



Sanskriti

Visit us at
www.myiwa.org and
facebook page 



Spring 2015

Vol. 20:1 :: Special Issue On
Health And Wellness



Submission Guidelines

We invite you to submit your articles, pictures, comments, recipes, jokes for the newsletter. Please make sure there are no copyright or trademark infringements. Submissions can be sent to board@myiwa.org

2015 Editorial Committee

Anu Subramanian; Aparna Puri;
Meena Narsimhan; Ranjani Rao;
Rashmi Chaturvedi

IWA Parents Share Tips: In an online discussion, IWA members and alumni shared tips on how they managed all their kids extra-curricular.....

The Art of Farha Sayeed: These are definitely not your garden variety decorated Easter eggs.....

In The Spotlight: Conversation with Seema Mattoo

Where Do Countries Rank On The Happiness Index? An annual survey conducted by Gallup rank orders countries.....

Healthy Eating Healthy Living: Food is best when it does not taste.....

Breast Cancer Screening And Awareness: Diagnosis recommendations, screening, benefit and harms....

Want to get lean? Stay fit? Check out Bollywood Style Fitness Class in town.....

From the IWA Board: The Year Ahead Through The Looking Glass.....



**How do
parents
balance it all?**
Here's what IWA
parents have to say
about work-life
balance....

by *Ranjani Rao*

IWA Parents Share Tips On Managing Kids Extracurricular Activities

Ashok (*hypothetical name) is 8 years old and enjoys playing soccer, tennis, chess and the piano. Jaishree(*hypothetical name), 10, excels in Kumon math, besides keeping in touch with Indian classical music and dance with ice skating and swimming added to the mix. Ever wondered how their parents manage to keep their schedules, drop offs and pick-ups, clothes and equipment and home practice routines organized? The greater Lafayette community has long been a vibrant space for children to grow in academics, sports and extra-curricular activities. With greater access comes the challenge of how to balance it all, after all we only have 24 hours in a day!

In an online discussion, IWA members and alumni shared tips on how they managed all those extra-curriculars, while keeping up with school academics, work, family, food prep, groceries and the rest of their lives. These are tips that have worked for their specific family situation. Since every family is different, use what works for you.

Choose Wisely:

Rwitti Roy: Try to really understand if your kid is developing an interest in the activities that you have signed him or her for. Cut them down only to the ones they are really excelling in or enjoying. If your child's friends get involved in that activity all the better... they enjoy it more because they start out knowing someone in the group... and you could car pool sometimes.

Shipra Gupta: Understand your child, what she likes or has an interest in. It is not easy...it takes time. I think the 5-6 year old phase is the right time to see where their interests lie and then develop them well Also my motto is let them chill out, enjoy life, indulge in activities they love. Generally 2-3 co-activities are good in a season...I have seen some of my friends who schedule an activity for each evening that is stressful both for the kid and parents.

Rupa Murali: I do think that exposing your kid to diverse activities as much as possible when he/she is younger is better. I am sure the parents with older kids can attest that as homework builds up in higher grades, it's hard to manage hundreds of activities as well as keeping up with grades.

Seema Mattoo: Children's attention and fascinations with various activities change over time. I made it a point to expose Keya to new activities each semester and let her continue with what she enjoyed the most semester after semester. Karate, dance and tennis won. Expose them to different things at different times, as their interests develop. Choose no more than 3 routine activities per semester.

Time Your Activities by Season:

Mahasweta Bag: My daughter does a ton of activities like ice-skating, horseback riding, ballet, piano, art, swimming etc. But not all year round. Ice-skating is for Jan and Feb.

Horse-riding is for the summer months, while art is during the colder season. Ballet is from Sep to May; swimming is for months where kids traditionally do not swim, so that she gets more individual attention at group lessons (e.g. Sep to April). I religiously take 2 months off from Kumon---once during the summer vacation and once during winter vacation--- so that she's not stressed. I keep activities to a maximum of 4 days and hope to do so through elementary school. Another thing, do your research well about the teacher and/or organization. They should be effective and professional. Parks in pleasant weather and library in very hot/very cold weather work for us. Just Kidding is a great resource for kids in this area. And divide activities with dads. They will appreciate your hard work and form valuable relationships with the kids.

