When breast cancer starts out, it is too small to feel and does not cause signs and symptoms. As it grows, however, breast cancer can cause changes in how the breast looks or feels. Symptoms of breast cancer include lumps in the breast or underarm area, thickening, swelling, flaking, irritation and unexplained redness of the breast areas. Nipple discharge other than breast milk is also a symptom.

Regular mammograms are the best tests doctors have to find breast cancer early, sometimes up to three years before it can be felt. When their breast cancer is found early, many women go on to live long and healthy lives. But because variables like heredity and lifestyle can influence the likelihood of developing breast cancer, women are encouraged to ask their doctors for a formal estimation of their risk.

Aside from mammograms, general lifestyle changes women can adopt to reduce their risk of developing breast cancer include limiting alcohol intake, controlling weight and engaging in regular exercise.

Breast Cancer Prevention

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DID YOU KNOW

Breast cancer is the fifth leading cause of death in women age 40 or above, behind heart disease, stroke, lung cancer and other lung diseases.
How to Find Your Perfect Gym

All gyms are not created equal. While most gyms provide the same set of essential services, there are many important differences in specialization and availability. Here are some tips to keep in mind when choosing a gym that’s right for you:

**Match your goals**—A gym that specializes in lots of muscle sculpting equipment isn’t going to help much if you are trying to lose weight and start a cardio program. Before signing a contract, seriously consider your fitness goals and what services you need to achieve them.

**Location, money, time**—The best gyms in the world aren’t going to help you if they are too out-of-the-way for you to travel to them regularly, or if they are only open when you’re unable to work out. It also won’t help if getting a membership is beyond what you can reasonably afford. Finding a gym that is both convenient and affordable for you will go a long way towards helping you meet your fitness goals.

Shop around—Take advantage of day passes and prospective member programs to see what each gym has to offer before making a final decision. Many let you attend exercise classes where you can observe how much individual attention participants get from the instructor. Also be sure to compare the availability of machines, free space, lockers, mirrors and water fountains.

Halloween Savings

Unlike most holidays, Halloween has little in the way of obligations and a lot in the way of fun. Like most holidays, however, Halloween can be expensive, leaving its mark on your bank account long after the costumes have been mothballed and the pumpkins discarded. This year, use the following suggestions to maximize your fun while minimizing your expenses.

**Discount and ration candy.** Bulk stores and Internet shopping sites often offer deals on large purchases. Bulk hard candy is generally the cheapest buy on the market. Limit your handouts to one or two pieces per trick-or-treater to make supplies last.

**Buy pumpkins close to Halloween.** Buying a pumpkin on or just before Halloween will come with significant savings and will keep it from decaying by the time the big night arrives.

**Make your own decorations.** Lots of leaves in your yard? Pick up pumpkin trash bags to make pumpkin decorations. Use spray-painted cardboard or cereal boxes to form makeshift tombstones. Fashion cotton balls or quilt padding into cobwebs. There are a plethora of frugal shortcuts available once you start getting creative.

**Improvise costumes.** Why pay a bunch of money for an outfit that will only be worn once? Refashion old clothes and items to dress like an iconic figure. Scour thrift stores to complete your ensemble on the cheap. Parents can also swap children’s costumes to prevent having to buy new materials every year.

**Start planning for next year.** After Halloween ends, large discounts are available at many stores for costumes and decorative items, so plan a shopping trip right after Oct. 31 to save big on next year’s festivities.

Chicken Vegetable Soup With Kale

This flavorful soup combines the succulent taste of chicken with the heartiness and healthiness of kale and roasted vegetables to form the perfect dinner for chilly October nights.

4 tsp. vegetable oil
1 cup onion (chopped)
1 cup carrot (chopped)
2 tsp. ground thyme
4 garlic cloves (minced)
4 cups water or chicken broth
1½ cups tomatoes (diced)
2 cups cooked skinless chicken (cubed)
1 cup cooked brown or white rice
2 cups kale (chopped)

Heat oil in a medium saucepan. Add the onion and carrot, sautéing until vegetables are tender, about 5 to 8 minutes. Add garlic and thyme and sauté for an additional minute. Add water or broth, tomatoes, cooked rice, chicken and kale. Simmer for 5 to 10 minutes.

