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Breast Self-Awareness

Except for skin cancers, breast cancer is the most common cancer in women, but it can be successfully treated. Screening tests can find cancer early, when it's most treatable.

1. Know your risk

- Talk to your family to learn about your family health history
- Talk to your provider about your personal risk of breast cancer

2. Get screened

- Ask your doctor which screening tests are right for you if you are at a higher risk
- Have a mammogram every year starting at age 40 if you are at average risk
- Have a clinical breast exam at least every 3 years starting at 20, and every year starting at 40

3. Know what is normal for you

See your health care provider right away if you notice any of these breast changes:

- Lump, hard knot or thickening
- Swelling, warmth, redness or darkening
- Change in the size or shape of the breast
- Dimpling or puckering of the skin
- Itchy, scaly sore or rash on the nipple
- Pulling in of your nipple or other parts of the breast
- Nipple discharge that starts suddenly
- New pain in one spot that doesn't go away

4. Make healthy lifestyle choices

- Maintain a healthy weight, Add exercise into your routine, Limit alcohol intake
- Men are at risk too

Source: www.komen.org

From Our Cookbook:

Classic Italian Pasta Salad

- 8 ounces rotelle or spiral pasta, cooked and drained
- 2-1/2 cups assorted cut-up fresh vegetables (broccoli, carrots, tomatoes, bell peppers, cauliflower, onions and mushrooms)
- 1/2 cup cubed cheddar or mozzarella cheese
- 1/3 cup sliced pitted ripe olives (optional)
- 1 cup Italian dressing

Combine all ingredients except Italian dressing in large bowl. Add dressing; toss well. Serve chilled or at room temperature.

NOTE: If preparing a day ahead, refrigerate, then stir in 1/4 cup additional dressing before serving. For a creamy Italian pasta salad, substitute 1/2 cup real mayonnaise for 1/2 cup Italian dressing. Source: <http://www.wishbone.com/recipes>

What Role Does Diet Play In Senior Health?

A good and healthy diet has numerous potential benefits in the health of seniors.

Heart disease, vascular disease, diabetes, high blood pressure, high cholesterol, strokes, memory problems, osteoporosis, certain cancers, skin, hair and nail diseases, & visual problems are examples of conditions which can be impacted by diet.

Proteins, carbohydrates, fats, vitamins, minerals, and water are all essential nutrients that make up most cells and tissues in the human body. Thus, these essential components need to be provided in moderation through the diet for maintenance of good health.

A balanced diet consisting of fruits and vegetables, whole grains, and fiber is generally recommended to provide these necessary nutrients.

Special dietary restrictions for certain conditions are also important to

follow. Always check with your doctor for your personal dietary needs. Source: [MedicineNet.com](http://www.MedicineNet.com)

A Note From Full Circle Nursing

Tornado and thunderstorm season is here. Make sure your family members assist you in preparing a disaster kit (medication, flashlights, canned foods, etc.).