



In Touch, In Tune

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October 2024

Dear Friends,

October's weather is making me rethink how I dress for my work day! A sweater has become a necessary item each morning. I have not flipped my closet for winter, but it may need to happen soon. Do you put away your spring and summer wardrobe and pull out the fall and winter items? You might say it is a sign of the season.

The autumn season holds a special place in my heart as I love nature's changes. I keep seeing articles about the benefits of being in nature. I enjoyed a hike with my sister and niece yesterday at Versailles State Park plus a visit to the Versailles Dam. I could feel the peace. In a 2019 study in the journal *Scientific Reports* found that individuals who spent at least 120 minutes a week in nature were significantly more likely to report good health and psychological well-being than those who spent less time outdoors. Make it a goal to get into nature this October.

In October, I have included information to increase your awareness of why organizing matters, ways for intentional holiday spending, ways to prevent food waste, why sitting is so bad and more. May this information help you make a small change to improve your well-being. Be well in October!

Warm Regards,
Marcia Parcell
Extension Educator, Health and Human Sciences

DATES TO REMEMBER

- October 11 Get Walkin', 9:00am, Aurora Public Library
- October 12 Walk with a Doc, 8:00am, Lawrenceburg Trailhead
- October 14 Get Walkin', 8:30am, North Dearborn Public Library
- October 15 Get Walkin', 6:00pm, Lawrenceburg Main Library
- October 18 Get Walkin', 9:00am, Aurora Public Library
- October 19 Walk with a Doc, 8:00am, Lawrenceburg Trailhead
- October 21 Get Walkin', 8:30am, North Dearborn Public Library
- October 22 Get Walkin', 6:00pm, Lawrenceburg Main Library
- October 25 Get Walkin', 9:00am, Aurora Public Library
- October 26 Walk with a Doc, 8:00am, Lawrenceburg Trailhead
- October 28 Get Walkin', 8:30am, North Dearborn Public Library
- November 1 Get Walkin', 9:00am, Aurora Public Library
- November 2 Walk with a Doc, 8:00am, Lawrenceburg Trailhead
- November 8 Get Walkin', 9:00am, Aurora Public Library
- November 9 Walk with a Doc, 8:00am, Lawrenceburg Trailhead
- November 15 Get Walkin', 9:00am, Aurora Public Library
- November 15 & 22 & December 6 & 13 Dining With Diabetes, 1-3pm, more information (pg. 8) in this newsletter
- November 16 Walk with a Doc, 8:00am, Lawrenceburg Trailhead
- November 18 Parents Forever 12-4 at Ohio County Extension Office
- November 22 Get Walkin', 9:00am, Aurora Public Library
- November 23 Walk with a Doc, 8:00am, Lawrenceburg Trailhead
- November 29 Get Walkin', 9:00am, Aurora Public Library
- November 30 Walk with a Doc, 8:00am, Lawrenceburg Trailhead



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GET ORGANIZED WEEK is the first week of October

GET ORGANIZED! WHY IT MATTERS

For some people, being organized comes so naturally to them. For others, it is easier said

than done. Why does being organized matter? How is being organized related to our

quality of life? Being organized is more than having a tidy house, clean car, or an office that looks like it belongs in a container store advertisement. In addition to the benefit of everything having a place or space where anyone could easily locate items, being organized has many health and wellness benefits!

According to Dr. Eva Selhub, “At the end of the day, being organized is about having more time for yourself, and enabling you to live a more balanced life.” By clearing away the clutter it can help you to reduce stress and depression, make healthier choices, improve your relationships, and even get a better night of sleep.

Reduce Stress: Research recognizes that our environment impacts our perception of well-being. Environments that are crowded, cluttered, or noisy have been shown to impact our mood and overall health. In one study(PDF)Links to a PDF document., women who used the words “cluttered” or full of “unfinished projects” to describe their living environments, were more depressed, felt more fatigued, and had higher levels of stress hormones, as compared to women who described their home as “restful” and “restorative.” For many, having some organization in our environment allows us to feel more in control of our surroundings and boosts our energy.

