What Can I Do To Reduce My Risk of Breast Cancer?  
Centers for Disease Control and Prevention, 2017

Many factors over the course of a lifetime can influence your breast cancer risk. You can’t change some factors, such as getting older or your family history, but you can help lower your risk of breast cancer by taking care of your health in the following ways:

- Keep a healthy weight.
- Exercise regularly (at least four hours a week).
- Research shows that lack of nighttime sleep can be a risk factor.
- Don’t drink alcohol, or limit alcoholic drinks to no more than one per day.
- Avoid exposure to chemicals that can cause cancer (carcinogens) and chemicals that interfere with the normal function of the body.
- Limit exposure to radiation from medical imaging tests like X-rays, CT scans, and PET scans if not medically necessary.
- If you are taking, or have been told to take, hormone replacement therapy or oral contraceptives (birth control pills), ask your doctor about the risks and find out if it is right for you.
- Breastfeed any children you may have, if possible.

If you have a family history of breast cancer or inherited changes in your BRCA1 and BRCA2 genes, you may be at high risk for getting breast cancer. Talk to your doctor about more ways to lower your risk. Staying healthy throughout your life will lower your risk of developing cancer, and improve your chances of surviving cancer if it occur.
SMILE TIPS for NATIONAL DENTAL HYGIENE MONTH—SOCIAL DENTAL NETWORK, 2017

Do The Daily 4 – Brush, Floss, Rinse, Chew

Why is preventative oral health maintenance so important?
Because if we all absorb the message of a diligent daily dental health regimen we can reduce things like kids tooth decay – about 40% of children have tooth decay by age 5, which causes more than 51 million school hours to be lost each year due to dental-related illnesses.

Tooth decay & gum disease are 100% preventable!!
Here’s how to do it...by making sure we all Do The Daily 4...

1. Brush 2x a Day, for 2 Minutes
   Always Brush Your Teeth for 2 Minutes, Twice a Day, Every Day.
   Optimal oral health in National Dental Hygiene month and beyond starts with the toothbrush.

2. Floss DAILY
   Make Flossing a Daily Habit. According to Colgate.com, some statistics say that nearly 80 percent of people don’t floss!
   Daily flossing is so important because your toothbrush doesn’t reach the spaces between your teeth, and using dental floss (or interdental brushes) are the best ways to remove any remaining food particles and plaque to prevent cavities & gum disease.

   Rinsing with an anti-microbial mouthwash every day is the third component in the “Do The Daily 4” steps to dental health success. Not only does a daily dose of mouthwash help reduce bad breath, but rinsing is another important step you can take to prevent gum disease (gingivitis). Although among the most important, daily brushing & flossing alone doesn’t crush all of the bacteria causing cavity creeps.

4. Chewing Sugar-Free Gum
   Chewing sugar-free gum, especially after eating and drinking, has a positive impact on oral health. The action of chewing sugar -free gum stimulates the most important natural defense against tooth decay — saliva — which in turn helps fight cavities, neutralizes plaque acids, replenishes minerals enamel to strengthen
MESSAGE BOARD:

- Please visit United Healthcare online to register your MyUHC account and visit UHC Wellness Online
- Free passes to Ochsner’s Fitness Center, email TU Wellness for more information
- Register for Susan G. Komen 5K on October 21st by 10/14, receive 100%; email TU Wellness for more information
- Living Well Clinic Open House on Wednesday, October 18th, 11AM-2PM

HEALTHY SNACK RECIPE: Apple Curry Turkey Pita

**INGREDIENTS:**
- 2 tablespoons olive oil
- 1 cup sliced onion
- 2 tablespoons lemon juice
- 1/2 pound cooked turkey, cut into chunks
- 1 tablespoon curry powder, or to taste
- 1 medium apple, cored and thinly sliced
- 3 pita bread rounds
- 1/2 cup plain yogurt

**DIRECTIONS:**
1. Heat oil in a skillet over medium-high heat. Stir in onion and lemon juice. Cook until onion is tender. Mix in turkey, season with curry powder and continue cooking until heated through.

READY IN 20 minutes!
October 2017

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Mondays:
Zumba @ Tidewater Bldg, Diboll Gallery. 5:30pm to 6:30pm

Tuesdays:
Yoga at Naval Science/ROTC Lobby, 12pm to 1pm
Yoga at TNPRC, Admin Bldg, Auditorium, 4:10pm to 5:10pm
Yoga at Tidewater, Diboll Gallery, 5:10pm to 6:10pm

Thursdays: Zumba at Tidewater, Diboll Gallery, 5:30pm to 6:30pm

TULANE LIVING WELL CLINIC OPEN HOUSE:
WEDNESDAY, OCTOBER 18th
11 AM to 2PM
1430 Tulane Avenue.
Hutchinson Building, Room 1545
“Living Well with the Wave” Open Enrollment Fair

This year you will be able to meet our vendors! We will be offering an Open Enrollment Fair, where all benefit vendors will be available to answer questions and address any concerns.

**OPEN ENROLMENT FAIR**

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<tr>
<th>Date &amp; Time</th>
<th>Campus</th>
<th>Location</th>
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<tr>
<td><strong>Tuesday</strong>&lt;br&gt;October 24, 2017 10:00 AM-3PM</td>
<td>Uptown</td>
<td>Lavin-Bernick Center (LBC)</td>
<td>Qatar Ballroom 2nd Floor</td>
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<td><strong>Thursday</strong>&lt;br&gt;October 26, 2017 10:00 AM-3PM</td>
<td>Downtown</td>
<td>Tidewater Bldg.&lt;br&gt;1440 Canal Street</td>
<td>Gallery 1st Floor</td>
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<td><strong>Tuesday</strong>&lt;br&gt;October 31, 2017 10:00AM-3PM</td>
<td>TNPRC</td>
<td>Administrative Building&lt;br&gt;18703 Three Rivers Rd&lt;br&gt;Covington, LA 70433</td>
<td>Auditorium</td>
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