

NUTRITION NEWS

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Breast Cancer Awareness

OCTOBER 2025

October is Breast Cancer Awareness Month. It is a good time for women to think about their routine breast cancer screenings. These screenings vary from woman to woman. For instance, two 40 year old women may have different protocols for being screened for the disease. These differences can be caused by family history, environmental exposure, and personal medical history.

Through the years, there has been much discussion about the benefits of routine mammograms. There are different schools of thought on what age to begin routine mammograms as well as how often to regularly perform them. Your physician should be able to guide your decision in which screening method is best for you. Whatever is decided, it is important to follow through regularly with your recommended protocol.



Here are some of the most recent statistics regarding breast cancer from the Susan G. Komen Foundation.

- ♦ In 2025, there will be an estimated 316,950 new cases of breast cancer.
- ♦ About 4% of breast cancer cases will occur in women younger than the age of 40.
- ♦ Survival rates for those diagnosed with stage I cancers are 98-100%.
- ♦ Survival rates for those diagnosed with stage II cancers are 90-99%.
- ♦ Survival rates for those diagnosed with stage III cancers are 66-98%.
- ♦ The two most common risk factors of breast cancer are being born female and getting older.



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Butterfly Exercise

Place hands behind head and gently bring elbows back

Do five reps rest and repeat—5 times



Obesity is not only linked to breast cancer, but is linked to other cancers as well, including colon cancer. Over weight and obese women not only have a higher risk of being diagnosed with breast cancer, but they also have a higher incidence of a recurrence after initial diagnosis.

Obesity and the risk of breast cancer may also be influenced by the location of the extra body fat. It is thought that excess body fat around the belly is most likely to increase your risk of breast cancer. Obesity and breast cancer may also be linked to the period in time when a woman gains her excess weight. Weight gain during your adult life, mostly between the ages of 18 and 50-60 years have been consistently associated with a higher risk of breast cancer after menopause.

The American Cancer Society recommends the following regarding a healthy diet and cancer prevention.

- * Choose appropriate portion sizes of whatever food you eat.
- * Limit your intake of sugar sweetened beverages.
- * Limit your intake of processed meats, including bacon, sausage, lunch meats, and hot dogs.
- * Choose fish and poultry instead of red meat.
- * When using red meat, choose lean cuts and eat smaller portions.
- * Prepare meat, poultry, and fish by baking, broiling, or poaching. Avoid frying and charbroiling.

- * Eat at least 2 1/2 cups of fruits and vegetables every day.
- * Limit your use of creamy sauces, dressings, and dips with fruits and vegetables.
- * Choose whole grains instead of refined grain products.
- * If you drink alcohol, limit the amount.

Maintaining a healthy weight is not the only way to decrease your risk of breast cancer. Even in high risk women, the following recommendations may significantly reduce your risk of getting breast cancer.

- ♦ Limit alcohol– the more alcohol you drink, the greater your risk of breast cancer. This includes beer, wine, and liquor. Limit yourself to no more than one drink per day.
- ♦ Don't smoke– the link between smoking and breast cancer is strong. Quitting smoking is one of the best decisions you can make to benefit your overall health.
- ♦ Be physically active– a combination of aerobic activity and strength training is ideal. Not only can this help you maintain a healthy weight, it can improve your joint health and respiratory system.
- ♦ Limit dose and duration of hormone therapy. Combination hormone therapy for longer than 3-5 years increases your risk of breast cancer. If you decide that the benefits of a short term therapy outweigh the risks, use the lowest dose that is still effective.
- ♦ Avoid exposure to radiation and environmental pollution. Medical imaging, including CT scans, use high doses of radiation. Reduce your exposure by only having tests that are deemed medically necessary.

