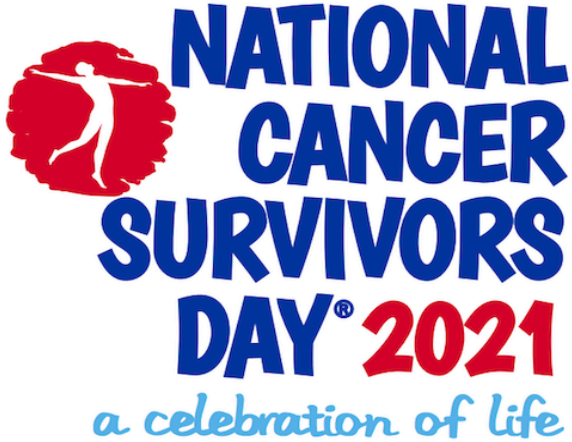


Hot Topics in Health & Wellness



National Cancer Survivor Month

Join us in a celebration of the strong people around us that battled cancer!

Cancer has affected us all whether we are survivors or not. One thing most people underestimate in a battle with cancer is **SUPPORT!** Positive attitudes and a willingness to help and be there are key to battling any disease. Another common theme when fighting cancer is perseverance and determination to handle a negative diagnosis with a positive approach. But we cannot be survivors without awareness!

Let us look at a few early symptoms of a possible cancer diagnosis –.

- ◆ Unexplained weight loss
- ◆ Loss of appetite
- ◆ New, persistent pain
- ◆ Recurrent nausea or vomiting
- ◆ Blood in urine or stool

- ◆ Sores that do not heal
- ◆ Thickening of a lump (neck, underarm or groin)
- ◆ Indigestion or difficulty swallowing
- ◆ Obvious changes in a wart or mole

A great way to approach cancer is to eat right and exercise often. A healthy mind and body will go a long way in preventing cancer and will put us in the best position to beat cancer. Another great thing to do is to know your family's history of diseases like cancer to discuss with a Primary Care Physician to develop the best plan of prevention for you and your family. Some early tests that can detect cancer are –

- ◆ Complete Blood Count (CBC) – a routine blood test that detects abnormalities in the blood.
- ◆ X – Rays
- ◆ MRI's
- ◆ Ultrasounds
- ◆ Mammograms – Start around 40, recommended yearly from 45 – 55.
- ◆ Men have less risk, more ability to see and feel lumps but need to be aware of the signs!
- ◆ Colonoscopies – Need to start being tested at 45 unless there is a family history

**Early Detection Can
Save Lives!**

Stability Ball Exercises

Stability balls are great for posture and core strength! Purchasing one can create an easy to keep routine of two simple exercises that will do wonders for hip and back pain.



If just beginning, gain stability by just sitting on the ball. Once stable anticipate some awkwardness!



Doing 3 sets of 2 exercises daily will improve our health dramatically including stretching our hips and lower back to relieve some pain.



Creamy Roasted Garlic Anti-cancer Soup

- ½ cup raw cashews
- 1 head of garlic
- 1 medium zucchini, chopped
- 1 cup mushrooms, any kind, preferably a blend
- 1 broccoli crown with stem, chopped
- 1 cup chopped asparagus
- ½ cup chopped onion
- 1 large handful raw spinach
- 1 Tbs. white miso paste (substitute for salt)
- Black pepper to taste
- Juice of ½ lemon
- 1 ½ cup warm veggie broth (low sodium pref.)

1. Place cashews in a bowl and cover with warm water. Set aside.
2. Preheat oven (I use a toaster oven) to 425 degrees F. Cut off the pointed top of the garlic head to expose the tops of the cloves. Wrap tightly with foil, then roast about 35 mins. Allow to cool before handling.
3. While the garlic is roasting, chop your veggies and place the zucchini, mushrooms, broccoli, asparagus, and onion in a steam basket. Place basket over a pot containing an inch or two of boiling water. Cover and steam on medium heat for about 4 mins. Add the spinach, re-cover, and steam one more minute to wilt.
4. While the veggies are steaming, add the miso paste, black pepper, lemon juice, and veggie broth to a high-speed blender.
5. When the veggies have steamed and the garlic has cooled, squeeze the garlic head to extract the roasted garlic cloves into the blender. Add the veggies and drained cashews, then blend until completely smooth. Taste and add more lemon juice, miso, or black pepper if needed.
6. Serve hot, garnished with a sprinkle of paprika or fresh herbs.

Breathe in, Breathe Out...

Stress is an inevitable part of life. Family, financial or work issues can impact us and have negative consequences we may not even be aware of. **When do you reach out for help?** The Employee Assistance Program through Pine Rest is completely confidential. You get up to three (3) FREE sessions for yourself and your family members too. The EAP can even help with elder care consultation, common legal issues and financial consultations. Call 616-455-6210 to schedule an appointment.



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