Healthier Choices: Organization is more than books neatly lined up in a row, it is also pre-planning. Simple things like planning your meals and snacks can help you decrease impulsive eating and encourage you to choose healthier food options. In an article in *Psychology Science*, researchers found clutter causes a stressful reaction for the brain. This can result in overeating and overindulging in comfort foods.

Source: <https://livesmartohio.osu.edu/mind-and-body/scammahorn-5osu-edu/get-organized-why-it-matters/>

Organizing your schedule can also help you stay on track with your physical fitness goals. Defining time in your schedule for your workouts (leg day, cardio day, etc) helps keep you accountable and on track to achieve your goals.

Improve Relationships: A messy house may cause you or someone in your household embarrassment. When you feel embarrassed about your home you are less likely to invite others into your home, decreasing your opportunities to socialize. Having too much in your environment can also result in tension and conflict between friends and family, especially when organization comes naturally to one person and is valued, but not valued by the other. Being organized also helps you to keep your commitments. A simple calendar can help you keep appointments, meet deadlines, and decrease the frustration of last-minute surprises.

Better Sleep: Make your bed. If my mom said it once, she said it a million times...and she was right! The National Sleep Foundation found that 75% of people reported a better night of sleep when they had fresh, clean sheets and people who make their beds daily were 19% more likely to report they regularly get a good night's rest. In addition to a tidy bed, your room should be a restful space that allows you to relax and let go of any chaos of the day. Clearing away the clutter can help you sleep longer and deeper more nights. No matter if you are naturally organized or not, I encourage you to start this month off by organizing something you've been wanting to tackle because even small steps will make a difference in helping to clear your mind, reduce stress, and get better sleep.

TEN TIPS FOR INTENTIONAL HOLIDAY SPENDING

The holiday hustle and bustle will soon be upon us. It can be a stressful time, but it's important to keep it in perspective and remember why we go to all the effort. Author Donald E. Westlake said, “As we struggle with shopping lists and invitations, compounded by December's bad weather, it is good to be reminded that there are people in our lives who are worth this aggravation, and people to whom we are worth the same.”

With that in mind, here are 10 tips for budgeting for gifts and events for those we care about.

1. Make your list and check it twice. Who do you need to buy gifts for? How much will you spend on them? How many neighbor/office/teacher/coach gifts will you need? Do you plan on doing any entertaining during the holidays? Are there concerts, movies, etc., that you would like to go to? Are you planning to travel during the holidays?

2. Decide how much you can spend. Ideally, you've set money aside for the holidays. If not, cut back on extras such as movies, dinners out or coffee/soda until the holidays are over. Go through your monthly budget and see where you can trim back. If necessary, take on a temporary job for the holidays. Sell things you aren't using on EBay, Facebook Marketplace, Classifieds, etc. Or, try holding a garage sale in your warm garage to get rid of unwanted items.



3. Budget for everything holiday related. In addition to gifts, don't forget all the other holiday-related expenses. These include such things as holiday clothing, the cost of shopping (gas, parking, food), donating to charitable causes, decorations, holiday concerts and movies, food and drinks for parties, gift exchanges with the office, greeting cards, family photos, postage for cards and packages and travel expenses.

4. Decide who is getting what. Set a firm "no more than" amount to be spent for each person. Parents might want to have children make a list of their wants in order of importance. Have children make their lists by early November so you can notify "Santa" of their wishes. Then, once the lists are made and mailed, let children know that no changes are allowed. If disposable income is tight, try handmade gifts such as cookies, pumpkin bread, a family photo, etc.

5. Set expectations with family, especially children. If gifts will be minimal this year, advise people now. Bring their expectations in line and absolve yourself of gift-giving guilt. Now is also the time to discuss reasonable and economically feasible gift-giving tactics with family and friends, such as grab bags, white elephant gifts, name exchanges or skipping gifts altogether.