WINTER PREPAREDNESS

October is also a good time to start thinking about winter and winter preparedness. Winter storms can occur starting in the late fall so it's not too early! FEMA (Federal Emergency Management Agency) provides the following basic emergency supply list:

- ♦ Water— ensure that you have at least 1 gallon of water per person for at least 3 days. You may also need stored water for food preparation.
- ♦ Food— store at least a 3 day supply of non-perishable food for members of your household, including pets. Include a non-electric can opener for canned food.
- ♦ Flashlight, radio, and cell phone charger— you will need to be able to charge these items without electricity. Your flashlight and radio should be either hand-cranked or battery-powered, and stored with extra batteries. Your cell phone charger should be hand crank, solar, or able to be charged from a car outlet.
- ♦ Medical— include first aid kit, prescription and non[-prescription/over-the-counter medications, and medical supplies.
- ♦ Sanitation— pack supplies for sanitation, such as hand sanitizer, towelettes, paper products, diapers, and plastic bags for use when water resources are limited.
- ♦ Assistive technology— include battery back-up power for power dependent mobility devices, oxygen, and other assistive technology needs.

Winter preparedness goes beyond the household. There are also steps you can take to make sure your car is as safe as possible should you be stuck in your vehicle when a storm hits. You should be sure to keep the following items in

your car at all times during the winter months: cell phone charger, first aid kit, jumper cables, flares, full tank of gas, tow rope, tire chains or snow tires, bag of sand or cat litter, shovel, ice s

craper or snow brush, boots, gloves, and warm clothes, flashlight, water, and snacks.

October is an ideal time to make an appointment with your mechanic. The following items should be checked to ensure they are in good working order; antifreeze levels, battery and ignition systems, brakes, exhaust system, fuel and air filters, heater and defroster, lights and flashing hazard lights, oil, thermostat, windshield wiper equipment and good winter tires.

Lastly, if you have been exposed to extreme cold weather and/or storm conditions, be aware of the warning signs of frostbite and exposure. Frostbite occurs when the skin and body tissue just beneath the skin freezes. Symptoms include loss of feeling and white or pale appearance in extremities (fingers, toes, tip of nose, face and earlobes). If frostbite is suspected, cover exposed skin but do not rub the affected area. Seek medical help immediately. Hypothermia is dangerously low body temperature. Symptoms include uncontrollable shivering, memory loss, disorientation, incoherence, slurred speech, drowsiness, and apparent exhaustion. In cases of suspected hypothermia, get the victim to a warm location. Remove wet clothing and warm the center of the body first by wrapping the person in blankets. Give warm, non-alcoholic beverages if the person is conscious. If body temperature is below 95 degrees, seek medical help immediately.

****Information provided by FEMA****

Herkimer County Office for the Aging

PUBLIC HEARING

Thursday, October 30th—10am—12:30pm

Francesca's 144 E Main St, Ilion

Free breakfast will be served

RSVP by October 20th

Friday, October 31st, 12:00pm—2:30pm

Old Forge Library, 220 Crosby Blvd

Free Light lunch will be served

RSVP by October 20th

315 866-1121

HEAP

November 3, 2025—April 7, 2026

(315) 867-1195

<u>Household size</u>	<u>Gross Income</u>
1	\$3,473
2	\$4,542
3	\$5,611

Call the HEAP office for an application if you have not received one in the mail and would like to apply for HEAP 315 867-1195



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Now for a recipe that incorporates a locally grown vegetable!

Coconut Curry Pumpkin Soup

1/4 cup coconut oil

1 cup chopped onions

1 clove garlic, minced

3 cups vegetable broth

1 tsp curry powder

1/2 tsp salt

1/4 tsp ground coriander

1/4 tsp crushed red pepper flakes

1(15 ounce) can 100% pure pumpkin

1 cup light coconut milk

Heat the coconut oil in a deep pot over medium high heat. Stir in the onions and garlic; cook until the onions are translucent, about 5 minutes. Mix in the vegetable broth, curry powder, salt, coriander, and red pepper flakes.

Cook and stir until the mixture comes to a gentle boil, about 10 minutes. Cover, and boil 15 to 20 minutes more, stirring occasionally. Whisk in the pumpkin and coconut milk, and cook another 5 minutes.

Pour the soup into a blender, filling only half way and working in batches if necessary; process until smooth. Return to a pot, and reheat briefly over medium heat before serving.

