

Family and Community Health “Connections” in Lampasas County

Texas A&M AgriLife Extension

October is National Breast Cancer Awareness Month

October 2021

Volume 8, Issue 10

Breast cancer is the second most common kind 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 early detection of breast cancer. Make a difference! Spread the word about mammograms and encour-

age communities, organizations, families, and individuals to get involved.

How can National Breast Cancer Awareness Month make a difference?

We can use this opportunity to spread the word about steps women can take to detect breast cancer early.

Here are just a few ideas:

- Ask doctors and nurses to speak to women about the importance of getting screened for breast cancer.
- Encourage women ages 40 to 49 to talk with their doctors about

when to start getting mammograms.

- Organize an event to talk with women ages 50 to 74 in your community about getting mammograms every 2 years.



Inside this issue:

National Breast Cancer Awareness Month	1
Mammograms	1
What do I ask the doctor?	2
Tailgate Food Safety	2
Halloween Safety	3
County News	4
Tailgate Dip Recipe	4

Mammograms: Questions for the doctor

A mammogram is an x-ray of the breast to check for breast cancer. Mammograms can help find breast cancer early. Most women can survive breast cancer if it's found and treated early.

- If you are age 40 through 49, talk with your doctor about when to start getting

mammograms and how often to get them.

- If you are age 50 to 74, get mammograms every 2 years. You may also choose to get them more often.

Together, you and your doctor can decide what's best for you.

Mammograms for women

over age 40 are covered under the Affordable Care Act. Depending on your insurance plan, you may be able to get mammograms at no cost to you. Talk to your insurance provider. Like all medical tests, mammograms have pros and cons. These pros and cons depend on your age and your

risk for breast cancer. Use the questions on the following page to start a conversation with your doctor about mammograms.

Source: healthfinder.gov

What do I ask the doctor?



It helps to have questions for the doctor written down ahead of time. Take this list with you to your next appointment. You may want to ask a family member or close friend to go with you to take notes.

- Do I have risk factors for breast cancer?
- Based on my risk factors, what are my chances of getting breast cancer?
- What will happen when I go to get

mammograms?

- How long will it take to get the results of my mammograms?
- If I don't hear back about the results of my mammograms, does that mean everything is okay?

If you are under age 50, you might want to ask:

- Should I start getting regular mammograms? If so, how often?
- What are the pros and cons of getting mammograms before age 50?

If you are between ages 50 and 74, you might want to ask:

- How often should I get mammograms?
- What are the pros and cons of getting mammograms every 2 years instead of every year?

Source: healthfinder.gov

Tailgate Food Safety

Pack and Transport Food Safely: from the refrigerator/freezer-all the way to the tailgate! Follow these steps to ensure your food for your tailgate is safe:

- **Keep cold food cold.** Place cold food in a cooler with ice or frozen gel packs. Cold food should be stored at 40 °F or below to prevent bacterial growth. Meat, poultry, and seafood may be packed while still frozen so that they stay colder longer.
- **Organize cooler contents.** Consider packing beverages in one cooler and perishable foods in another. That way, as picnickers open and reopen the beverage cooler to replenish their drinks, the perishable foods won't be exposed to warm outdoor air temperatures.
- **Keep coolers closed:** Once at the picnic site, limit the number of times the cooler is opened as much as you can. This helps to keep the contents cold longer.

- **Don't cross-contaminate.** Be sure to keep raw meat, poultry, and seafood securely wrapped. This keeps their juices from contaminating prepared/cooked foods or foods that will be eaten raw, such as fruits and vegetables.
- **Clean your produce.** Rinse fresh fruits and vegetables under running tap water before packing them in the cooler – including those with skins and rinds that are not eaten. Rub firm-skinned fruits and vegetables under running tap water or scrub with a clean vegetable brush while rinsing with running tap water. Dry fruits and vegetables with a clean cloth towel or paper towel. Packaged fruits and vegetables that are labeled “ready-to-eat,” “washed,” or “triple washed” need not be washed.

Source: fda.gov



Halloween safety: Tips for trick-or-treaters

It's the time of year for costumes, sweets, and tricks and treats. While Halloween offers plenty of make-believe fun, it also brings real safety risks, as children dart across dark streets with their minds more on candy than on cars. Kids are twice as likely to be hit by a car on Halloween than on other nights of the year.

Burns and cuts are also common on Halloween. And then there's the candy: Almost two-thirds of parents think their kids eat too much of it around Halloween.

Halloween can be safely enjoyed — especially when parents put extra care into planning and supervision. Talk with your children every year about safety concerns unique to this holiday, and review do's and don'ts before heading out to trick or treat.

Follow these tips to keep your family safe this spooky season.

Carve Safely

Before you start carving pumpkins, consider these Halloween safety rules:

- Decorate with markers, glitter glue or paint. Let young children draw faces on pumpkins with art supplies. Leave any carving to an adult.
- Use candles with care. Place candlelit pumpkins on a sturdy surface away from curtains and other flammable objects. Never leave candlelit pumpkins unattended. Better yet, light pumpkins with flashlights, battery-operated flameless candles or glow sticks instead.