6. Start shopping early next year. Many people shop year around and are always on the lookout for holiday gifts. Clearance racks and shelves are a great place for bargains. Buy winter clothes at the end of the season in March and April in projected sizes and hide them away until the holidays. Buy wrapping paper and holiday decor at a deep discount after Christmas. One of the surest ways to overspend is to wait until the last minute and buy all your gifts in a rush. This makes an already stressful time even more stressful.

7. Stay on budget. Keep a list of all financial obligations. When you are tempted to overspend, remind yourself of those obligations. Shop when you are pressed for time. Less time in a store usually means fewer purchases. Shop with a trusted friend or relative who will firmly guide you away from unplanned purchases. If a gift on your list is on sale, buy it. If it isn't, "just say no."

8. Keep track of spending. Use cash. Put each household member's holiday budget in an envelope. When the money's gone, it's gone. If you use credit cards for convenience, hold a weekly reckoning with yourself, your spouse and your credit card receipts to make sure no one is going overboard. If you MUST use credit cards, pay them off as quickly as possible. Your best bet is to pay it off in one lump sum. Don't handicap yourself as you go into the new year; put yourself in the position to be financially successful.

9. Get creative. Give "sweat equity" gifts, which might include a hand-made certificate for free babysitting or cat-sitting services, snow shoveling, yard work, etc. Share your talent. Make an afghan, do a wood-working project, make a holiday decoration or start an herb garden.

10. Add holiday cheer without breaking the bank. Play holiday music, drive around town and see the lights, do a scavenger hunt, make pies or cookies with family or friends, decorate gingerbread houses, go caroling, adopt a senior citizen for the holidays or make holiday crafts. Try giving children "something they need, something they want, something to read and something to wear." Go to a religious service at a church that is not your own. Read holiday stories and books, decorate the tree, make a paper chain countdown, watch Christmas movies in pajamas or scrapbook the year's events.

Remember – this is the season of giving – not the season of spending, as many merchants would have us believe.

Source: Adrie Roberts, Utah State University Extension assistant professor

These articles speak to me as I work to not throw my money in the garbage as wasted food that I forgot to use or repurpose.

WHAT IS SUSTAINABLE NUTRITION?

Sustainability can be a complicated concept to understand. There are many different roles sustainability plays in our lives, especially in the food system. According to the United Nations Brundtland Commission, sustainability means meeting needs of people right now while not hurting the ability of people in the future to meet their needs.

In terms of nutrition, sustainability means getting a healthful and balanced diet that also has a lower impact on the environment. The goal of sustainable nutrition is to make sure people now and in the future have accessible, affordable, and nutritious foods. One area that sustainability aims to improve is food waste. The United States Department of Agriculture (USDA) estimates that food waste makes up 30-40% of the food supply. The USDA's Economic Research Service reported 133 billion pounds of food waste in 2010 and more and more every year after that!

Eating sustainability and healthfully, and reducing food waste can be both simple and affordable. Here are some tips:

- **Expand the life of fruits and vegetables.** Eating fruits and vegetables is important to improve health. Fruits and vegetables have a limited shelf-life. But even when these items in their raw forms are not as fresh and may not taste as good, they can still taste good and be safe and healthy when cooked. Try adding “less fresh” fruits and vegetables to stews, stocks, and smoothies.
- **Make a grocery list.** Making a list before you head to the supermarket can help you buy only what you need and avoid buying food that you might not use and that might be wasted.
- **Safely consume foods after their “use-by” dates.** Companies label food with “use-by” dates that show the date for peak quality. It is important to remember that these are not expiration dates and that the foods within these packages may still be safe to consume after the “use-by” dates. Checking the foods for mold, odor, or other changes can give signs whether they are still safe to eat.

Source: Indiana’s Emergency Food Resource Network, October 2024



EATING RIGHT: REPURPOSING LEFTOVERS

Food waste rates are a global problem and many factors add to the problem like the way that food is grown, distributed, and even how it is eaten. The United States adds 92 billion pounds of food waste to the problem. Of this Indiana alone is responsible for 1.6 million tons. To help limit the amount of food waste your household has, you can repurpose leftovers! Doing this is not only helpful to limit food waste but also can help you save money.

