



Health & Wellness TIPS

Trends ~ Information ~ Prevention Strategies

Healing from Disease: Body, Mind and Spirit

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When diagnosed with a serious illness or disease, it is very difficult not to become anxious, fearful or shocked in addition to suffering from physical symptoms. While these are appropriate and normal feelings, the added stress can compound the discomfort and cause additional suffering mentally, physically and emotionally. In addition, stress can tax the immune system and hinder the body's ability to heal. Fortunately, in the past few decades several evidence-based mindfulness programs have been created and aim to help a patient take care of their body, mind and spirit and alleviate added stress to help them heal and recover. These programs are not a replacement for medical treatment but are integrative and used to complement the treatment of a physician or psychiatrist.

Healing through Mindfulness

In the late 1970's, Jon Kabat Zinn, a clinical researcher at the University of Massachusetts Medical Center developed an eight-week program

which was designed to help patients reduce the stress that comes from having a disease or illness. He had been practicing meditation in his own life for decades and was curious whether he could help hospital patients enjoy the benefits in a non-secular and clinical environment. His goal was to design a program that regular people could easily understand and incorporate into the recovery process. Physicians were happy to refer patients into the program because they felt it would help their patients who were weighed down with physical and mental pain and were struggling to recover. The integrative program was designed to incorporate the meditative processes used in the Buddhist philosophy with gentle hatha yoga to help patients utilize their own internal resources to help them heal. The participants were asked through the structured breath meditation, body scan and yoga to begin to learn to be aware of thoughts, feelings and physical sensations but instead of pushing away the negative ones, to learn to stay with them in the moment and even "befriend" the unpleasant. After each meditation, they were instructed to write about how the thoughts, physical sensations and

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emotions were interrelated. As participants gained more awareness of how the body and mind are connected, they became more able to release stress in the moment before it manifested in physical symptoms. During the initial phase of the program patients reported less pain, requested less pain medication, recovered faster, were more optimistic and had less stress. The program which was eventually called Mindfulness Based Stress Reduction (MBSR) was an immediate success and over the past several decades' thousands of people have benefited.

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For more information or for a free workshop on **Healing from Disease** please call (302)584-5521 or email me at lizbrowncoaching@gmail.com. For additional resources check out my website www.bewelllifecoaching.com.

Healing from Disease: Body, Mind and Spirit (cont.)

Mindfulness for Cancer Recovery

The MBSR program was the catalyst for the development of similar programs which target different kinds of physical and mental illnesses. One such program that has been adapted for cancer patients specifically is Mindfulness Based Cancer Recovery. In 2011 Linda Carlson's book *Mindfulness-Based Cancer Recovery: A Step-by-Step MBSR Approach to Help You Cope with Treatment and Reclaim Your Life*, she lays out the program that she helped develop along with other leading psychologists who specialize in oncology. It combines the basics of Kabat Zinn's mindfulness-based stress reduction program with the specific needs of cancer patients and helps these patients calm their fears and feelings of lack of control, manage side effects from treatment and find internal capacity for healing. This program has also been shown to improve immune

function due to the reduction in stress related hormones that make it a challenge for the body to heal.

Additional Programs

While it is not necessary to find a MBSR program specific to a certain illness or condition, there are many that have been designed. A few examples are mindfulness based cognitive therapy (MBCT) which incorporates mindfulness into cognitive therapy and mindfulness based relapse prevention (MBRT) which helps people in recovery from addiction to use mindfulness to prevent relapse. While all of these programs are beneficial if available, basic MBSR is often more readily available and can help anyone who is looking to reduce stress and live their life with greater awareness and can also help in times of medical crisis.

Signs of Breast Cancer to look out for in women of all ages

Signs of breast cancer may vary in different women, but the disease does yield some common symptoms. Before delving into the signs of breast cancer, however, it's important to identify what makes this form of cancer stand out.

Breast cancer is a type of cancer that occurs when a malignant tumor forms from cells within the breast. It occurs most frequently in women, but men can and do develop breast cancer, though much less frequently.

The American Cancer Society estimates that 1 in every 8 women will develop breast cancer in their lifetime, making it the most common cancer among women, aside from skin cancer.

Risk Factors and Causes of Breast Cancer

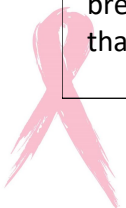
Research is ongoing to identify the exact causes of breast cancer, but scientists have identified several breast cancer risk factors. A risk factor is something that increases the chance that a person will develop a

disease. It is not a guarantee and does not predict a future diagnosis. Risk factors for breast cancer include:

Family Planning Choices. Women who choose not to have children or have them after age 30 somewhat increase their risk of breast cancer.

Genetics. Genetics may play a role in up to 10 percent of women diagnosed with breast cancer. Hereditary breast cancer occurs when a mutated gene has been passed down from a parent. The most common genetic mutation is that of the BRCA gene pair, referred to as "BRCA1" and "BRCA2".

These genes are responsible for regulating cell growth and repairing damaged DNA, but do not properly function if mutated. Those who are found through genetic testing to be carriers of mutated BRCA genes are at an increased risk of developing breast cancer. Other gene types have been associated with breast cancer but not as prevalently as the BRCA genes.



Signs of Breast Cancer to look out for in women of all ages (cont.)

Advertisement Age. As we grow older, our risk of developing breast cancer increases. It is estimated that 80 percent of women diagnosed with breast cancer are 50 or older. This doesn't mean that younger women aren't at risk. Young women are diagnosed with breast cancer, just much less frequently.