Find ways to foster independence

Seema Kengeri: Finding two great activities that my daughter could walk to was priceless!

Stay organized:

Sujatha Ramani: I believe in a bag for each activity and keeping related stuff inside the bag. No loose things lying around. That way it becomes easy to find things and also easy for kids to put things away. Have a bag each for Kumon, art, each sport, piano, Balvihar. Also have ONE place in the house to keep all the bags- could be the mud room or a hall way. You could hang them on hooks near the door. Most importantly keep them close to the garage.

Smita Kadam-Nikam: Now a days technology is big help. The iPhone is very handy to manage schedules, keep touch with teachers and coaches.

Meghna Mathur-Verma: Technology has helped me a lot too! My iPhone has become my lifeline. I put tons of alerts and alarms for every single activity, Birthday party, play date, appointment, so that I don't miss any of them. Having everything from the dates, times, addresses, phone numbers and maps in a single place makes life very easy for me. Also, if I volunteer to bring any supplies for the school or any activity, it goes in my grocery list straightaway (with an alert)!!! I don't think I could survive all the craziness without my iPhone!!!

Shilpa Merwade: I like to maintain a family calendar just to ensure that all activities are well planned and that either of us is available for kids...this makes life easier and keeps us preplanned.

'Food on the go'

Meghna Mathur-Verma: I like to stock up my car with snacks, plenty of water bottles and change of clothes for kids. This helps me a lot when I suddenly have back to back activities like a pre scheduled activity or an appointment.

Sujatha Ramani: Food on the go - Thick fruit filled Smoothies - healthy and tasty in thermos with straws to drink in the car...

Share the load

Seema Mattoo: Since we are both working parents, our time for extracurricular activities is limited to after 6pm and weekends. There's no way for one parent to handle everything, especially when both parents work and have no family to help out. Mike and I split our tasks. I drop Keya to school, Mike picks her up. He takes her to dance class while I deal with dinner. I take her to singing/music, and we take turns for all additional activities, e.g. math, reading, LEGO, etc. When possible, we both try to attend the activity together; it's our family time.

Note: Sharing pick up drop duties or carpooling with other kids' parents emerged as a recurring theme in the discussions.

When the going gets tough - Be calm, flexible and 'let it go'!

Debjaya Mishra: My motto first is to stay calm and be flexible. It's ok if the child doesn't want to go for soccer practice on a certain day. ..or miss a page of Kumon..

Veena Sagi: Yoga makes you calm. In my experience controlling body and mind helps you especially when things get busy.

Roopa Krishna: Enrolling kids in multiple activities is ok, but I've learnt not to expect the average child to practice religiously! So 'Let it go!' Is a good motto!

Padma Subramaniam: Take it easy, Om Shanti Om, breathe! It is just ever changing. Take it as it goes!



What Makes Us Happy?

According to research 50% of happiness depends on genetically determined set point; 10% by life circumstances; and 40% by daily intentional activities i.e. our behavior. Thus, 40% gives us the opportunity to increase or decrease our happiness level by what we *choose* to do, how we *think* and what *goals* we set every day in our lives.

And The Happiest Countries In The World Are...

Latin American countries who top the world in the happy meter. In an annual survey conducted by Gallup on how people evaluate their lives (positive emotions), people from Latin American countries had the most positive outlook. Within United States Alaska topped the ranking while Indiana ranks 48 among 50 states surveyed! Globally, when women were asked to evaluate their lives, they rated it similar to those of men in developed countries, with Denmark the best and amongst developing countries Afghanistan ranked the worst.

