

LIVINGWELL

Apple Stuffed Squash



Ingredients

- ☪ 4 acorn squash (washed)
- ☪ 1 tablespoon butter (or margarine)
- ☪ 2 apples (chopped)
- ☪ 2 teaspoons brown sugar (2 tablespoons, packed)
- ☪ 1/2 teaspoon cinnamon

Directions

1. Wash hands with soap and water.
2. Cut squash into halves and remove seeds. Place in a glass dish, cover with plastic wrap and microwave on high for 5 minutes.
3. Melt butter in a separate bowl in the microwave. Mix in apples, sugar, and cinnamon. Microwave for 1½ minutes.
4. Spoon apple filling into each squash half. Cover and microwave on high for 3-5 minutes until squash and apples are tender.
5. Serve warm.

Nutrition Information

Yields: 8 servings

Serving size: 1/2 squash with filling, 1/8 of recipe

Calories.....	130
Total fat2g
Saturated fat1g
Cholesterol	4mg
Sodium	8mg
Carbohydrates31g
Dietary fiber4g
Total sugars7g
Protein2g

Breast Cancer

About Your Breast Cancer Risk

Breast cancer is the second most common cancer among American women (13%) and most patients have no known family history and no known gene that causes cancer.

There are certain factors that put you at higher risk for breast cancer, including:

- ☪ Being 40 years old or older
- ☪ Personal history of breast cancer, benign breast disease, or having a relative with breast cancer
- ☪ Radiation exposure to the breast or chest
- ☪ Greater exposure to estrogen over time—start menstruation early or enter menopause late
- ☪ Obesity
- ☪ Drinking alcohol

Screenings

Finding cancer early through screening tests may increase the chance that it can be treated and cured.

Mammograms, or X-ray images of the breast, are the most common way to screen.

Liquid biopsies use blood samples to detect DNA from cancer cells, which travel in the bloodstream. Researchers are still working on this form of testing and aim to detect cancer before other clinical tests.

Treatment depends on the type of tumor. Doctors might recommend surgery, radiation, chemotherapy, or other treatments depending on the type of breast cancer.

Fitness Tip



Proper Footwear

It is important to wear proper footwear during physical activity to keep feet healthy and stay safe from injury. Tips for choosing a supportive shoe that fits well and suits physical activity:

- ☪ Have both feet measured every time you buy shoes
- ☪ Make sure the shoes grip your heel and do not slip inside your shoes while moving
- ☪ Shoes should be comfortable as soon as you try them on and don't need to "break in"
- ☪ Ensure you can wiggle all your toes, so you have room to walk, run, and jump