Use the following tips to reduce waste and repurpose food:

- **Don’t throw away scraps.** Any scraps can be repurposed to make a new meal. Try using vegetable scraps in an omelette or make a hash.
- **Save meat bones and inedible parts.** You can use leftover meat bones and parts to make stocks, stews, and broths. These items add a lot of flavor and can also add nutrients.
- **Freeze leftovers.** If you aren’t able to eat all your leftovers, freeze them! When stored properly in airtight containers, leftovers can stay safe in the freezer for up to 4 months.
- **Use all parts of fruits and vegetables.** Stems and peels are almost always cut off of produce. However, they can have added nutritional benefits. For example, using broccoli stems in soups and casseroles can add new textures and provides additional fiber, calcium, iron, and zinc.

Repurposing leftovers will help you to use the food you purchase, decrease time spent cooking, and help you spend less money on food. It is also helpful for the planet and to start sustainable food habits.

Written by: Abigail Rosborough, Biomedical Health Sciences student at Purdue University ‘26

OCTOBER IS NATIONAL PIZZA MONTH

Did you know....

- The highest grossing single unit independent pizzeria in the nation, Moose’s Tooth Pub and Pizzeria is in Anchorage, Alaska. Its annual sales are approximately \$6 million.
- Women are twice as likely as men to order vegetables on their pizza.
- Mozzarella cheese accounts for nearly 80% of Italian cheese production in the United States.
- 94% of Americans eat pizza regularly.
- And that is precisely why the top 5 pizza sales days are: Super Bowl Sunday, New Year’s Eve, Halloween, the night before Thanksgiving and New Year’s Day.
- Americans eat approximately 100 acres of pizza a day or about 350 slices per second.
- Each person in America eats about 46 pizza slices a year.

Are you an average American when it comes to eating pizza? Can you make pizza health? Check out the 3 ingredient Pizza Dough and the benefits of using Greek yogurt in your diet. I also encourage you to load your pizza with vegetables for toppings. Send me a picture of your healthy pizza or try Healthy BBQ Chicken Pizza on the 3 Ingredient Pizza Dough. This will be a part of my family meal plan one day in October.

3 INGREDIENT PIZZA DOUGH

1 cup self-rising flour

1 cup plain Greek yogurt

1 Tbsp. Italian seasoning

In a bowl, combine the three ingredients and bring them together to form a ball. Knead for about 5 minutes. Spray your pizza pan with non-stick cooking spray. Lightly flour your hands and roll your dough into a ball and

place it in the center of your pizza pan. Work the dough out to the edges from the center by pressing down with your palms until the dough has reached all edges of the pan. Top with the pizza toppings of your choice and bake at 350 degrees for 20-30 minutes.

WHY 3 INGREDIENT PIZZA DOUGH?

The beauty of the 3-ingredient pizza dough lies in its simplicity and nutritious benefits.

Simple Pizza Recipe: No complicated techniques or special equipment are required to make this dough. Plus, it only requires 3 ingredients: Greek yogurt, self-rising flour, and Italian seasoning.

Protein Pizza: As you saw earlier, one of the three ingredients in this pizza dough recipe is Greek Yogurt. There are some really cool health benefits to including Greek yogurt in your diet (and your pizza).

Check these out:

- High Protein: Boosts satiety and supports muscle repair.
- Gut Health: Probiotics aid digestion and boost immunity.
- Bone Strength: Rich in calcium for healthy bones.
- Nutrient-Rich: Provides essential vitamins and minerals.
- Low Fat: Helps manage fat intake with low-fat options.
- Blood Sugar Control: Supports better blood sugar regulation.

HEALTHY BBQ CHICKEN PIZZA

BBQ Sauce:

¼ cup diced onion	½ Tbsp. yellow mustard
¼ cup Worcestershire sauce	1 (6oz) can of tomato sauce
¼ cup apple cider vinegar	1 Tbsp. minced garlic
1 ½ Tbsp. honey	¼ cup water

Place all the ingredients in a food processor. Blend until smooth. This recipe makes about 2 cups of sauce.