Happiest Countries in the World

<u>Rank</u>	<u>Countries</u>
1	Paraguay
2	Panama
3	Guatemala
4	Nicaragua
5	Ecuador
6	Costa Rica
7	Colombia
8	Denmark
9	Venezuela
10	El Salvador
11	Indonesia
12	Philippines

United States ranks 24th and India 78th among 138 countries surveyed in 2013

Women's Life Evaluation In Comparison to Men

<u>Rank</u>	<u>Countries</u>	<u>%Women</u>	<u>%Men</u>
1	Denmark	78	70
2	Canada	70	62
3	Australia	66	62
4	Netherland	65	66
5	Sweden	64	66
6	Israel	64	67
7	Finland	63	64
8	Austria	63	55
9	UAE	59	58
10	Costa Rica	59	58
11	New Zealand	58	62
12	Brazil	56	61

<http://www.gallup.com/poll/169322/people-worldwide-reporting-lot-positive-emotions.aspx>
<http://www.well-beingindex.com/2014-state-rankings>

Exquisitely Decorated Eggs: The Art of Farha Sayeed *by Meena Narsimhan*

Farah is acknowledged as India's only egg-art specialist. Her work is uniquely characterized by the fusion of Indian and Islamic elements to this otherwise Western art.

The eggshells decorated by **Ms. Farha Sayeed** are incomparable in beauty and style with the famed and valuable Fabergé eggs that were commissioned for Royalty and noblemen in late 18th century Europe and are currently exhibited in prestigious museums worldwide.

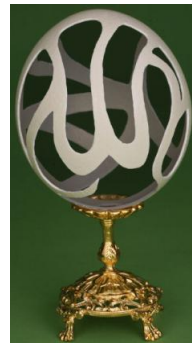
While Fabergé eggs were made from gold and precious stones, Farha decorates the shells of ostrich, emu, goose, duck, turkey, guinea and hen eggs. Many pieces are decorated in the Fabergé style as shown above. Other pieces are carved or etched. While many pieces are merely decorative, Farha also makes functional pieces such as jewelry boxes or clocks. Only unfertilized eggs are used for this work. The contents of the eggs are usually blown out through holes drilled at the two ends of an egg. The eggshell can then be cut, carved, etched, engraved, dyed and decorated. Farha uses a high speed tool for cutting to reduce torque and shattering. The shells are also treated with a liquid polymer to strengthen and preserve their beauty. Each piece is the culmination of hours of intense concentration. Farha says that this provides her with spiritual gratification akin to meditation.

We thank Farha Sayeed for permission to use contents of her website for this article. It was a privilege to meet Farha and her husband Dr. Ausaf Sayeed, Consul General of India, Chicago when they visited West Lafayette in October 2014.

Explore other works of Farah Sayeed at <http://www.eggdeco.com/>

Inset: Picture of **HEAVEN ON EARTH BY FARAH**

Satin-lined ostrich egg jewel box



DIVINE PURITY

Islamic calligraphy is carved on both sides of the egg using free hand marking



HEAVEN ON EARTH

Satin-lined ostrich egg jewel box

Interested in Learning More?

Eggs are symbols of new life, spring, renewal and good luck in many cultures. Decorated eggs are displayed or exchanged as symbols of good wishes for health and prosperity, particularly in early Spring. Egg decoration is particularly popular in Eastern European countries such as Russia, Ukraine and Poland.

Find novel and simple do-it-yourself egg decoration ideas at <http://www.boredpanda.com/easter-diy-ideas/>



Want to get lean? Stay fit? Check out Bollywood Style Fitness Class in town.

by Sangita Handa

Picture: Bollywood BootCamp Power Ladies

Yes, that's true! In our own little city of West Lafayette, a fitness class that incorporates the best of the East and West has come to life. The latest fitness exercises that modern science has developed are being offered to the beats of Bollywood music in a style that totally uplifts the mind while exercising. Wondering what is it that makes participants like me, and all others, so enthusiastic about this class? Certainly, it is not only the giggles and jokes we share during the class! Not just because the Bollywood music is so well chosen that we wonder how a person who is not of South Asian descent could have selected it. Rather it is the efficient work outs at exercising different muscles in our bodies, leading to fitness and good form for days after the class, that are making us faithful followers of this class. The workouts are varied and allow individuals to exercise at their own pace. Whatever the pace one uses, everyone feels good.