Family and Personal History of Breast Cancer. Having a mother, sister or daughter with breast cancer doubles your risk of the disease. While family history can play a role in breast cancer development, women shouldn't subscribe to the popular belief that those without a family history of breast cancer aren't at risk. The American Cancer Society estimates that 70 to 80 percent of women with breast cancer do not have a family history that includes breast cancer.

Women who have previously been diagnosed and treated for breast cancer are at a greater risk of developing breast cancer again.

Race. Of all women, Caucasian women are diagnosed more frequently than women of other races. Although Caucasian women are the most at risk, African American women die of the disease most frequently. Asian, Native American and Hispanic women have a lower risk.

Alcohol Consumption. Women who drink alcohol increase their breast cancer risk and the risk is heightened with the amount of alcohol consumed. Women who drink two to five drinks a day increase their risk 1.5 times compared to women who do not drink alcohol. One drink a day only slightly elevates a woman's risk.

Other breast cancer risk factors include the use of hormone replacement therapy, obesity and oral contraceptive use.

Symptoms of Breast Cancer

- A worrisome breast lump usually provokes a woman to see a doctor, but breast cancer causes several other symptoms. These include:
- a breast that feels warm to the touch
- nipple that becomes inverted that was not

inverted before

- skin on or around breast is dimpled or has an appearance similar to an orange peel
- skin on breast that is red or blotchy
- sudden increase in breast size that is not related to menstrual cycle
- nipple discharge (clear or bloody)
- nipple pain or scaly nipples
- persistent breast pain or tenderness that is unrelated to menstrual cycle
- swelling of the lymph nodes of the armpit
- a breast lump, swelling, or mass

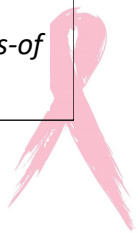
While some symptoms of breast cancer can be seen or touched, there are instances in early breast cancer where no symptoms can be detected by physical examination. Imaging tests like mammograms and MRI can detect breast abnormalities that cannot be seen or felt.

Diagnosis of Breast Cancer

Regular breast cancer screenings can reveal breast abnormalities that require additional testing. Some women detect breast abnormalities through breast self exams at home or through a clinical breast exam by their doctor. Most breast abnormalities are found through mammography. Only 10 percent of symptoms are initially found through physical exam. The remaining 90 percent are detected through mammograms, proving just how vital it is to have regular mammograms. The American Cancer Society recommends that women begin having annual mammograms at age 40. Women who are at higher risk of developing breast cancer may begin screenings earlier.

When mammograms reveal an abnormality, further testing is done to determine if breast cancer is present and what stage the disease is in. A breast biopsy may be done. This involves the doctor removing a small amount of breast tissue to be studied under a microscope.

Source: <https://www.verywell.com/causes-and-signs-of-breast-cancer-in-women-of-all-ages-513575>



Halloween Health and Safety Tips

- S** Swords, knives, and similar costume accessories should be short, soft, and flexible.
- A** Avoid trick-or-treating alone. Walk in groups or with a trusted adult.
- F** Fasten reflective tape to costumes and bags to help drivers see you.
- E** Examine all treats for choking hazards and tampering before eating them. Limit the amount of treats you eat.
- H** Hold a flashlight while trick-or-treating to help you see and others see you. Always WALK and don't run from house to house.
- A** Always test make-up in a small area first. Remove it before bedtime to prevent possible skin and eye irritation.
- L** Look both ways before crossing the street. Use established crosswalks wherever possible.
- L** Lower your risk for serious eye injury by not wearing decorative contact lenses.
- O** Only walk on sidewalks whenever possible or on the far edge of the road facing traffic to stay safe.
- W** Wear well-fitting masks, costumes, and shoes to avoid blocked vision, trips, and falls.
- E** Eat only factory-wrapped treats. Avoid eating homemade treats made by strangers.
- E** Enter homes only if you're with a trusted adult. Only visit well-lit houses. Don't stop at dark houses. Never accept rides from strangers.
- N** Never walk near lit candles or luminaries. Be sure to wear flame-resistant costumes.

Source: <http://blogs.cornell.edu/ccesuffolkfhw/files/2013/10/CDC-Halloween-health-and-safety-tips-vw47zg.pdf>

Cinnamon-Cider Candied Apples

Wash apples well to remove any waxy coating, and dry thoroughly before dipping them. Work quickly, but if the syrup begins to set, you can reheat it over low heat to liquefy.



Ingredients

- Cooking spray
- 1 3/4 cups apple cider
- 1/2 cup brandy
- 2/3 cup cinnamon-flavored candies (such as red hots)
- 1 3/4 cups sugar
- 1/8 teaspoon kosher salt
- 12 wooden craft sticks
- 12 small Granny Smith apples, washed and dried

Preparation

1. Line a baking sheet with parchment paper; coat paper with cooking spray. Combine cider and brandy in a small saucepan; bring to a boil. Cook until reduced to 3/4 cup (about 14 minutes). Add candies to pan, stirring constantly until melted. Add sugar and salt, stirring just until sugar dissolves. Cook, without stirring, until a candy thermometer registers 310° (about 8 minutes). Remove from heat; let cool to 210° (about 15 minutes).
2. Stick craft sticks in apples; dip apples in hot syrup. Place apples on prepared baking sheet; cool until set.

Source: <http://www.myrecipes.com/recipe/cinnamon-cider-candied-apples>

Fact or Fiction

1. In early breast cancer symptoms can always be detected.
Fact Fiction
2. 1 in every 14 women will develop breast cancer in their lifetime.
Fact Fiction