What are some common risk factors for breast cancer?

- Family history of breast cancer: Highest risk comes from first degree relatives (mother, sisters, and daughters).
- Known hereditary risk: This is the highest risk category and only applies to 5–10% of breast cancer patients.
- Gender: Only 1% of breast cancer occurs in men.
- Age: Advancing age is the only risk factor most women have. The peak age of incidence is 62.
- Race: Breast cancer occurs more frequently in Caucasian women but unfortunately the mortality is higher among minority populations.
- Obesity: Increases risk, particularly in post-menopausal women.
- Unhealthy habits: Drinking alcohol (more than one drink/day), smoking and lack of exercise all increase risk.
- Breastfeeding: Decreases risk.

What are the screening recommendations for breast cancer?

We promote the National Comprehensive Cancer Network (NCCN) guidelines. For average-risk women this includes breast awareness, an annual clinical exam and an annual mammogram starting at age 40. Screening should continue as long as a woman is in good health, and there is no strict upper age limit.
Q: Dear Counselor,
I have a wonderful, yet challenging, 7-year-old son who was recently diagnosed with Attention Deficit Hyperactivity Disorder (ADHD). Life at home can sometimes feel like a battlefield. Any tips to reduce conflict and encourage cooperation?

Ready for a Ceasefire

A: Dear Ready,

Kids with ADHD can be smart, fun and creative. They can also be demanding, non-rule bound and argumentative. These kids generally need the high wire act of parenting, which involves more structure and consistent discipline than the average child might need.

Russell Barkley, PhD, one of the top researchers in the field of ADHD, suggests the following:

1. Learn to pay positive attention to your child. Generally, these kids can be a magnet for negative attention. Instead, try catching your son when he is doing desirable behaviors and comment, positively, in order to reinforce cooperation.

2. Give only one direction at a time with immediate feedback on how well the child is doing.

3. Use a system of rewards and consequences to shape desired behavior. It may help to post a chart with house rules and responsibilities with visual indicators, like stickers, indicating positive behaviors.

Keep in mind that taking care of yourself is also taking care of your children. Self-care is essential. For example, allow yourself to use family members or sitter services for respite breaks. Also, find opportunities to decompress or seek support from other parents who understand the demands on your energy and time.

For additional information, visit russellbarkley.org. You may also go to the website for the nonprofit organization, Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD) chadd.org. CHADD offers information and support to parents, caregivers and individuals with ADHD.

Finally, Work/Life Connections-EAP counselors are available if you would like to talk about your specific situation and resources that could prove helpful. Call for a free, confidential appointment at 615-936-1327.
Halloween is a time for spooky costumes, parties, treats and fun. Make sure you have a safe and happy Halloween by following these tips from the FDA and CDC:

- Avoid masks, bring a flash light and wear bright, reflective costumes that fit well to avoid tripping hazards and to enhance visibility.
- Don’t wear decorative contact lens as permanent eye damage or vision loss can occur.
- Test makeup on the arm for any allergic reaction before applying to the face.
- Eat a healthy snack before going trick-or-treating to avoid the temptation to eat treats before they have been inspected.
- Only eat commercially packaged treats that have not been tampered with after inspection. Discard anything that looks suspicious.
- Keep any choking hazards away from smaller children.
- Check treat ingredients for any food or nut allergies.

Additionally, Nena Bowman, PharmD, DABAT, Managing Director of the Tennessee Poison Center, encourages you to watch out for these other common Halloween hazards:

- “The most common poison exposure we receive questions about during Halloween is from glow sticks and glow jewelry. The chemicals in these products are well tolerated but can cause severe irritation to the mouth, throat and eyes. We recommend a cold, sweet drink for exposures to the mouth and throat, and 15 minutes of rinsing with room temperature water for exposures to the eye.”
- “The other exposure we see is to dry ice. Many like to use it to make a smoky, spooky environment. Dry ice is so cold it can cause skin burns when it touches unprotected skin. It will also cause severe burns to the mouth and throat if ingested. We always recommend calling the Tennessee Poison Center at 800.222.1222 with any questions or concerns. We are a free service with experienced poison specialists ready to help you 24/7.”

See the references below for even more tips for a fun, safe Halloween.

Halloween Health and Safety Tips:
https://www.cdc.gov/family/halloween/index.htm

‘Lucky 13’ Tips for a Safe Halloween:
https://www.fda.gov/ForConsumers/ConsumerUpdates/ucm230283.htm

For higher-risk women, guidelines recommend more frequent clinical exams. For women with a family history, screening mammography should begin 10 years younger than the youngest family member diagnosed with breast cancer, but not younger than age 30.

What preventive measures can be taken?
Healthy lifestyle choices are important, including exercise, smoking cessation and minimal alcohol consumption. For women at high risk, the recommendations depend on the risk factor(s). There are medical and surgical ways to prevent breast cancer, but these are only for women at high risk.

What are some myths about breast cancer?
- It is not treatable and/or curable.
- A mastectomy (surgical removal of the breasts) is required to effectively treat breast cancer.
- Having lumpy breasts increases the risk of developing breast cancer.
- It is caused by deodorant.