The class is being taught by Alexandra Nitzschke who is the lead fitness instructor for Faith West and has a passion for teaching fitness. She is a medaled international competitor in highland dancing, which is classified as an "athletic dance. However, she is a fitness enthusiast of all kinds, and finds "variety to be helpful in keeping her exercises fresh and fun." She teaches a blend of **weight lifting, plyometrics, barre, Tabata, yoga, low impact aerobics and cardio fitness.** "I use a variety of techniques but at the same time, I try to focus on one muscle group at a time and implement circuit training to make the routines more effective. For example, we often will focus on glutes and hamstrings for three circuits, then do three circuits of chest and biceps, then three circuits of lower body exercises, then three circuits of upper body," she says. When you're giving the opposite muscle group a break, it's more of an "active rest."

Alexandra is a warm, loving person who makes her students extremely comfortable with what they are doing in class. She seeks and actually incorporates input from her students all the time. She loves different cultures, especially Indian culture, and love seeing Indian folks around Faith West. "I love Ashtanga yoga and would love to go to K. Pattabhi Jois' Ashtanga Yoga Institute in Mysore, India one day" she says. She is currently going through a 200 hour yoga certification through Community Yoga in West Lafayette. She teaches yoga also and her yoga classes are much appreciated by her yoga students. **Her background also includes working in the natural health/nutrition field with Now Foods and leading as a circuit trainer at Curves.** According to Alexandra, her goal is to help women build muscle. She notes that "around the age of 30 women start experiencing changes in their ability to put on muscle, and then even more so around the age of 50. Your metabolism is based upon the ratio between lean muscle mass and fat percentage, and so many women don't have enough muscle to boost any metabolism. More muscle means a higher metabolism, which is how the body starts to become more and more lean and toned at a steady rate, instead of roller coaster ups and downs in weight. I have a passion for teaching women how to be STRONG women! Strong both physically... and spiritually!"

Folks, all this wellness, coupled with fitness, comes at a rather moderate fees - \$55 for 10 classes! Can you find an exercise class in town for less than \$6 per class? This fee also includes yoga classes by Alexandra at Faith West Church. If you wish to see positive changes in yourself, please feel free to show up at Faith West Church on Monday evenings which is currently the day chosen by participants. For questions, please email board@myiwa.board.

Unhealthy salty dietary habits affecting our health

by Shraddha Chaubey, MS, RDN, CD

Hypertension is the leading cause of death and disability worldwide. Untreated hypertension leads to congestive heart failure. For Asian Americans, heart disease is second only to cancer according to 2008 statistics of Center for Disease Control and Prevention (CDC). While salt is an essential mineral for human body and important part of our diet, high salt intake is a major risk factor for high blood pressure that leads to heart disease and stroke along with other factors, such as, high cholesterol, high body mass index (BMI), and family history. Studies show strong evidence between high sodium intakes to hypertension, coronary heart disease, kidney, bone disease and even cancer. Recommended dietary treatment approaches to reduce hypertension is to reduce daily sodium intake to < 2300 mg and further reduction to 1500 mg/day for high risk adults aged 51 years or older or those with certain health conditions including hypertension, diabetes or chronic kidney disease. Majority of the sodium we consume comes from processed foods and restaurant foods. Often Indian foods are served

with pickles, papars and chutneys. These side staples can be a major culprit of high sodium intake with little or no nutritional value in Indian diets. For example, a typical serving of samosa chaat with over poured chutneys can have as much as 100% of your daily allowance for sodium. Other hidden high sodium diet contributors in American diet include condiments (salad dressing, ketchup etc), cheese, butter milk, canned items, breakfast cereal, baked goods and mixes (bread, cake, pastries), pizza and pasta, chips, fries etc. Unfortunately, a considerable proportion of people from Indian origin consume more salt than recommended. To stay in good health, watch your sodium intake along with fat and sugar intake. Train your taste buds to eat food without pickles, papars, chutneys, sauce and other condiments. Minimize cooking with high amount of salt and look at nutritional levels for 140 mg or less per serving to make it a low salt choice.

