

# Family and Community Health “Connections” in Lampasas County

Texas A&M AgriLife Extension

## October is National Breast Cancer Awareness Month

**October 2019**  
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Breast cancer is one of the most common kinds of cancer in women. About 1 in 8 women born today in the United States will get breast cancer at some point.

The good news is that most women can survive breast cancer if it's found and treated early. A mammogram – the screening test for breast cancer – can help find breast cancer early when it's easier to treat.

National Breast Cancer Awareness Month is a chance to raise awareness about the importance of finding breast cancer early. Make a difference! Spread the word about mammograms.

### What is a mammogram?

A mammogram is an x-ray picture of the breast.

Mammograms use a very low level of x-rays, which are a type of radiation. The risk of harm from this radiation is very low.



Mammograms can be used to screen (test) for breast cancer in women with no signs or symptoms. They can also help doctors figure out if cancer is causing a particular symptom – like a lump or another change in the breast.

When you get a mammogram, a technician will place your breast between 2 plastic plates and press it flat to get a clear picture. Getting a mammogram can be uncomfortable, but it doesn't last long. It takes about 20 minutes to get mammograms.

### How often should I get mammograms?

#### *Women ages 40 to 49*

Talk with your doctor about when to start getting mammograms and how often to get them.

#### *Women ages 50 to 74*

Get mammograms every 2 years. Talk with your doctor to decide if you need them more often.

<https://healthfinder.gov/nho/octobertookit.aspx>



## SHANNON PINK RIBBON RUN 2019

### 12TH ANNUAL SHANNON PINK RIBBON RUN

**Saturday, October 5, 2019**  
**Shannon Women's & Children's  
Hospital**  
**201 E. Harris Ave.**

### ENTRY FEES

**1 mile:** \$15 **5K:** \$20 **10K:** \$25  
**Military & Road Lizards:** **5K:** \$15 **10K:** \$20  
**Breast Cancer Survivors:** FREE

### SCHEDULE

**Registration:** 7:00 am  
**1 Mile Walk/Fun Run:** 8:00 am  
**5K and 10K:** 8:30 am

### AWARDS

Trophies for **high overall male and female** in the **5K & 10K**.  
Medals for **1st, 2nd and 3rd of all age groups:**  
**12 & under, 13-19, 20-29, 30-39, 40-49, 50-59, 60-69 and 70 & over.**  
**Dress up to win the team spirit award trophy!**



<https://www.shannonhealth.com/education-and-resources/shannon-pink-ribbon-run-2019/>



## Genetic Testing to Learn about Your Risk of Breast and Ovarian Cancer: Questions for the doctor



Genetic counseling and testing can help you understand your risk of some kinds of cancer. Genetic tests can show whether you were born with mutations (changes) in certain genes that increase your risk of cancer.

If you were born with certain mutations in the BRCA1 gene or the BRCA2 gene, you are at higher risk of developing breast and ovarian cancer. You may also be at higher risk of developing other types of cancers.

<https://healthfinder.gov/HealthTopics/Category/doctor-visits/talking-with-the-doctor/genetic-testing-for-breast-and-ovarian-cancer-questions-for-the-doctor>

**Talk with your doctor about genetic testing** to learn about your risk of breast and ovarian cancers if you have:

- A family member who had breast cancer before age 50
- A family member who had cancer in both breasts
- A family member who had both breast and ovarian cancer
- A male family member who had breast cancer
- Two or more family members who had breast cancer.
- Eastern European (Ashkenazi) Jewish heritage

You may also want to ask about genetic testing if you've already had breast or ovarian cancer.

If genetic tests show that you're at higher risk of developing breast or ovarian cancer – or of getting cancer a second time – you and your doctor can discuss options for managing your risk.

Genetic counseling can help you understand the testing process and your results. The Affordable Care Act requires most health insurance plans to cover genetic counseling and testing for women at higher risk. Depending on your insurance plan, you may be able to get genetic counseling and testing at no cost to you. Check with your insurance provider.

### Walk to School Day (October 2)



Join kids and families around the globe to walk and bicycle to school on October 2 to promote physical activity. Check out this website to find out more information on Walk to School Day. Learn more about pedestrian safety to help kids stay safe on their walk to school. Make sure to check out the Family Fun on the Run newsletter "Engaging Children in Walking and Hiking" for additional information.

<http://www.walkbiketoschool.org/learn-more/about-the-events/about-walk-to-school-day/>

<https://food.unl.edu/fnh/nutritionally-hot-oatmeal>

### Chocolate Day (October 28)



Can you believe eating chocolate actually has health benefits? Chocolate contains flavonoid compounds that act as antioxidants:

- Reduce free radicals produced by oxygen
- Lower LDL cholesterol
- Reduce blood pressure

Reduce platelet aggregation  
Eating as little as 7 grams of dark chocolate may reduce the risk of cardiovascular disease. Be careful though, eating too many calories from chocolate may lead to weight gain. Aim for eating 90 to 100 kcal/d of dark chocolate to gain health benefits without gaining weight.

### Oatmeal Day (October 29)



A steaming hot bowl of oatmeal provides a delicious - and healthy - start to a day. Eating oats may help protect against high blood cholesterol, diabetes, high blood pressure and obesity. Here are three ideas to boost the nutrition further:

- Make oatmeal with calcium-rich milk instead of water. Follow the same directions given for water, just use milk instead.
- Kick the nutrition up another notch by serving oatmeal with antioxidant-rich berries, either fresh or frozen. Quickly thaw frozen berries and cool the oatmeal at same time by tossing the berries directly into each dish of hot oatmeal.
- Sprinkle oatmeal with cinnamon for sweetness and possible health benefits. Cinnamon is one of the sweeter spices and adds flavor without calories. With a dusting of cinnamon, a smaller amount or perhaps none at all of caloric sweeteners may be needed.

