

WellnessWorks Food Pantry Program

Promoting Healthy Choices • www.CatholicCharitiesWV.org



Breast Cancer Awareness

October 2014

Common Symptoms

- New lump or mass in the breast
- Swelling of all or part of the breast
- Skin irritation or dimpling
- Breast or nipple pain
- Redness, scaliness, or thickening of the nipple or breast skin
- A nipple discharge other than breast milk



Check the back of this newsletter for local breast cancer awareness events in West Virginia!



Breast Cancer FAQs

- **Can a healthy diet help prevent breast cancer?**
A nutritious, low-fat diet with mainly fruits and green and orange vegetables can help lower the risk of developing breast cancer.
- **Are mammograms painful?**
Mammography does compress the breasts and can sometimes cause slight discomfort for a very brief period of time. Patients who are sensitive should schedule their mammograms a week after their menstrual cycle so that the breasts are less tender. Your doctor may say it is fine to take acetaminophen an hour before the x-ray is performed to prevent discomfort too.
- **Does smoking cause breast cancer?**
Smoking is a confirmed risk factor for many types of cancer. Recent research in the last year (2012) has confirmed that smoking is a contributing risk factor for developing breast cancer.
- **Can physical activity reduce the risk of breast cancer?**
Exercise boosts the immune system and helps you to keep your weight in check. With as little as three hours of exercise per week, or about 30 minutes a day, a woman can begin to lower her risk of breast cancer. This doesn't require going to a gym either. Power walking is enough!



Food that Fight Cancer

- Berries
- Dark green leafy vegetables
- Garlic
- Grapes and grape juice
- Green tea
- Tomatoes
- Grapefruit
- Flaxseed
- Coffee
- Dry beans, peas and lentils
- Soy
- Whole grains
- Walnuts
- Apples
- Squash



Resources

Check these websites out for more information!

www.wvucancer.org

www.nationalbreastcancer.org

www.aicr.org

Oatmeal with Apples and Hazelnuts

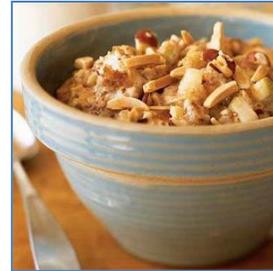
Cooking Corner

Ingredients

¼ cup hazelnuts
3 cups fat-free milk
1 ½ cups regular oats
1 ½ cups diced Granny Smith apple
1/3 cup ground flaxseed
½ teaspoon ground cinnamon
½ teaspoon vanilla extract
3 tablespoons brown sugar
3 tablespoons slivered almonds

Directions

Preheat oven to 350 degrees. Place hazelnuts on a baking sheet. Bake at 350 for 15 minutes, stirring once. Turn nuts out onto a towel. Roll up towel; rub off skins. Finely chop nuts and set aside. Combine milk and next 5 ingredients in a medium saucepan. Bring to a boil over medium heat. Stir in vanilla. Cover, reduce heat, and simmer 5 minutes or until thick. Sprinkle with hazelnuts, brown sugar and almonds.



Recipe found on <http://www.myrecipes.com>.

Breast Cancer Awareness Events in West Virginia

Making Strides of North Central West Virginia

What: 5K Walk

Where: Hazel Ruby McQuain Park, Morgantown, WV

When: October 25, 2014

Time: 9:00 AM

Contact: northcentralewvstrides@cancer.org or 1-800-227-2345

Bonnie's Bus (program of WVU Cancer Center)

What: Mammograms provided at the Women's Extravaganza

If you do not have insurance, you will be covered by the WV Breast and Cervical Screening Program or through special grant funds from the WV affiliate of Susan G. Komen for the cure

Where: Mylan Park, Morgantown, WV

When: October 5, 2014

Time: 11 am to 4 pm

Contact: 304-598-4500 or visit www.wvucancer.org/bonnie/calendar

There will be 14 Bonnie's Bus visits to other communities throughout the state.

Wellness Works Food Pantry Locations

Central Region

Morgantown, Grafton,
Kingwood
(304) 292-6597

Southern Region

Hinton, Bluefield
(304) 425-4306

Weston Region

Elkins, Webster Springs
(304) 636-4875

Parkersburg Region

New Martinsville, Mobile
Food Pantry
(304) 917-4486

Western Region

Pettus
(304) 380-0162

For more information, visit
www.CatholicCharitiesWV.org



Our Mission is to alleviate poverty, distress, and injustice by providing comprehensive social services to the poor and vulnerable, advocating for social justice, and calling all people of good will, especially those of the Church, to service.