



# HEALTH & WELLNESS

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## October 2018

Its finally fall and we have so much to look forward to. In addition to the great weather, we get to celebrate Halloween, National Breast Cancer Awareness month, National Protect Your Hearing month as well as receiving the flu shot.

### 9 Tips to Protect your Hearing

1. Use ear plugs around loud noises—15% of adults have noise induced hearing loss due to loud work or leisure activities
2. Turn down the volume on headphones—the recommendation is no more than 60% volume for less than 1 hour a day
3. Give ears time to recover—your ears need ~16 hours of quiet recover from 1 loud night out
4. Stop using cotton swabs in your ears - ears are self-cleaning and wax protects them
5. Keep ears dry—excess moisture can cause bacteria to infect the canal
6. Get up and move—cardio gets blood pumping and helps ears to work at their maximum potential
7. Get regular check ups

### Pumpkin Pie Oatmeal

#### INGREDIENTS:

- 1 cup old-fashioned rolled oats
- 1 3/4 cups milk, any kind
- 1/4 cup pumpkin puree
- 1/2 teaspoon vanilla extract
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/2 cup chopped pecans
- 1/4 cup maple syrup

#### DIRECTIONS

1. Combine oats and milk in a small saucepan over medium heat.
2. Bring to a boil; reduce heat and simmer, stirring occasionally, until desired consistency is reached, about 3-5 minutes. Stir in pumpkin, vanilla, cinnamon and nutmeg until heated through, about 1 minute.
3. Serve immediately, garnished with pecans and maple syrup, if desired.

### HOW TO: LOOK AFTER YOUR EARS

LOUD SOUND CAN CAUSE TINNITUS AND HEARING LOSS, BUT IT'S COMPLETELY PREVENTABLE. HERE ARE OUR TOP TIPS TO PROTECT YOUR HEARING ...

#### HEADPHONES

USE GOOD QUALITY WELL-FITTING HEADPHONES

SET A LIMIT

#### OUT & ABOUT

GET SMART WITH YOUR PHONE

AVOID THE SOURCE OF THE SOUND



## Breast Cancer Awareness Month

1 in 8 American women develop invasive breast cancer during their life time.

Signs and symptoms include:

- ◆ thickening in the breasts
- ◆ new lumps
- ◆ nipple sores/discharge/turning in
- ◆ breast skin dimpling
- ◆ rash or swollen red breasts

“Early detection is the best prevention.”

How to conduct a self examination

1. Standing in front of the mirror with shoulders straight, arms on hips, look for signs noted above.
2. Raise arms above head and check for lumps under each arm.
3. Look for signs of fluid coming out of one or both nipples.
4. Lying down, move the pads of your fingers in a circular motion. Cover the entire breast from the collarbone to the top of the stomach and from the armpit to the breast noticing any abnormal lumps, thickening or knots. Repeat monthly, can be done standing up, too.

## GET YOUR FLU SHOT



### Why should I get it?

The CDC recommends everyone 6 years and older receive the flu vaccine. While vaccines are not 100% effective in preventing the flu, they are the best method of protection.

### How does it work?

The flu vaccine makes our bodies produce antibodies. These antibodies protect us from the viruses in the vaccine. Every year research predicts the flu viruses that will be most common in our area and creates a vaccine that includes those.

### Where do I get it?

Hospitals, clinics and health care providers can administer flu shots. Speak to your health care provider for more information and details to be informed.

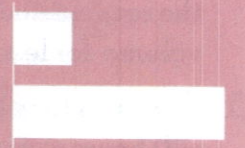


But there is

**HOPE**

**27%** SURVIVAL RATE IN ADVANCED STAGE

**98%** SURVIVAL RATE IN EARLY DETECTION



YOU ARE INVITED TO A

## Breast Cancer

AWARENESS LUNCHEON & SURVIVOR CELEBRATION

Hosted by CONWAY REGIONAL WOMEN'S COUNCIL

FRIDAY • OCT. 5TH 2018 • 11:00AM

AT NEW LIFE CHURCH, CONWAY  
633 S. COUNTRY CLUB ROAD

KEYNOTE SPEAKER: DR. LAUREN NOLEN, CONWAY OB-GYN  
HONORARY SPEAKER: ELIZABETH SCHAFER

- ◆ SPECIAL RECOGNITION OF SURVIVORS
- ◆ WOMEN'S HEALTH RESOURCE EXPO
- ◆ ON-SITE MAMMOGRAM SCHEDULING
- ◆ KENDRA SCOTT GIVE BACK SALE

\$25.00 PER TICKET EACH GUEST WILL RECEIVE A GIFT BAG  
RESERVED TABLES OF 8 ALSO AVAILABLE

TICKETS AVAILABLE ONLINE AT  
[WWW.CONWAYREGIONAL.ORG/WOMENSCOUNCIL](http://WWW.CONWAYREGIONAL.ORG/WOMENSCOUNCIL)

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