Breast Cancer Screening And Awareness

By Dr. Vijaya Kakani

Breast cancer is the most common non skin cancer and second deadliest cancer in women. In the United States, it is estimated that approximately 235,000 women will be diagnosed with invasive breast cancer, and 40,730 women will die from the disease in 2015. In India, 4,600 of new cases are expected in the year 2015. Every two minutes, a woman in the United States is diagnosed with breast cancer and 1 in 8 women will get breast cancer. Most common symptom is lump in breast. Less common symptoms are skin thickening, swelling, distortion, tenderness, redness, nipple abnormalities (ulceration, retraction, and discharge), and breast pain. As with all cancer screening, recommendations for breast cancer screening rely on a combination of factors involving evidence about the risk of the

condition, the benefits and harms of screening, and the cost. The majority of breast cancers in the US are diagnosed as a result of an abnormal screening study, although a significant number are also first brought to attention by a patient or clinician breast examination. For women at average lifetime risk for breast cancer these are screening guide lines as per The American Cancer Society , American College of Radiology, American Medical Association , the National Cancer Institute , the American College of Obstetricians and Gynecologists , and the National Comprehensive Cancer Network are starting routine screening at age 40 and then annually. For women over the age of 70, the recommendation is screening if their life expectancy is at least 10 years. The American Cancer Society recommends clinical breast examination every three years from age 20 to 39,



**Adventurous,
intrepid, erudite,
world traveler, smart,
Biochemist, professor,
wife, mother and IWA
woman. Meet Seema
Mattoo!**

*by Sujatha Ramani
Photo: Seema Mattoo and
Sujatha Ramani*

I had the privilege of chatting with Seema Mattoo and was fascinated listening to the exploits of her childhood in Kashmir and her journey to the US via New Delhi and Aligarh. In Seema's own words " My interest in Biochemistry came as both my parents were eminent professionals in the same field. I grew up in Srinagar and Jammu, and went to Delhi University to do my undergraduate studies in Biochemistry. Those were the years of turmoil in Jammu and Kashmir, the Mandal Commission Riots, the Mandir-Masjid riots, and protests in Delhi, and there was the danger of losing a whole academic year." Listening to Seema concisely narrate all the events leading to her move from Delhi University (DU) to Aligarh Muslim University and then back to DU before transferring to the University of Maryland was like a history lesson and kept me enthralled. Seema completed her undergraduate degree at U of Maryland, and got admission to do her Ph D both at Johns Hopkins and UCLA. Sunny weather beckoned and she moved to the West Coast to start on her doctoral degree in Microbiology and Immunology. One of her most exciting memories was back-packing alone in India for 6 weeks in the summer of 1994. " We have a lot of family and friends all over India and I planned the whole trip from here." Starting from Chennai, overnight train to Bangalore, then Mysore, Bellary, Hampi, Ooty, Bombay, Bhopal, Sanchi Stupa, Agra, Delhi, and Jammu. "There was a local celebrity mother-daughter pair traveling in the same toy train to Ooty.

We started chatting and they invited me to stay with them and showed me around. And Taj Mahal, of course, was a treat. A spiritual highlight of the trip was visiting Hampi on the banks of the Tungabhadra river where my grandfather's ashes had been spread." Seema also had an unusual experience where the bus she was on en route to Sanchi passed the local jail and some escaped convicts with a gun got on.