Pizza:

1 pizza crust	4 cloves garlic, minced
2 chicken breasts, cooked & cut into bite-sized pieces	1-2 Tbsp. olive oil
¼ red onion, thinly sliced	2 cups Mozzarella cheese, shredded
½ cup barbecue sauce	Optional: green pepper, olives
½ cup cilantro, finely chopped	

Drizzle pizza dough with olive oil. Spread garlic and barbecue sauce over pizza dough. Add cheese, cilantro, and red onions then pieces of chicken. Bake at 500 degrees for 10-15 minutes or until the edges of the dough have lightly browned.

Source: *Extension Utah State University*

WHY IS SITTING SO BAD FOR US?

For many people, work means hours and hours of sitting, with rare pauses for a walk around the block or even down the hall. While it's easy to dismiss this as a routine part of adult life, it is becoming a growing concern among researchers. Studies suggest that spending hours in a chair can cause all kinds of damage to your body, and even shorten your lifespan.

Last year the *Annals of Internal Medicine* published a study of 8,000 adults that showed an association between prolonged sitting and a risk of early death from any cause. (People who sat for no more than 30 minutes at a time had the lowest risk in that study.) Other research has linked prolonged sitting or other sedentary behavior to diabetes, poor heart health, weight gain, depression, dementia, and multiple cancers.

It's a habit that seems to start early. One of the most recent studies, published in *JAMA*, found that in more than 51,000 Americans surveyed, the amount of time spent sitting increased in a range of age groups by about an hour a day between 2007 and 2016, and that included a notable rise among adolescents.

"Prolonged sitting is one of the main causes for many of the conditions treated in my musculoskeletal clinic. It often results in office visits with other types of doctors as well," says Eric K. Holder, MD, a Yale Medicine



physiatrist (a physician who specializes in the nonsurgical care of patients with musculoskeletal issues). “It is so ingrained in our society now—people are stationed at desks, seated in front of computers or the TV for extended periods, constantly traveling in cars, trains, and on planes. It’s a major health problem that can lead to many chronic diseases.”

We asked five Yale Medicine specialists how prolonged sitting could be affecting your health and what you can do about it.

Vascular problems—If your lower legs and feet get tired, swollen, and achy, you could be experiencing blood and fluid pooling in those areas after a long period of sitting, says Britt H. Tonnessen, MD, a vascular surgeon. In the worst cases, you can develop deep vein thrombosis (DVT). This is when a blood clot forms in a deep leg vein, which is dangerous because it can travel to the lung. “Blood clots tend to originate for three reasons,” Dr. Tonnessen says. A blood disorder can make a person prone to clotting, while an injury or related trauma may also raise risk for DVT. But the third reason – the one over which we all have control—is stasis, being still or sedentary. Women who are pregnant or taking birth control, elderly people, and people who smoke are at especially high risk, says Dr. Tonnessen. “Not exercising or moving around on occasion can lead to a more extensive blood clot.”

Dr. Tonnessen’s advice: “Take steps now. First, tell your doctor if you have risk factors for blood clots, especially if an immediate family member has had a clot in the legs or lungs at a young age, so you’ll better understand your risk. Then, whether you have a family history or not, move around every 30 minutes or hour to pump the blood out of your calf muscles. Take a short walk. Do something, anything.”

Another suggestion: “Try wearing elasticized compression stockings [15 to 20 or even 20 to 30 mm Hg]. Medical professionals often wear these; they stretch from foot to knee and can help, especially if you are experiencing leg aches, swelling, or restless legs. These stockings are comfortable and take away that tired feeling and achiness.”

