



Staying Well: Healthy Lifestyle Choices and Early Detection

October is National Breast Cancer Awareness Month. Other than skin cancer, breast cancer is the most frequently diagnosed cancer in women. It is also the second-leading cause of cancer death in women (after lung cancer).

Getting a mammogram is the most important action women can take to find breast cancer early – before physical symptoms develop – when the disease is most treatable. Women who have an average risk for breast cancer should talk to a health care professional about the breast cancer screening plan that’s best for them. Regular mammograms can help find breast cancer at an early stage, when treatment is most successful.

If a woman is at high risk for breast cancer – because of family history, a genetic tendency, or certain other factors – the American Cancer Society recommends screening with an MRI along with a mammogram. These women might also need to start screening at a younger age. A woman at high risk should talk with her health care provider about:

- Her medical history
- Whether she should have an MRI along with each mammogram
- What age she should start screening.

Women can also help reduce their breast cancer risk by making healthy lifestyle choices, such as getting to and staying at a healthy weight, being physically active on a regular basis, and limiting their alcohol intake to no more than one drink per day.

For more information on how you can stay well, visit the American Cancer Society website at cancer.org/breastcancer or call 1-800-227-2345.

High Diabetes Risk Study

Are you at risk for developing diabetes? Pennington Biomedical Research Center is conducting a study to determine the health benefits of cranberry extract in people who are at risk for diabetes and heart problems. You can earn up to \$800 for participating. In order to qualify, you must be overweight and at least 20 years of age and agree to the following:

- 2 screening visits
- 1 baseline visit (overnight stay)
- 5 clinic visits (last visit is an overnight stay)
- 3 phone calls.

For more information on the study and to see if you qualify please contact:

Telephone: 225-763-3000

Email: clinicaltrials@pbrc.edu

Visit: www.pbrc.edu/cranberry

Success Story

"I have just made a follow-up appointment with my doctor for next Wednesday. Additionally, I have definitely changed my eating habits. Since I saw you on October 8th, I have lost 6.6 pounds! So sad – I really miss my sweets. But I do feel better already! My goal, of course is not to be "pre-diabetic." I am on my way! Thanks for getting me in line. You have saved my life!"

Do you have a similar success story? Please [email us](#) and we will tell YOUR story in a future newsletter.

Get the Facts on Seasonal Flu!

Thousands of people will get the flu this year in the United States. The flu can cause mild to severe illness, and at times can lead to death. By knowing the steps to avoid getting sick, we can have a safer flu season – and you and your family can stay healthy.

How the Flu Spreads

The flu spreads in respiratory droplets from coughing, sneezing and close contact. It usually spreads from person to person, though occasionally a person may become infected by touching something with virus on it and then touching their mouth or nose. Adults may be able to infect others 1 day before getting symptoms and up to 7 days after getting sick. So it is possible to give someone the flu before you know you're sick as well as while you are sick.

How to prevent the flu

The best way to avoid the flu is by getting your flu vaccination every year. Just because you got a flu shot last year doesn't mean you're protected this year. Flu vaccinations protect you from several kinds of flu. Please remember: You can't catch the flu from a flu shot. Vaccines are available by a nasal spray or injection. The Centers for Disease Control and Prevention recommends that everyone 6 months or older get a flu shot each year. Ask your doctor if a flu vaccination is safe for you.

Other measures that can help protect against the flu:

- **Avoid close contact.**
Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.
- **Stay home when you are sick.**
If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.
- **Cover your mouth and nose.**
Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.
- **Clean your hands.**
Wash your hands with soap and water and scrub for at least 20 seconds, which is about how long it takes to sing the "Happy Birthday" song twice. Washing your hands often will help protect you from germs.
- **Avoid touching your eyes, nose or mouth.**
Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

When to Get Vaccinated

October or November is the best time to get vaccinated, but you can still get vaccinated in December and later. Flu season can begin as early as October and last as late as May.

Healthy Comfort Food for Cold and Flu Season

As we fall into cold and flu season, a store bought rotisserie chicken can make a quick and flavorful “homemade chicken soup.” Using beans instead of noodles makes the soup a healthy choice and adds protein. Hot chicken soup can improve the way tiny hair-like parts in the passages of your nose protect your body from bacteria and viruses. For classic chicken noodle soup, substitute ½ cup of egg noodles for the beans.

Chicken and White Bean Soup

Ingredients

- 1 rotisserie chicken breast or 3 cups chopped white chicken meat
- 1 tablespoon canola oil
- 3 carrots, sliced
- 2 celery stalks, sliced
- 1 onion, chopped
- 2 cups water
- 6 cups reduced-sodium broth
- 1 (15 ounce) can Great Northern beans, rinsed and drained
- Salt and freshly ground black pepper

1. Remove wings from chicken and reserve. Remove skin from breast and discard. Shred the meat from the breast and break off breastbones.
2. In a stockpot over medium heat, add oil. Sauté the carrots, celery, onion, chicken wings, and breast bones for 8 to 10 minutes or until vegetables soften.
3. Add water and chicken broth and bring to a boil, stirring to combine. Reduce heat, cover and simmer for 15 to 20 minutes. Add beans and chicken meat and cook for 5 minutes. If too thick, add more broth or water. Discard bones and wings before serving. Season with salt and pepper.

Makes 6 servings

Calories	235
Calories from Fat	45
Total Fat	5.0 g
Sodium	675 mg
Total Carbohydrate	17 g
Protein	28 g

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