Get clever with costumes

From furry animals to princesses and superheroes, choosing costumes wisely is an important

part of Halloween safety. Follow these tips:

- **The brighter the better.** Whether you buy a costume or make one yourself, choose bright colors and flame-retardant materials. If your child will be trick-or-treating outdoors after dark, attach reflective tape to his or her costume or treat bag.
- **Size it right.** In case it's chilly outdoors, make sure your child's costume is loose enough for warm clothing to be worn underneath — but not long enough to cause tripping. Avoid oversized shoes and high heels.
- **Skip the masks.** A mask can obstruct your child's vision, especially if it slips out of place. Use kid-friendly, nontoxic makeup instead.
- **Limit accessories.** Pointed props — such as wands, swords and knives — might pose safety hazards. Carry flashlights or wear glowing wristbands instead.

Trick or treat with care

Before your children start trick-or-treating, review these basic Halloween safety rules:

- **Get in on the fun.** Accompany trick-or-treaters younger than age 12. Pin a piece of paper with your child's name, address and phone number inside your child's pocket in case you get separated. Encourage older kids to trick or treat with a group of friends, parents or older siblings. Make sure someone in the group has a flashlight with fresh batteries.
- **Set ground rules.** If your child will be trick-or-treating without you, plan and discuss a familiar route and set a curfew. Review safety rules, including staying with the group, walking only on the side-

walk, approaching only clearly lit homes, and never going inside a home or car for a treat. Have your child carry a cellphone for the evening so that he or she can contact you.

- **Inspect treats before indulging.** Don't let your child snack while he or she is trick-or-treating. Feed your child an early meal before heading out, and inspect the treats before allowing your child to dive in. Discard anything that's not sealed, has torn packaging or looks questionable. If you have young children, weed out gum, peanuts, hard candies and other choking hazards. If your child has food allergies, check candy labels carefully. Even hard candies may be manufactured in facilities that process nuts, milk, soy, wheat, egg or other allergens.
- **Ration the loot.** If your child collects gobs of goodies, dole out a few pieces at a time and save the rest. You might even ask your child if he or she would like to swap some — or all — of the candy for something else, such as a special toy, book or outing.
- **Plan a party.** Consider planning a trick or treat party with a couple of neighbors instead of house-to-house door knocking. Decorate the garages, have a costume contest, and plan games and prizes. Check local schools, malls and churches to find other safe celebration options.

Source: mayoclinic.org



Karen DeZarn, CEA/FCH

Texas A&M AgriLife Extension Lampasas County

409 S. Pecan St., Suite 102, Lampasas TX 76550

512-556-8271 Ext. 140

E-mail: kjdezarn@ag.tamu.edu

Facebook.com/LampasasCountyFCH

Facebook.com/BetterLivingForTexansLampasasCounty



Lampasas County News

Oct 6-17 is the Tractor Supply Co. 4-H Paper Clover Campaign. If you donate at the store during that time 90% is returned to the county. Please consider donating today.

4-H Enrollment: Now is the time to register for 4-H at: <https://texas.4honline.com>. Cost is \$25 until Oct. 31, then \$30, adult volunteers \$10.

WEST TEXAS WELLNESS with



FREE Virtual Workshops

Series of five-quarterly workshops at 12:15 p.m. on Wednesdays.

Registration: To receive the workshop link, send an email to the speaker(s) for each of the workshops you wish to attend.

- **Stress Less, Live More** on November 18, 2020
by Karen De Zarn, CEA FCH Lampasas County
Register by sending email to kjdezarn@ag.tamu.edu by 11/16/2020
- **SMART Goals** on January 20, 2021
by Karan Heffelfinger, CEA FCH, Pecos County
Register by sending email to kaheffelfinger@ag.tamu.edu by 1/15/2021
- **Clean is the Foundation of Everything** on April 28, 2021
by Jacque Behrens, CEA FCH, McCulloch County
Register by sending email to jabehrens@ag.tamu.edu by 4/26/2021
- **Adequate Sleep** on July 21, 2021
by Abigail Pritchard, CEA FCH, Ector-Midland County
Register by sending email to Abigail.pritchard@ag.tamu.edu by 7/19/2021
- ◆ **How you Spend Makes a Difference in Your Fiscal Wellness**
October 20, 2021
by Courtney Parrott, CEA FCH, Brown County
Register by sending email to Courtney.parrott@ag.tamu.edu by 10/18/2021

For more information, call Karan Heffelfinger @ 432-336-2541 or email kaheffelfinger@ag.tamu.edu

Tailgate Dip

Servings: 15

- 16 ounces refried beans
- 2 cups nonfat sour cream
- 4 ounces pickled jalapenos, chopped
- 1 TBSP lime juice
- 2 avocados, smashed
- 2 cups reduced fat, shredded cheddar cheese
- 3 tomatoes, diced
- 1 cup sliced green onions
- 1 cup cilantro, chopped
- 4 ounces sliced black olives
- 6 ounces low fat tortilla chips
- 6 celery stalks cut into 3rds or 4ths

1. Wash your hands and clean your preparation area. Rinse the tomatoes, green onions, and cilantro leaves under cool running water before dicing or chopping.
2. In a 9x13 inch baking dish, spread the refried beans evenly in the bottom
3. In a mixing bowl combine the sour cream, drained pickled jalapenos, smashed avocados, and lime juice and mix until well combined.
4. Spread sour cream mixture on top of the beans
5. Top the sour cream mixture with the shredded cheddar cheese.
6. In a bowl combine the tomatoes, green onions, cilantro, and black olives and mix until well combined. Sprinkle evenly over top of the cheese.
7. Cover and chill in the refrigerator for at least 30 minutes. Serve with tortilla chips and celery stalks cut into 3rds or 4ths.

Source: dinnertonight.org

