







Tulare County Employee Wellness Program

Women's Health- Cancer Awareness

October 2022

Monday	Tuesday	Wednesday	Thursday	Friday
3  Think Pink	4 Who do you honor during Breast Cancer Awareness Month? See page 9 to fill out a ribbon.	5	6 <u>Article</u> Breast Cancer Awareness	7 <u>Article</u> Breast Cancer Signs and Symptoms
10 Open Enrollment Begins	11 Pink Tuesday Wear your Pink in support of Breast Cancer Awareness Month!	12	13 <u>Article</u> Jessica Baladad Story of Hope	14 
17	18 <u>Article</u> Three Things to Know About Mammograms	19 <u>Article</u> Breast Cancer Risk Factors	20	21 <u>Recipe</u> Sauteed Pork Chops with Apples
24 <u>Article</u> Breast Cancer : Early Detection Saves Lives	25 	26	27 <u>LIVE WEBINAR</u> Kaiser Health Talk - Breast Cancer See page 8 for registration	28 Open Enrollment Ends
31 <div> Save the Date November  </div>	<div> <u>Mammography Screenings</u> Save the Date for Mammography Screenings! See page 7 for details. </div>			

BREAST CANCER

Awareness month

PINK TUESDAY

OCTOBER 11, 2022

October is National Breast Cancer Awareness Month and in observance of this annual event, County employees are encouraged to wear PINK on Tuesday, October 11th.

Please submit your department's Pink Tuesday photos to Human Resources & Development at OEHealth@tularecounty.ca.gov



HUMAN RESOURCES
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TULARE COUNTY

Breast Cancer Awareness

Other than skin cancer, breast cancer is the most common cancer among American women. Mammograms are the best way to find breast cancer early, when it is easier to treat and before it is big enough to feel or cause symptoms.

- Each year in the United States, more than 250,000 women get breast cancer and 42,000 women die from the disease. For every 100,000 women, 125 new Female Breast Cancer cases were reported and 20 women died of this cancer.
- Men also get breast cancer, but it is not very common. About 1 out of every 100 breast cancers diagnosed in the United States is found in a man.
- Most breast cancers are found in women who are 50 years old or older, but breast cancer also affects younger women.

Cancer is the second leading cause of death in the United States, exceeded only by heart disease. One of every four deaths in the United States is due to cancer.



Stories of Hope

Inspiring Hope Through Personal Experience: Jessica's Ambassador Story

In honor of Breast Cancer Awareness Month, we want to share a special story from one of the new National Breast Cancer Foundation (NBCF) Community Ambassadors, Jessica Baladad.

Jessica takes you on the journey of how she faced Breast Cancer and defeated it.

"I couldn't change that I had cancer, but I could decide how to go after it."

-Jessica Baladad

Take a look at the full story here: [Jessica Baladad Story of Hope](#)



Breast Cancer Risk Factors

Everyone wants to know what they can do to lower their risk of breast cancer. Some of the factors associated with breast cancer — being a woman, your age, and your genetics, for example — can't be changed. Other factors — being overweight, lack of exercise, smoking cigarettes, and eating unhealthy food — can be changed by making choices. By choosing the healthiest lifestyle options possible, you can empower yourself and make sure your breast cancer risk is as low as possible.

Some known risks include: family history, genetics, pregnancy history, drinking alcohol, and more. Some emerging risks include low Vitamin D levels, light exposure at night, and exposure to chemicals in cosmetics, food, sunscreen, and more.

Click the following link to find out more from breastcancer.org about known risks: [Breast Cancer Risk Factors](https://www.breastcancer.org/risk-factors). Be sure to click on each risk title for more information!



BREASTCANCER.ORG

Breast Cancer Signs and Symptoms

Knowing how your breasts normally look and feel is an important part of your breast health. Although having regular screening tests for breast cancer is important, mammograms do not find every breast cancer. This means it's also important for you to know what your breasts normally look and feel like, so you'll be aware of any changes in your breasts.

The most common symptom of breast cancer is a new lump or mass (although most breast lumps are not cancer). A painless, hard mass that has irregular edges is more likely to be cancer, but breast cancers can be also soft, round, tender, or even painful.

The following article from cancer.org reviews possible symptoms of breast cancer: [Breast Cancer Signs and Symptoms](https://www.cancer.org/symptoms/breast-cancer/symptoms/signs-and-symptoms).



Three Things to Know About Mammograms

In honor of breast cancer awareness month, we want to shine a spotlight on mammograms. It's a key part of taking care of yourself.

1. Why are mammograms important? Because they can detect breast cancer early, when it's easiest to treat. Doctors believe early detection saves thousands of lives every year. And there are lots of options where to go, your doctor can help.
2. Most basic mammogram screenings are covered when you go to a doctor in your plan. It likely won't cost anything, but some services like 3D or Ultrasound may not be fully covered the same way. Give us a call before you go.
3. Mammograms are quick and probably not as painful as you think. They are over in about 15 minutes. It's easy to prepare, just don't wear deodorant/antiperspirant, lotions, powders and ointment on your chest area can show up as white spots on the X-ray.

Select link to access additional resources, [Three Things to Know About Mammograms](#).



Breast Cancer: Early Detection Saves Lives

Although the exact cause of breast cancer is not known, most experts agree that there are several factors that increase your risk, such as genetics, age, sex, and race.

You can control some risk factors, but not all can be avoided. Learn about ways to decrease your chance of developing breast cancer. Select the following link to read the full article, [Breast Cancer: Early Detection Saves Lives](#).