Luckily the police apprehended them at the next stop. "It was an amazing trip where I relied on the kindness of strangers and never felt afraid. India was a safe place for a single woman to travel all over back then." Another highlight during Seema's college days was when she spoke at World Vision 2000, a Global Youth Conference held in Washington, DC to commemorate the centennial of Swami Vivekananda's historic address at the World's Parliament of Religions in Chicago.

At UCLA Seema's academic life was going very well. She was among 100 students selected competitively world wide by EMBO (European Molecular Biology Organization) for a 2 week course on the exotic Greek island of Spetses. She described the sessions as "sitting on a beach near warm waters, eating ice cream and discussing science with Nobel laureates". She followed that memorable experience with another one – backpacking alone for two weeks among the Greek islands and then on to various cities in Europe.

In conversation with Seema Mattoo contd.

UCLA also brought into her life Michael. A fellow scientist, Mike has a PhD in Biological Chemistry and a Post-Doc in Immunology. His team at Life Technologies commercialized the TALEN system for manipulating the human genome, which is cutting edge research in biotech. He likes working in the biotech industry and is currently employed with Cook.

Mike invited Seema to dinner and a date on their first meeting, in spite of her telling him that her immediate career plans conflicted with dating him. But he wooed her successfully and got permission from her mom to propose to her. Seema and Mike had a simple romantic marriage ceremony on the big island of Hawaii in 2003. "The Hawaiian priestess blew a conch shell to announce the wedding to the Hawaiian gods and we exchanged leis similar to our Hindu garlands". Soon after, they had the big grand Indian wedding in Washington, DC with all their family and friends. The beautiful ceremony was a mixture of South Indian, Kashmiri, Jewish and Christian customs - complete with Saptapadi, Posh Pooza, candle lighting, and shattering the glass! They even had a friend and professional stand-up comic, Vijai Nathan, as their emcee.

The couple took an extended 6 week trip throughout India where Mike enjoyed the culture and the food, especially Diwali at Seema's cousin's coffee and clove plantation in Coorg. According to Seema, Mike has all the traits of a true Indian - he loves Indian desserts and has been known to finish a whole box of cashew barfi in one sitting. The arrival of their daughter, Keya, in 2007 was the next memorable milestone for the couple. Keya is a "beach baby" who missed the sands of San Diego initially, but adjusted happily to Midwest living and 2nd grade in Cumberland. A chat with Seema will easily convey how proud she and Mike are of their Keya.

Seema's research training is as multifaceted as her cultural background. Did you know that

Seema is featured in Wikipedia for her seminal research on Bordetella (the bug that causes whooping cough) and the pertussis vaccine?

She trained as a bacterial geneticist and later as a biochemist, where she discovered a new family of enzymes (called Fic proteins) during her postdoctoral work. I asked her to explain in layman's terms the research she was conducting. "Fic proteins are found in bacteria and in humans. They alter the way proteins inside our cells talk to each other, and consequently determine cell fate - whether a cell will live or die in the face of infection or stress." Seema's lab recently published their work on the human Fic protein, where they discovered a new function for this protein. At Purdue, Seema is currently teaching two classes - 'Medical Microbiology' and 'Career Development - Bioethics and Responsible Conduct in Research'.

Moving to Purdue has been a great experience according to her. During her recruitment dinner, she recalled an Indian professor talking about how active IWA was and the proposal to start a new temple and community center. She enjoys the sense of community found in this town.

The very first winter when there was a 2 hour delay at school (something unknown to the former California resident), a friend called to inform her and offered to take Keya to school. This sweet gesture further endeared the community to her. Seema honestly believes that "one is only as good as the company they keep, and considers herself very fortunate to have found such wonderful friends both here in Indiana and elsewhere she has called home."

Welcome to Greater Lafayette, Seema, Mike and Keya. It was a pleasure chatting with you.

From The IWA Board

The year ahead through the looking glass...