What is one piece of information that you want to be sure everyone is aware of with regards to breast cancer?
Participating in a breast cancer screening program will increase the chances that, if you develop breast cancer, it will be detected in an early treatable stage, you will be able to keep your breast, and you will live a long and healthy life. Also, mammograms don’t hurt (that much). If it has been painful in the past, you may want to take ibuprofen before the exam.
Celebrate health & wellness this holiday season with Health Plus

Hold the Stuffing Returns
Take the holiday challenge to maintain weight from November to January and earn rewards.

Weigh in November 8 – 22 at:
- Health Plus offices, 7:30 a.m. to 5:30 p.m., 2700 Children’s Way
- Occupational Health Clinic, 7:30 a.m. to 5:30 p.m., Medical Arts Building, Suite 640
- View the full schedule for additional weigh-in locations and details at vanderbilt.hts.

Hold the Stuffing Comes To You
Contact Health Plus to schedule a weigh-in for your department. Vanderbilt locations with a weight scale can receive a tool kit for participation.

For more information contact Health Plus at 615.343.8943 or vanderbilt.healthplus.

Initial Weigh-Ins
November 8 – 22

Breast Cancer Awareness Expo
October is Breast Cancer Awareness Month. Join with Vanderbilt to learn the facts about breast cancer, celebrate survivorship and remember loved ones, and raise awareness about steps to reduce the risk of getting breast cancer.
- Wednesday, October 4
  11:00 a.m. to 1:00 p.m.
- Light Hall, North Lobby
Visit your local grocery store to find family-friendly favorites containing whole grains, real fruit and less sugar. Have these available as an alternative to the candy bowl:

- Fruit snacks made with 100% fruit
- Fruit leathers made with 100% fruit
- Whole-grain cheddar flavored crackers
- Animal-shaped graham crackers
- Dark chocolate covered blueberries or cherries
- Trail mix with dark chocolate
- Low-fat chocolate pudding cup
- Sugar-free gum

If you’re planning on making your own treats, try the easy recipe below!

**Dark Chocolate Cherry Pistachio Clusters**

1. Melt dark chocolate over double boiler or in microwave.
2. Using a cheese grater, grate skin of an orange into the chocolate.
3. In a separate bowl, mix pistachios and cherries.
4. Stir the fruit and nut mixture into the chocolate.
5. Spread wax paper over a baking sheet.
6. Spoon about 1 tablespoon of chocolate mixture onto wax paper. Repeat.
7. Place clusters in refrigerator for 15 minutes to set.

**Serves 12.** Nutrition per serving (serving size 1 cluster):

- 153 calories, 12 g total fat (5 g saturated fat), 0 mg cholesterol, 48 mg sodium, 13 g carbohydrate, 4 g fiber, 5 g sugar, 4 g protein

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**Healthier Candy Alternatives!**

With Halloween just around the corner, you can ensure a healthier holiday with these tips.

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**Diabetes Prevention Program Receives CDC Recognition**

Vanderbilt Health & Wellness has received a Certificate of Full Recognition from the Centers for Disease Control and Prevention (CDC) for its Diabetes Prevention Program for employees.

Health & Wellness offers the evidence-based CDC Diabetes Prevention Program to Vanderbilt employees and spouses who have pre-diabetes or who are at high risk for developing Type 2 diabetes.

Led by a trained lifestyle coach, the year-long group program focuses on weight loss through healthier eating, reducing stress and getting more physical activity.

For more information about the Diabetes Prevention Program, call Health Plus at 615.343.8943 or go to healthandwellness.vanderbilt.edu/news/2014/05/diabetes-prevention-program.

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**Breastfeeding Resources**

From breastfeeding classes to lactation rooms, Vanderbilt offers a wide variety of breastfeeding resources for faculty and staff. Expectant and current mothers can find information and support for their breastfeeding and pumping practices by visiting the Child and Family Center’s “Baby’s Best Start” resource page at vanderbilt.edu/child-family-center/resource-articles/babys-best-start.php and the Margaret Cuninggim Women’s Center’s “Breastfeeding Welcomed Here” resource page at vanderbilt.edu/WomensCenter/resources/breastfeeding-welcomed-here-campaign.

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Countdown to Open Enrollment

Elect 2018 Benefits Oct. 17–31

Open Enrollment is your annual opportunity to update or choose the benefit options that best meet your and your family’s needs. During Open Enrollment, you can elect, make changes to, or waive:

- Health, dental and vision insurance
- Accidental death & dismemberment (AD&D) insurance
- Health care flexible spending accounts, which reimburse medical expenses for you and your dependents
- Dependent day care flexible spending accounts, which reimburse day care service expenses for your dependents

**Partially benefits-eligible faculty and staff may elect or make changes to health plan coverage only.**

**Fully benefits-eligible** faculty and staff can make changes to other benefit programs anytime, including during Open Enrollment. These include:

- Supplemental life insurance (through My VU Benefits)
- Long-term disability insurance (through My VU Benefits)
- Short-term disability insurance (staff only, through My VU Benefits)
- Retirement plan contributions and investments (through Fidelity NetBenefits®)
- Discounted pet, auto and home insurance, directly through the providers