Lower back pain and spine issues—Prolonged sitting puts significant stress on spinal structures as well as other joints, such as the shoulders and hips, especially when sitting with poor posture, says Dr. Holder. “When we sit at our computers, we often slouch, craning our necks forward which, over time, can lead to persistent postural misalignment. Sitting can also lead to overall deconditioning, early muscle fatigue, weakened core stabilizers, and tightening of the hip flexors, resulting in increased stress on your low back and reduced spine flexibility. It also affects the gluteal buttock muscles over time, leading to deactivation and weakening of these muscles,” he says. Sometimes this is referred to as gluteal amnesia, which can lead to low back pain and hip pain. He also notes that inactivity and prolonged sitting can lead to weakening of the bones (osteoporosis). The government’s recommendation of at least 150 minutes a week of moderate aerobic activity for people ages 18 to 64 can help, says Dr. Holder, but it may not be enough as prolonged sitting can negate all of that exercise. “It is important to move frequently throughout your day to counteract the negative effects of sitting.”

Dr. Holder’s advice: “Take stock of your office workstation. Make sure you have an ideal ergonomic setup. A sit-to-stand desk is a great option to decrease your sit time. If a standing desk is not available, you can move your laptop or desktop computer to a high counter. When sitting, consider using a lumbar roll (or a rolled-up towel) placed at the small of your back, between your back and the chair to improve alignment. For the more adventurous, consider a treadmill desk.”

More advice: “If a standing desk is not an option, I usually recommend getting up every 30 minutes or so to move and stretch. Instead of sending an email to your co-worker down the hall, discuss the issue with them in person. Use a smaller water bottle that requires you to walk to the cooler to fill it more frequently throughout the day. A pedometer to monitor your steps is also a great way to keep track of your activity, especially if you share step counts with friends or co-workers to keep each other motivated. If you’re watching TV at home, take standing, walking, and stretching breaks during commercials. I am a fan of any healthy motivational tool to keep you up and moving throughout the day—movement is medicine.”

Heart disease—It’s clear that sitting—like a lack of physical activity in general—is a contributing factor in many cases of cardiovascular disease, which is the leading cause of death in both men and women, says cardiologist Rachel Lampert, MD. “The body has all kinds of negative reactions to sitting for long periods,” she says. “In addition to decreasing the blood flow to the legs, sitting impacts things like sugar regulation and blood pressure—by altering the normal function of blood vessels, it feeds into diabetes and heart attacks. We know that the more you sit, the more likely you are to have a heart attack or die from a cardiac cause,” says Dr. Lampert. “It’s an independent contributor, along with how much physical activity you are getting.” Other

considerations in heart health are body mass index and waist circumference—in both cases the numbers will go up the longer you sit.

Dr. Lampert's advice: "There is no exact formula for how often you should stand up from your desk. But it makes sense to increase the amount of time you are active, whatever you're doing. Even a short walk every hour is helpful. Many people track their habits and increase their activity once they have clear evidence of their sedentary behavior, too. Anyone can use a step-counting device such as a Fitbit or a mobile device reminder app [free and low-cost ones are available]."

Weight gain and obesity—Some studies show an association between prolonged sitting and weight gain—and an especially strong link with diabetes, says Wajahat Mehal, MD, director of the Yale Medicine Metabolic Health & Weight Loss Program. This makes sense, he adds. "If you go back 100 years, movement was a constant part of our lives. If you wanted water, you'd have to go out to the well. If you wanted to talk to a neighbor, you'd walk next door." Today, people eat at their desks or in front of a TV set, where they are distracted while eating their food. This puts them at risk for eating larger portions, and portion control is key to keeping weight down, he says.

Dr. Mehal's advice: "Give your food undivided attention. Don't eat your lunch at the same time you are browsing online, reading the news, or watching YouTube. When we do that, we have the meal, but it doesn't fully register, because our mind is distracted."

Another bit of advice: "Have varied types of physical activity. Some get too focused on super-vigorous cardiovascular exercise. This is fine, but it is a mistake to think that unless you're working out like an Olympic athlete, it doesn't count. The truth is that a comfortable 15- or 20-minute walk accomplishes a lot when done regularly."

