

OCTOBER 2021

Healthy Living

Did you know that October is Breast Cancer Awareness Month?



Breast cancer is the second leading cause of cancer death among women, and each year it is estimated that over 252,710 women in the United States will be diagnosed with breast cancer and more than 40,500 will die.

Genetic risk factors include:

- Gender: Breast cancer occurs nearly 100 times more often in women than in men
- Age: 2 out of 3 women with invasive cancer are diagnosed after age 55
- Race: Breast cancer is diagnosed more often in Caucasian women than women of other races
- Family history and genetic factors: If your mother, sister, father or child has been diagnosed with breast cancer or ovarian cancer, you have a higher risk of being diagnosed with breast cancer in the future
- Menstrual and reproductive history: Early menstruation (before age 12), late menopause (after 55), having your first child at an older age, or never having given birth can also increase your risk for breast cancer
- Dense breast tissue

Environmental and lifestyle risk factors include:

- Lack of physical activity: A sedentary lifestyle with little physical activity
- Poor diet: A diet high in saturated fat and lacking fruits and vegetables
- Being overweight/obese
- Drinking alcohol
- Radiation to the chest
- Combined hormone replacement therapy (HRT)

However, keep in mind:

60-70% of people with breast cancer have no connection to these risk factors at all, and others with risk factors will never develop cancer.



FEATURED RECIPE

Butternut Squash Soup



Ingredients

- 2 tablespoons extra-virgin olive oil
- 1 large yellow onion, chopped
- ½ teaspoon sea salt
- 1 (3-pound) butternut squash, peeled, seeded, and cubed
- 3 garlic cloves, chopped
- 1 tablespoon chopped fresh sage
- ½ tablespoon minced fresh rosemary
- 1 teaspoon grated fresh ginger
- 3 to 4 cups vegetable broth
- Freshly ground black pepper

For serving

- Chopped parsley
- Toasted pepitas
- Crusty bread

Directions

1. Heat the oil in a large pot over medium heat. Add the onion, salt, and several grinds of fresh pepper and sauté until soft, 5 to 8 minutes. Add the squash and cook until it begins to soften, stirring occasionally, for 8 to 10 minutes.
2. Add the garlic, sage, rosemary, and ginger. Stir and cook 30 seconds to 1 minute, until fragrant, then add 3 cups of the broth. Bring to a boil, cover, and reduce heat to a simmer. Cook until the squash is tender, 20 to 30 minutes.
3. Let cool slightly and pour the soup into a blender, working in batches if necessary, and blend until smooth. If your soup is too thick, add up to 1 cup more broth and blend. Season to taste and serve with parsley, pepitas, and crusty bread.

Recipe yields 6 servings.