**Partially benefits-eligible** faculty and staff can elect or make changes to:

- Health plan coverage, during Open Enrollment
- Retirement plan contributions and investments anytime (through Fidelity NetBenefits®)
- Discounted pet, auto and home insurance anytime through the providers

Even if you don’t plan to make changes, you should log in to My VU Benefits to:

- Make sure your dependent and beneficiary information is up to date, correct and complete
- Confirm your current elections
- Attest to whether or not you and your covered family members use tobacco. You’ll save $20 per month on premiums if you’re committed to being tobacco-free

**If you carry coverage for your spouse, confirm your spouse’s eligibility for coverage elsewhere. If your spouse has access to health insurance through another employer — including Vanderbilt University Medical Center — you’ll pay a spousal fee of $100 per month.**

After the plan year starts, you can only make coverage changes if you have a qualifying life event. Consider your choices carefully; changes and corrections cannot happen except within the enrollment period or within 30 days of a qualifying event (like getting married or having a baby).

Learn More

- Online at hr.vanderbilt.edu/oe
- In MyVU
- In the mailer coming to your home
- At the Benefits Open House on October 19 from 10:00 a.m. to 4:00 p.m. on the 10th floor of the Baker Building in the Human Resources Training Room
## October

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| OCT 4 | **Breast Cancer Awareness Expo**  
11:00 a.m. to 1:00 p.m.  
Light Hall, North Lobby |
| OCT 5 | **Know Your Numbers & Go for the Gold**  
8:00 a.m. to 10:00 a.m.  
Law School, Bass Berry Simms Room #22 |
| OCT 6 | **Know Your Numbers & Go for the Gold**  
11:00 a.m. to 1:00 p.m.  
Kirkland Hall, Room 201 |
| OCT 13 | **Know Your Numbers & Go for the Gold**  
11:00 a.m. to 1:00 p.m.  
Kirkland Hall, Room 201 |
| OCT 18 | **Boomers, Elders & More**  
**Medicare Basics**  
 Noon to 1:00 p.m.  
Light Hall, Room 431 |
| OCT 18 | **Vandy Cooks**  
**Latin Cuisine**  
6:00 p.m. to 7:00 p.m.  
Presented by the Latin American and Caribbean Student Association  
Vanderbilt Recreation and Wellness Center Demo Kitchen |
| OCT 19 | **Benefits Open House**  
10:00 a.m. to 4:00 p.m.  
Baker Building, 10th Floor,  
Human Resources Training Room |
| OCT 19 | **Babies & You**  
**Choosing a Pediatrician**  
 Noon to 1:00 p.m.  
Presented by Rachel Mace, MD, University Pediatrics  
Light Hall, Room 411 |

## November

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| NOV 8 | **Hold the Stuffing Expo**  
10:00 a.m. to 2:00 p.m.  
Light Hall, North Lobby |
| NOV 10 | **Hold the Stuffing**  
11:00 a.m. to 1:00 p.m.  
Kirkland Hall, Room 201 |
| NOV 13 | **Hold the Stuffing**  
11:00 a.m. to 1:00 p.m.  
Law School, Bennett Miller Room #222 |
| NOV 15 | **Boomers, Elders & More**  
**Mindfulness for the Family Caregiver**  
 Noon to 1:00 p.m.  
Light Hall, Room 431 |
| NOV 16 | **Babies & You**  
**Caring for Your Family Means Caring for Yourself**  
 Noon to 1:00 p.m.  
Presented by Rosette Chakkalakal, MD, Internal Medicine  
Light Hall, Room 411 |
| NOV 17 | **Vandy Cooks**  
**Tailgating and Family Gatherings**  
 Noon to 1:00 p.m.  
Presented by Campus Dining Chef Austin Irvin  
Vanderbilt Recreation and Wellness Center Demo Kitchen |

*Babies & You is a prenatal health program offered by Health Plus for VU employees, spouses and dependents. The classes are provided monthly with a $50 incentive for those who register in their first trimester, attend at least 3 monthly classes and go to all prenatal provider appointments. For more information, class location or to register online, visit [healthplus.vanderbilt.edu](http://healthplus.vanderbilt.edu).*

If you have questions regarding the Boomers, Elders & More events, contact Stacey Bonner, Family Services Coordinator, at 936.1990, or at stacey.l.bonner@vanderbilt.edu.

Looking to get your flu shot? Check the OHC flu calendar frequently at [healthandwellness.vanderbilt.edu/occupational-health/flu](http://healthandwellness.vanderbilt.edu/occupational-health/flu) for a list of upcoming flu on-sites. The calendar is constantly updated during flu season.
In This Issue:
Complete Go for the Gold by October 31
Care Gap Alerts with Dr. Mary Hooks
Going There with Rachel Eskridge
Don’t Get Tricked by Halloween Treats
Healthier Candy Alternatives
Countdown to Open Enrollment
Have a topic you want to see covered? Email us at health.wellness@vanderbilt.edu.

“Laughter is an instant vacation.”
– Milton Berle