

LET'S FEEL BETTER

NTIC Newsletter



15 MINUTE CHAIR WORKOUT

Start with where you're at! This workout uses a chair making it more assessible and low impact while also improving balance and building muscle.

HEALTHY APPLE STREUSEL

Between the oats and the apples, this dish is good enough to have for breakfast and as a dessert! Plus, baking it will make your house smell like fall.

PUMPKIN ENERGY BITES

These bites come together quick and make for a great snack or breakfast on the go.

Breast Cancer Awarnenss Month

All genders are born with the same breast tissue, but females are more likely to get breast cancer than males. Read below to see various determinants of health that could increase your risk for developing breast cancer.

Get Screenings!

Your risk of getting breast cancer increases if your parent, sibling, or child has been diagnosed. Your risk is even higher if those family members got breast cancer at a young age or if multiple members have been diagnosed. It's still imperative for everyone to talk to a healthcare professional about screenings since **most people diagnosed don't have a family history!**

What can increase my risk?

- Women who started their period before age 12 and or started menopause after age 55
- Giving birth to your first child after the age of 30 or never having been pregnant
- Drinking alcohol. Limit your alcohol consumption to one drink per day or less. If you are very concerned, consider eliminating alcohol altogether.
- Aim for 30 minutes of physical activity most days. If you haven't been active, check with your doctor to see if you can start slowly.
- Inheriting *BRAC1* or *BRAC2* gene is the most common cause of hereditary breast cancer. Normally, these genes help repair damaged DNA, but if they mutate, it can lead to cancer growth. While genetic testing can be helpful, not everyone needs to be tested. Talk to your doctor to see if this a good option for you.
- Dense breast tissue increases risk and makes it harder to detect in mammograms. There are three types of breast tissue: fatty, fibrous, and glandular. Having less of the fatty tissue can make breasts denser. Pregnancy, age, menopause status, some medications (hormone therapy), and genetics can be factors affecting breast density.

[Click here](#) for instruction on how to conduct an at home exam. This is not be used in place of an exam, but rather a proactive and early detection method.

References: [ACS](#), [Mayo Clinic](#), [NBCE](#).

National Check Your Meds Day

October 12th is **National Check Your Meds Day**

Find a day this month to look through your medicine cabinet and review items in there. Taking expired medication can lessen their effectiveness and even be risky due to changes in the chemical composition.

Don't throw them in the trash! Check with your local pharmacy to properly dispose of expired or unwanted medications.



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*Sleep to
Be Well*
with Dr. Morse

Wednesday, October 9

5 -6 pm

Dr. Morse from Geisinger's *Sleep to Be Well* team will present on sleep hygiene and the importance of sleep on your health and well-being.

Earn 25 Health Advocate points for attending

*Scan or
[click here](#) to sign up*



Health Advocate

NTIC is committed to helping our employees focus on their well-being. We've partnered with Health Advocate to offer you expert tools, resources and a reward to help you thrive!



Start date:
June 1, 2023

Complete activities
that will help you thrive

Deadline to earn points:
May 31, 2024

Feel good knowing you've
earned a reward

Well-Being Reward Details

The NTIC Health & Wellness Program can help you take charge of your health and improve your well-being.

There are two award levels:

Silver: Earn 350 points to receive a \$175 reward

Gold: Earn 550 points for the maximum \$275 reward

Well-Being Reward & Program Eligibility

NTIC Wellness Program incentive reward is available to all employees and spouses enrolled in the school district's health insurance. Dependents age 18+ can utilize the wellness program features, but are not eligible for the reward.

No matter your goals, Health Advocate can help guide you toward increased well-being through our four pillars.



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