# Halloween Tips & Tricks for Safety!

Halloween is creeping up on us and will be here before we can say, “Boo!”

Soon, costumed kids, dressed up as courageous cartoon heroes, winsome witches and precocious princesses will be trick-or treating in your neighborhood.

Because kids tend to focus on the excitement of Halloween and forget about safety, it's up to parents, caregivers and motorists to make sure that every little boy and “ghoul” has a safe and happy holiday and isn't “haunted” by unnecessary injuries.



## **The following traffic safety tips will help make every child's Halloween a safe and happy one:**

- Fatal collisions between motor vehicles and young pedestrians (under 15 years of age) happen most frequently between 4-8 p.m. — prime trick or treating time.
- 84 percent of deaths among young pedestrians occurred at non-intersection locations (indicating children are most likely to dart and dash from mid-block into the street).
- Halloween is also one of the year's most dangerous holidays on the road due to alcohol-related crashes caused by those who drink and drive after parties and festivities. Two-thirds of all highway fatalities at Halloween are alcohol-related. Don't even think about getting behind the

[https://www.gainesvilleregister.com/news/local\\_news/txdot-offers-halloween-safety-tips/article\\_0ff4f95-6907-5967-80b6-5f7244a11a5b.html](https://www.gainesvilleregister.com/news/local_news/txdot-offers-halloween-safety-tips/article_0ff4f95-6907-5967-80b6-5f7244a11a5b.html)

### **5 Tips To A Healthier Halloween:**

- Hand out healthier treats rather than just candy (granola bars; snack packs such as trail mix, raisins, crackers, or pretzels; 100% juice boxes; non-candy Halloween treats such as stickers, bookmarks, tattoos, erasers, and pencils).
- Eat a nutritious meal before going trick-or-treating, so children are not hungry and only want to eat candy for supper.
- Limit the number of treats your child can have each day. (Make sure to decide the appropriate number ahead of time and let children know the limits and why it is important to limit candy)
- Keep candy out of reach to prevent continuous and mindless eating of candy.
- Eat a piece of candy with a glass of milk or apple slices to add some healthy nutrients.

<https://food.unl.edu/october-food-calendar#walktoschool>

### **Halloween driving tricks to keep everyone safe:**

- Don't use a cell phone while driving through neighborhoods. A single distraction could lead to a tragedy.
- Stay well below the posted speed limit.
- Pay attention to what's happening on sidewalks and roadways. Watch for children darting across streets, especially between parked cars.
- Be extra alert when pulling in and out of driveways.
- Do not assume children can see you or are paying attention. You need to take that responsibility.
- Drivers should also check that all lights on their car are working.
- Do not pass other vehicles that have stopped in the roadway...they could be dropping off children.
- If you're driving a group of children, but staying in the running vehicle at the curb, be sure to put on your hazard lights to alert other motorists.
- If you're driving to a Halloween party, put that mask on after you park the car.

### **Parents can help motorist, too:**

- Make sure drivers can see the children. Give them flashlights and glow sticks. Dress kids in bright, reflective clothing or use reflective tape on their costumes.
- Use makeup, rather than masks, so children have a clear, unobstructed view of their surroundings.
- Be sure children know how to cross a street — look left, right and left again, as well as over their shoulder, before crossing.
- Instruct children to stay on sidewalks and to cross only at corners or crosswalks.
- Accompany your children as they trick or treat.



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## Lampasas County News

**Queso Fest**—Saturday, Oct. 26,  
11 a.m. - 4 p.m. at the Lampasas Show  
Barn. Come join the fun for 4-H  
Fundraiser. Chips \$5/bag - Free

Queso. Vendors—Food Trucks—Booths—Petting Zoo.  
Call the office if interested in booth. Kids come and  
learn about 4-H projects!!

**Maintain No Gain** (Over the Holidays) - Free  
program at Lampasas Library, Tuesday, Nov. 10  
at 5:30 p.m.

**Health and Wellness Partnership** meeting,  
Wednesday, November 20, 2 p.m. at Co. Annex  
Conf. Rm. New members welcome.

WE'RE ON THE WEB AT  
[LAMPASAS.AGRILIFE.ORG](http://LAMPASAS.AGRILIFE.ORG)

## Pumpkin Hummus

### Ingredients:

- 1 (15 ounce) low sodium garbanzo beans
- 2 (15 ounce) pumpkin puree unsalted
- 1 garlic clove minced
- 1 tablespoon olive oil
- 2 tablespoons lemon juice
- 2 teaspoons ground cumin
- 2 teaspoons paprika
- 2 teaspoons cinnamon



Servings: 12

### Instructions:

1. Puree garbanzo beans in a food processor.
2. Add pumpkin puree and mix well.
3. Add garlic, olive oil, lemon juice, ground cumin, and paprika. Mix well.
4. If this recipe is too bland, add more cumin and paprika to taste.

*Amount per serving: Calories: 70 / Total Fat: 2g / Sodium 50mg / Protein 3g / Total Carbohydrate 11g*

Source: [dinnertonight.org](http://dinnertonight.org)