term, heavy smoking and among women who start smoking before their first pregnancy.
- ◊ Obesity increases the risk of postmenopausal breast cancer. Risk is about 1.5 times higher in overweight women and about 2 times higher in obese women.
- ◊ Women who get regular physical activity have a 10%-25% lower risk of breast cancer compared to women who are inactive.
- ◊ Alcohol consumption increases the risk of breast cancer in women by about 7%-10% for each one drink of alcohol consumed per day on average. Women who have 2-3 alcoholic drinks per day have a 20 percent higher risk of breast cancer compared to non-drinkers.

<https://www.cancer.org/healthy/find-cancer-early/cancer-screening-guidelines/american-cancer-society-guidelines-for-the-early-detection-of-cancer.html>



BACK IS BEST

Babies should always be put to sleep on their backs. Sleeping on the back reduces a baby's risk of sudden infant death syndrome (SIDS) & other sleep-related dangers like suffocation.

Mothers who do not always put their babies to sleep on their backs cited family members' advice as reasons against the safer sleep method. However, pediatricians stress that sleeping on the back is the safest position for babies.

You can further protect against SIDS by sleeping in the same room (but not the same bed) as your baby. Ensure your baby sleeps on his or her back on a firm surface with a tight-fitted sheet. Do not give the baby pillows, blankets or anything that can cause suffocation.



SEIZURE SAFETY

Knowing what to do if someone has a seizure is important, so that you can help keep the person safe and prevent further injury.

According to the CDC, 1 in 10 people may have a seizure in their lifetime. A seizure is a change in the brain's electrical activity that can cause a variety of symptoms, including violent shaking, falling & losing bodily control.

However, because there are different types of seizures, symptoms can vary.

General, basic seizure first aid includes the following:

- * Clear the area to prevent possible injury. If the person is standing, gently guide them to the floor. Roll them on their side & cushion their head.
- * Time the seizure. If the person has epilepsy & the seizure lasts longer than three minutes, call 911. For anyone, call 911 if the seizure lasts longer than five minutes, if the person is pregnant, has never had a seizure before, or does not regain consciousness after the seizure.
- * Do not try to hold the person down or put anything in their mouth while they are seizing, as this could cause injury.

NUTRITION BITES!

It's more than possible to have a healthy Halloween; it's delicious! No tricks here. Candy corn, chocolate bars, caramel apples, and so many other sugary treats are front-and-center at Halloween – even before the trick-or-treating begins. If you want to get into the holiday spirit in a more nutritious way, here are some easy-to-make, healthy Halloween treats that kids (and grown-up kids) will love.

Here are some store-bought snacks that can double as healthy trick-or-treat offerings:

- ⇒ Dried Fruit
- ⇒ Pretzels
- ⇒ Snack crackers
- ⇒ Apples
- ⇒ Fruit bars and granola bars (look for the ones with the least added sugar!)
- ⇒ Cheese Sticks



Add color and fun to your healthy Halloween snacks with these smiling jack-o'-lantern faces carved in navel oranges.

- ⇒ Slice off the tops of the oranges, scoop out the pulp, use a paring knife to cut out jack-o'-lantern faces, and fill with grapes and/or mixed berries!

Here's a healthier spin on candy corn!

- ⇒ These colorful homemade popsicles are made from pineapple juice, orange juice, and yogurt. Place one layer at a time in popsicle molds or paper cups, and freeze each layer before adding the next one!



Ghoulish Hard-Boiled Eggs



Let kids in on the decorating fun! Use black foodsafe ink pens to draw ghostly faces on white hard-boiled eggs

<https://www.beachbodyondemand.com/blog/13-healthy-halloween-treats>

Delicious & Nutritious

TURKEY PUMPKIN CHILI

It's pumpkin season, & there are so many ways you can incorporate pumpkin into your favorite dishes. This Turkey Pumpkin Chili is the perfect example! Pumpkin is an often-overlooked source of fiber, but with three grams per one-cup serving and only 49 calories, it can keep you feeling full for longer on fewer calories. A cup of cooked, mashed pumpkin also contains more than 200% of your recommended daily intake of vitamin A, which aids vision health.

2 tablespoons olive oil
1 pound turkey sausage, casings removed
1 medium yellow onion, chopped
1 red bell pepper, seeded and chopped
2 cloves garlic, minced
1 14.5-oz. can diced tomatoes, undrained
1 15-oz. can pumpkin puree
2 cups low-sodium chicken broth
1 tablespoon chili powder
1 tablespoon cumin
15.5-oz. can cannellini beans, drained and rinsed

- ⇒ Warm oil in a large pot over medium-high heat. Add sausage; sauté, breaking up any large chunks, until no pink remains, about 3 minutes. Using a slotted spoon, transfer meat to a bowl; cover to keep moist. Add onion and bell pepper to pot and cook, stirring occasionally, until softened, about 6 minutes. Add garlic and sauté for 1 minute. Return meat to pot.
- ⇒ Stir in tomatoes, pumpkin, broth, chili powder, cumin and 1/2 tsp. salt. Bring to a boil, then reduce heat to medium-low and stir in beans. Cover and simmer until chili thickens slightly, about 30 minutes. Season with salt and pepper. Divide among 6 bowls and serve hot.



<http://www.myrecipes.com/recipe/turkey-pumpkin-chili>

Community Health Centers of Greater Dayton

Give us a call to discuss your health with our caring doctors and nurse practitioners!

Health Centers

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Nutritional Information ▾

Calories 294

Fat 6g

Satfat 3g

Protein 22g

Carbohydrate 26g

Fiber 8g

Cholesterol 50mg

Sodium 555mg

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