As we start to think about the direction we need to take in 2015 as an organization, it is important to first understand and define what we are about. And this task of defining ourselves we did... collectively... as recently as last year... when many of you gave in your thoughts about *what IWA means to you*. And from all the inputs provided we developed the tagline... Inspired Action.

OUR INSPIRATION

So if IWA stands for Inspired Action, the question it begs is what is our inspiration... what underlines all our actions? Two words jump out as the obvious answers... Awareness and Concern. Many of the things we do or will do at IWA has been in an effort to create awareness. Awareness of the layers of our identity... of who we are... among our own community... to our own children... and to the mainstream American society. The other thing that defines us is our concern for our community and society at large. And for that too we have a long track record. We are a concerned citizenry with women and children in the center of our focus.

OUR AIM

Keeping that in mind this year we will aim for a stronger IWA... **with a greater footprint for both enquiry and activism**. An IWA that can **foster stronger bonding within the Indian community... and with the Greater Lafayette community**. An IWA that will **provide the best platform to celebrate, showcase and integrate us and our culture**.

OUR ACTIVITIES

The first step that we have taken to strengthen IWA is to create a working organizational structure where the IWA Board starts **functioning through active sub-committees**.

We have been actively recruiting from our membership for participation in these sub-committees. To start off we have formed the following sub-committees – **Awards, Finance, Newsletter Editorial, Cook book, Sponsorship and Advertising, IT and Social Networking, Cultural, Community Outreach, and Brand mark Extension**.

We will continue to hold our main events for the year. This year we had a great Welcome party on February 15. Holi will be held on April 4th, so mark your calendars! You will soon be getting emails with several call outs and announcements. And during Holi we will be announcing the 2015 Service Award Winner. And as usual we will have our picnic in September, Celebration of India around October/ November and the Holiday party in December. But what will not be usual is that you will discover that each event will be celebrated with new twist... so don't miss out!!!

We are sure this color version of Sanskriti has taken you by surprise. Wait till you see what the Sanskriti Editorial Team has in store for you later this year! We will continue some of the activities that we had started in the previous years like Yoga for a cause (stay tuned for an email soon) and IWA Research Scholarship. And we will continue our partnership with ASHA, YWCA and ICRW. Emails for YWCA Clay bowl should be on its way by now.

The first IWA cook book has been a huge success. But we are hoping our Cook Book Vol 2 will blow your mind!

So welcome friends... to a fun filled action packed year ahead!!!

Breast Cancer Screening

.. continued from page 8

Harms: False positive tests leading to more diagnostic workup and treatments. In the United States, for example, approximately 10 percent of screening mammograms require additional evaluation; the lesion turns out to be benign in more than 90 percent of cases.

- Anxiety
- Over diagnosis
- Discomfort
- Radiation exposure

Two studies modeled the risk of increased breast cancer mortality from mammography radiation compared with the mortality benefit from mammogram screening, using data from studies of women with comparable radiation exposure and estimates extrapolated from risk models. Both studies reported that screening was associated with a net positive benefit for onset of screening at age 40 or later.

www.edwardjones.com



Retirement May Be Far Off, But the April 15th Deadline for IRA Contributions Isn't.

You have only so many years to prepare for retirement. That's why contributing to your Individual Retirement Account (IRA) is so important. Fortunately, you still have time to maximize your 2014 IRA contribution before the April 15th deadline.

By contributing now, your retirement savings can have more opportunity to grow. Even if you already have an IRA elsewhere, it's easy to transfer it to an Edward Jones IRA and begin receiving the face-to-face guidance you deserve.

To learn more about the advantages of an Edward Jones IRA, call or visit today.



Kim Boggs
Financial Advisor
451 Sagamore Pkwy West
West Lafayette, IN 47906
765-497-0110

Edward Jones
MAKING SENSE OF INVESTING

Member SIPC

Indian Women's
Association Newsletter

Sanskriti

710 Noble Court,
West Lafayette, IN 47906

www.myiwa.org