Sauteed Pork Chops with Apples

ACTIVE: 30 MINUTES

TOTAL: 1 HR 40 MINUTES

SERVES: 4 SERVINGS

SUGAR AND SPICE RUB INGREDIENTS:

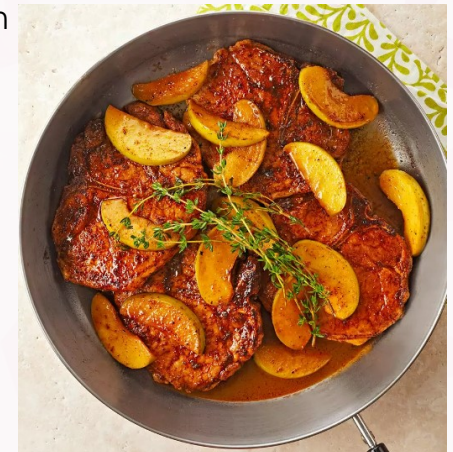
- 2 tbs packed brown sugar
- 1 1/2 tsp kosher salt
- 1 1/2 tsp onion powder
- 3/4 tsp cayenne pepper
- 2 tsp chili powder
- 1 1/2 tsp garlic powder
- 1 1/2 tsp ground cumin
- 3/4 tsp black pepper

PORK CHOP INGREDIENTS:

- (4) 8 oz bone-in pork center-cut chops, cut 3/4 inches thick
- 1/4 cup dry white wine
- 1/2 cup reduced-sodium chicken broth or stock
- 2 tsp canola oil plus 1 tbs, divided
- 2 cups thinly sliced Granny Smith apples
- 2 tsp fresh thyme

DIRECTIONS:

1. To prepare Sugar and Spice Rub: In a small bowl, stir together brown sugar, chili powder, salt, garlic powder, onion powder, ground cumin, cayenne pepper and black pepper.
2. To prepare chops: Trim fat from chops. Brush 2 teaspoons oil over all sides of chops. Sprinkle chops evenly with 1 tablespoon of the rub (reserve the rest for another use); rub in with your fingers. Cover with plastic wrap; chill in refrigerator 1 hour.
3. Preheat a large skillet over medium-high heat 2 minutes. Add the remaining 1 tablespoon oil; swirl to lightly coat skillet. Add chops; cook 7 to 10 minutes or until 145 degrees F, turning once. Transfer chops to a warm platter; cover and keep warm.
4. Remove skillet from heat. Slowly add wine to hot skillet, stirring to scrape up any browned bits from bottom of skillet. Return skillet to heat. Add sliced apples, broth, and 1 thyme sprig. Bring to boiling; reduce heat. Simmer, covered, about 3 minutes or just until apples are tender. Using a slotted spoon, transfer apples to a small bowl; cover and keep warm. Bring broth mixture in skillet to boiling. Boil about 5 minutes or until liquid is reduced by half. Return chops and apples to skillet; heat through. If desired, sprinkle with snipped thyme. Serve immediately.





Save the Date!

2022 Mammography Screenings

NOVEMBER 14-15, 28-29

LOCATION INFORMATION TO FOLLOW

- ☑ FREE - No out-of-pocket expense to employees
- ☑ Completely PRIVATE & CONFIDENTIAL
- ☑ Available to County employees enrolled in the SJVIA Anthem Blue Cross health plans
- ☑ Mammograms will be held on site at selected County locations (allowed on County time)
- ☑ Females ages 40 & over (first priority)
- ☑ Recommended if you have family history of Breast Cancer

Mammography Screenings will be administered by Pacific Coast Medical. Locations and online registration information will be available in the October Grapevine.



HUMAN RESOURCES
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TULARE COUNTY



Pacific Coast
Medical Services

Kaiser Permanente Health Talks

Breast Cancer

Please join us for a presentation by **Maris Jones, MD, FACS**,
Kaiser Permanente Surgical Oncologist.

Learn about:

- Introduction and history of breast cancer
- Current Management
- Future Directions

Date: Thursday, October 27, 2022

Time: 12:30 p.m. – 1:30 p.m. (PST)

Location: Microsoft Teams

Register via [Eventbrite](#) or QR Code



This is a free webinar made available to employer groups and our Bay Area communities. You do not need to be a Kaiser Permanente member to register.

Once you register at [Eventbrite.com](#), you will receive a confirmation email with a link to the Microsoft Teams meeting.

OCTOBER

BREAST CANCER

AWARENESS MONTH



**What does Breast Cancer Awareness Month mean to you?
Write the reason you wear pink onto the ribbon below.
Ribbons will be posted on the HRD website.**

Instructions: Use the fillable PDF format to type in the reason you wear PINK, or print and write out by hand. Fill out the optional information in the bottom right-hand corner if desired to share (not required). Please email to Markelle Parmer at MParmer@tularecounty.ca.gov.

I WEAR PINK FOR.....



NAME: _____

DEPARTMENT: _____

SAVE THE DATE FOR MOVEMBER

NOVEMBER 1-30, 2022

Making Change In Men's Health

Movember is on the horizon. Things are about to get hairy. This year has thrown some big curveballs, to say the least. It's been a challenging time and the world has changed. But a lot of things stay the same: men's health is still in crisis.

Movember is a way to unite, give back, have fun and connect with each other – to do good and save lives by raising awareness for mental health, suicide prevention, prostate cancer and testicular cancer.

Not everyone knows that, globally, one man dies by suicide every minute of every day. That nearly 10 million men around the world are living with or beyond prostate cancer. Or that testicular cancer is the most commonly diagnosed cancer in young men.

In the coming weeks, we'll be sharing more ideas and suggestions. So get creative, keep safety in mind and go hard at Movember 2022.

