

October 2019

Covenant Wellness—Partnership in Health Monthly Newsletter

Vol. 19 Issue 10

September 30, 2019

Click the [links](#) for the full stories in this newsletter.

1 in 8 women will be diagnosed with breast cancer in her lifetime. There is currently no known cure for breast cancer, and its early diagnosis is critical to survival.

There are a number of genetic and environmental risk factors that can play a part in any person’s risk of developing breast cancer. Men can be at risk too though.

The [National Breast Cancer Foundation’s](#) mission is to help people now by providing help and inspiring hope to those affected by breast cancer through early detection, education and support services.

Early detection is key! Self exams are beneficial but should also be followed up with regular clinical exams and mammograms.





Research

- Understand, prevent and treat metastatic breast cancer.
- Discover new treatments and technologies to improve outcomes for all patients.
- Increase access to and participation in clinical trials.



Care

- Address gaps in access to and utilization of affordable, quality of care.
- Provide access to screening diagnosis and treatment.
- Help with transportation, childcare, and more so patients can focus on treatment.



Community

- Provide people with opportunities to share their passion for the movement and compassion for each other.
- Support survivors, caregivers and those living with MBC.
- Provide information and guidance to help navigate the care journey.



Action

- Advocate for more research funding and protections for patients.
- Educate healthcare providers, policymakers, opinion leaders and the public on the burden of breast cancer.
- Empower patients and the public to take charge of their breast health.

This year's [More than Pink](#) Walk will be held at Mackenzie Park in Lubbock. There's still time to register as an individual or with a team for the Saturday, October 12th fundraiser!

Why National Check Your Meds Day is Important

A. Safety first

National Check Your Meds Day ensures that consumers are **safely taking the right doses and the right prescriptions**. By participating, consumers can be reassured that their meds are in good hands and that they're doing the right things to maintain good health.

B. Questions answered

Consumers should be curious about their meds and be as educated as possible about the effects the meds are intended to have and what warning signs to look for.

Do you take more than one drug to treat the same health problem? That's sometimes necessary to control your condition, but it can also be a red flag that you're taking a drug you don't need.

Do you need a drug to control the side effects of another? That, too, can be okay if it makes it possible for you to take a drug you require.

But check to see whether you can ease side effects by lowering the dose, switching to another drug, or trying lifestyle changes instead.

Check Your Meds Day

A pharmacist will review your medications with you to help organize and list your medications and remove any that have expired. Your pharmacist can provide more details, adjust medications as needed and answer your questions.

Follow these steps before your appointment:



1. Gather ALL of your medications & supplements



2. Place them in a bag



3. Meet with a pharmacist for a consultation




National Cancer Liver Awareness Month

Healthy Tips to Follow at the Supermarket for a healthy liver

1. Pick out vegetables and fruits without high-calorie sauces or added salt & sugars
2. Choose fiber-rich whole grains
3. Pick up poultry and fish without skin prepared in healthy way
4. Decide over lean cuts of meat instead of those high in fat
5. Eat fish at least twice a week, especially fish containing omega-3 fatty acids (e.g. salmon, trout and herring)
6. Make sure your dairy is Fat-free (skim) or low-fat (1%)
7. Avoid foods with partially hydrogenated vegetable oils to reduce trans fat
8. Limit saturated fat and trans fat by replacing them with the better fats (monounsaturated and polyunsaturated)
9. Choose foods with less sodium and prepare foods with little or no salt



American Liver Foundation
Your Liver. Your Life.



- ◆ Combine the vanilla ice cream and orange sherbet in a large bowl
- ◆ Sprinkle the ice cream and sherbet with orange gelatin
- ◆ Slowly pour the lemon-lime soda over the ice cream and sherbet; the mixture will be very foamy!
- ◆ Sprinkle a little more orange gelatin mix on top, if desired
- ◆ Arrange several candy worms in the bowl so they drape over the sides and hang over the edge

Spoon into cups and enjoy the treat



Halloween Worm Punch

10 min 8 servings 248 cal

- 1 pint vanilla ice cream
- 3 oz package orange Jello mix
- 1 pint orange sherbet
- 3 oz package of gummy worms
- 2 liter lemon lime soda



3516 19th Street Box 348
Lubbock, TX 79401
(806)725-6543

You have received this email because you requested to be added to our Monthly Newsletters.
Mark as safe to get access to all pictures and links.
To unsubscribe email carterjn1@covhs.org
Next edition: November 2019