Cancer—Sitting at work and a sedentary lifestyle, in general, both appear to be independent contributors to cancer, just like eating too much red meat or smoking, says Xavier Llor, MD, PhD, co-director of the Smilow Cancer Genetics & Prevention Program and medical director of the Colorectal Cancer Prevention Program. "What we need is a general culture change," he says.

Dr. Llor's advice: "Do as much of your job standing as possible and move as much as you can beyond that. Extra weight is a cancer risk and standing burns twice the number of calories as sitting. It's definitely challenging. We all have jobs to do and many people don't have that much time. So, do as much as you can. The key is to foster and promote a healthy lifestyle in general. This includes regular physical exercise, not smoking, minimizing alcohol and meat, and eating enough fruits and vegetables."

Source: Yale Medicine

OCTOBER IS BREAST CANCER AWARENESS MONTH

October is more than ghosts, goblins and trick-or-treating – it is also Breast Cancer Awareness Month. This disease affects one in eight women in the United States every year and 2.3 million women worldwide.

Breast Cancer Awareness Month aims to support people diagnosed with breast cancer, educating people about breast cancer risk factors and stressing the importance of regular screenings, which should start at age 40 or an age that's appropriate for a woman's breast cancer risk.

Breast cancer isn't something that can usually be prevented, so it's important to be proactive about your health, said Diana Romano, Oklahoma State University Extension associate specialist.

"Doctors seldom know why one woman develops breast cancer and another doesn't, but what we do know is that breast cancer is always caused by damage to a cell's DNA. Why or how that DNA becomes damaged is still unknown," Romano said. "The damage can be caused by genetic or environmental/lifestyle factors – or in most cases, a combination of the two."

Women with certain risk factors are more likely than others to develop breast cancer. A risk factor is something that may increase the chance of getting a disease. While some risk factors can be avoided, such as drinking alcohol most risk factors cannot. Having a risk factor doesn't mean a woman will get breast cancer. In fact, 60% to 70% of women with breast cancer have no connection to the risk factors, and others with risk factors never develop the disease.

Romano said some of the genetic risk factors that cannot be changed include gender, age, race, family history, health history, menstrual and reproductive history, certain genome changes and dense breast tissue.

Environmental and lifestyle risk factors that can be changed include lack of physical activity, poor diet, being overweight or obese, drinking alcohol, radiation to the chest and combined hormone replacement therapy.



“A sedentary lifestyle with little physical activity can increase your risk for breast cancer,” she said. “Moving your body or exercising for as little as 20 minutes a day can help lower this risk factor. Also, a diet high in saturated fats and lacking fruits and vegetables can increase your risk. Eating 3.5 to 5 cups of fruits and vegetables each day can be beneficial.”

Although breast cancer is typically found in females, it also affects men. Roughly 2,700 men will be diagnosed with breast cancer this year, and about 530 are expected to die. Unfortunately, lack of awareness and stigma can be barriers to detection and care.

“For many, the key to survival is early detection. As we observe Breast Cancer Awareness Month, take the time to get a screening,” Romano said.

Source: OSU Extension

Dining with Diabetes

November 15 & 22 and December 6 & 13

1:00-3:00pm



Dearborn Hills Church
25365 State Line Road
Lawrenceburg, IN 47025



Cost: Covered with Health First Funds

If you have questions or concerns regarding the Dining with Diabetes program, registration, etc. please contact:

Marica Parcell

Purdue Extension Dearborn County
812-926-1189/mparcell@purdue.edu

PIZZA JOKES

1. Why don't pizza makers like pizza jokes? They're too cheesy
2. What did the pizza say to its significant other? You have a pizza my heart
3. What does pizza say after meeting someone? Slice to meet you
4. What do you call a fake pizza topping? A pepper-phony
5. What's a pizza's favorite landmark? The Leaning Tower of Pizza
6. Where did the pharaoh order pizza? Pizza Tut
7. How do you fix a broken pizza? Use tomato paste
8. What's a dog's favorite pizza topping? Pup-peroni
9. Why do hipsters burn their mouths when eating pizza? They eat pizza before it's cool
10. What's the fastest way to burn 2,000 calories? Leave the pizza in the oven

