



Breast cancer awareness

- ▶ Breast cancer is one of the most commonly diagnosed cancers among women in Australia.
- ▶ One in eight Australian women will develop breast cancer in their lifetime.
- ▶ Seven women die from breast cancer in Australia every day.

Reducing your risk

Some of the risk factors for developing breast cancer are beyond our control, including being a woman, getting older and family history of the disease. There are however, some very important things we can do to help reduce our chances of getting the disease including:



Be active - studies have shown that regular exercise reduces the risk of breast cancer. Moderate exercise, like a brisk walk most days of the week, can be enough to reap the rewards.



Reduce your alcohol intake - research has shown a strong link between alcohol and the risk of developing breast cancer. If you do choose to drink, limit your alcohol intake to no more than two standard drinks a day.



Maintain a healthy weight throughout your life - women who put on a lot of weight in adulthood, particularly after menopause, may have a higher risk of breast cancer.



Eat well - a healthy diet, of at least five serves of vegetables and two serves of fruit a day, may help to reduce your risk of breast cancer.



Early detection



Having a regular mammogram is one of the best things you can do to detect breast cancer early, and improve your chance of survival. Western Australian women aged 40 years or over are eligible for a **FREE** screening mammogram at BreastScreen WA every two years. To ensure Women in rural communities receive the same excellent service as women in the metropolitan area, BreastScreen WA visits almost 100 rural towns every two years. For a full list of dates visit: www.breastscreen.health.wa.gov.au/Breast-screening/Rural-and-remote-women



Pumping the Accelerator

Your brain is hardwired to protect you from threats to your safety. It's designed to deliver the brain chemicals cortisol and adrenaline into your blood stream to create an immediate and powerful source of energy and mental focus, called the fight or flight response.

The problem with this biological drive is that it also works the same way for threats that are not life threatening. Anytime something unexpected happens to you, or you think negatively about a situation or event, this same fight or flight response occurs. Unfortunately, neither of these reactions is usually helpful in work situations when you encounter a threat because it is not appropriate to fight a work colleague or one of your constituents, or to run away and not deal with a problem, difficult person or challenging task.

It is unrealistic to think that you can remove every potential source of stress from the workplace. The biggest challenge is how many times, and for how long, you have the stress response activated.

Think about it like revving the engine in your car. Every time stress chemicals are released it's like revving the engine but not moving anywhere. Imagine your reaction to a daily work hassle is like pressing the foot on the accelerator, only you are pumping the adrenaline pedal in the brain.

If you keep on revving the engine in your car you will eventually cause mechanical problems. The same is true for the stress response. If you keep revving the brain engine the chemicals released by the body can cause mental and physical damage to your mind and body. So, the goal is to learn how to take the foot off the accelerator and allow the brain to idle in situations where you do not need the stress chemicals to fight or flight.

In upcoming Healthy Intel issues we are going to give you some coaching tips to develop four key steps for taking control of your stress in the first minute of feeling your stress response triggered. To be able to get the most out of the coaching tips you need to start thinking about what specific things in your workplace rev your engine.

This month carry around a pocket size notebook or use your smartphone, and jot down some details about when your stress response is triggered. Consider the following:



- ▶ Any situation other than physical exertion where you notice your heart beating faster, shaking hands, flushed/hot face, sweaty palms, faster breathing or panting, shaky legs or 'butterflies' in the stomach.
- ▶ Any situation where your thoughts are racing out of control or you're feeling confused.
- ▶ Any event that makes you feel a negative emotion (e.g., anger, frustration, fear, embarrassment).
- ▶ Any time you automatically have a negative thought about a situation, task or person, and what it was about that trigger that caused you to feel stress.

Roasted Baby Carrot with Hummus

Ingredients:

- ▶ 500g baby carrots washed and trimmed
- ▶ 2 tbsp olive oil
- ▶ 60g pistachio nuts, chopped
- ▶ 1 fresh pomegranate
- ▶ Pinch of sea salt
- ▶ 1 bunch parsley, chopped

Pomegranate dressing

- ▶ 2 tbsp pomegranate molasses
- ▶ 1 - 2 tbsp lemon juice to taste
- ▶ 1 tbsp olive oil

Hummus

- ▶ 250g cooked and drained chickpeas
- ▶ 2 tbsp lemon juice
- ▶ 2 tbsp tahini
- ▶ Pinch of sea salt
- ▶ 60 - 80 ml iced water to mix

Method:

To make the dressing combine pomegranate molasses, lemon juice and olive oil into a small bowl or glass jar. Mix until smooth and combined.

Preheat your oven to 180 C. Combine carrots, olive oil and sea salt. Lay onto a large baking dish. Roast for 30 - 40 minutes until tender and caramelised.

To make the hummus, combine chickpeas, lemon juice, tahini, sea salt and 60 ml of water in a food processor or blender. Blend until smooth and creamy. Add a splash more water whilst blending if necessary to achieve a light, smooth and creamy texture. Taste and adjust seasoning.

To serve spread hummus onto a serving plate. Arrange carrots over the hummus.

Garnish with pistachio and chopped parsley. Drizzle over pomegranate dressing and serve.

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