Yield: 6 servings. Each serving provides 180 calories, 5g of fat, 1g of saturated fat, 40mg of cholesterol, 85mg of sodium and 3g of fiber.

Source: USDA
Don’t Ignore Domestic Violence

Many victims of domestic violence deny that they are being abused. Whether out of fear, or an attempt to protect the abuser, at times the abuse will continue until an outsider notices it and reaches out.

If you suspect that a friend, family member or co-worker is being abused, speak up. Try doing the following:

- Bring up the subject in private
- Tell the individual what you’ve noticed
- Ask how he or she is doing, and if anything is wrong
- Tell the individual that you are concerned for his or her safety
- Listen to and support the individual
- Offer to help

Many victims will not speak up, so don’t wait for the individual to come to you. Give unconditional support and advice. Whatever you do, don’t judge, blame or put pressure on the victim.

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<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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</thead>
<tbody>
<tr>
<td>Don’t get caught in the web of unhealthy snacking and inactivity habits. Find something new to add to your diet this month and add an extra 10 minutes to your walk.</td>
<td>1 Take your lunch to work. Add a new healthy snack.</td>
<td>2 Start a walking program. Just 30 minutes a day. Do it for you!</td>
<td>3 Don’t forget to drink plenty of water. Sometime we forget when the weather cools down.</td>
<td>4 WALK 30 minutes today!</td>
<td>5 Test and replace batteries in your smoke and carbon monoxide alarms.</td>
<td></td>
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<tr>
<td>6 Consider getting a flu shot if you haven’t already done so.</td>
<td>7 WALK 30 minutes today!</td>
<td>8 Send someone a note telling them how much you appreciate them. It will make their day.</td>
<td>9 WALK 30 minutes today!</td>
<td>10 Work Those Arms 20 arm circles, small and large circles, forward and backward.</td>
<td>11 WALK 30 minutes today!</td>
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<tr>
<td>12 Healthy Snack Idea Sliced pear or apple with a wedge of light Laughing Cow Cheese</td>
<td>13 WALK 30 minutes today!</td>
<td>14 Try to eliminate sugar from your diet today. Check food labels carefully.</td>
<td>15 Work Those Arms 20 arm circles, small and large circles, forward and backward.</td>
<td>16 WALK 30 minutes today!</td>
<td>17 Work Those Arms 20 arm circles, small and large circles, forward and backward.</td>
<td></td>
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<tr>
<td>18 Plan a family movie night at home. Pop a big bowl of popcorn and RELAX!</td>
<td>19 WALK 30 minutes today!</td>
<td>20 Work Those Arms 20 arm circles, small and large circles, forward and backward.</td>
<td>21 Healthy Snack Idea Baby Carrots and roasted red pepper hummus.</td>
<td>22 March in Place During every TV commercial get up and march. Move those arms!</td>
<td>23 WALK 30 minutes today!</td>
<td></td>
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<tr>
<td>24 Treat the ghosts and goblins to some healthy treats: Popcorn, Fruit, Granola Bars.</td>
<td>25 WALK 30 minutes today!</td>
<td>26 Work Those Arms 20 arm circles, small and large circles, forward and backward.</td>
<td>27 Healthy Snack Idea 5 Triscuits Top with pizza sauce and low fat mozzarella braise til cheese melts.</td>
<td>28 WALK 30 minutes today!</td>
<td>29 Work Those Arms 20 arm circles, small and large circles, forward and backward.</td>
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<td>30 WALK 30 minutes today!</td>
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<td>A good laugh and a long sleep are the best cures in the doctor’s book. ~Irish Proverb</td>
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The information contained in this calendar is for informational purposes only.

Consult your physician before beginning any exercise program.