

Wise & WELL

BREAST CANCER AWARENESS MONTH The Importance of Early Detection

Breast cancer is one of the most common kinds of cancer in women. About 1 in 8 women born today in the United States will get breast cancer at some point. Unfortunately, many of us know someone who has been affected by the disease, whether it is a family member, co-worker, or even ourselves.

The good news is that most women can survive breast cancer if it's found and treated early. Screening through tests like mammograms and ultra-sounds are key to early detection.

What are screening tests?

The goal of screening tests for breast cancer is to find it before it causes symptoms (like a lump that can be felt). Screening refers to tests and exams used to find a disease in people who don't have any symptoms. Early detection means finding and diagnosing a disease earlier than if you'd waited for symptoms to start.

Breast cancers found during screening exams are more likely to be smaller and still confined to the breast. The size of a breast cancer and how far it has spread are some of the most important factors in predicting the prognosis (outlook) of a woman with this disease.

When should you start getting screened?

These guidelines are for women at average risk for breast cancer. For screening purposes, a woman is considered to be at average risk if she doesn't have a personal history of breast cancer, a strong family history of breast cancer, or a genetic mutation known to increase risk of breast cancer (such as in a BRCA gene), and has not had chest radiation therapy before the age of 30.

Women between 40 and 44 have the option to start screening with a mammogram every year.

Women 45 to 54 should get mammograms every year.

Women 55 and older can switch to a mammogram every other year, or they can choose to continue yearly mammograms. Screening should continue as long as a woman is in good health and is expected to live 10 more years or longer.

All women should understand what to expect when getting a mammogram for breast cancer screening – what the test can and cannot do.

Self-examination, mammograms, breast ultra-sounds, and other screening tests are paramount to early detection and a successful fight against a disease that takes far too many lives.

Source: www.cancer.org.



Tune into Boundaries: Your Wellbeing Depends on It

Personal boundaries can be both emotional and physical. Experts agree you need healthy boundaries—at work and in all aspects of life—to support your overall well-being. What's more, you need to make sure those boundaries are respected by others.

How to begin? Decide first what your values are:

Physically, are you providing everyone around you with the recommended space given the recent pandemic?

Mentally, are you easily swayed by other people's thoughts and opinions? Can you listen with an open mind to other people's opinions?

Emotionally, do you recognize and respect your own feelings, independent of others'?

Spiritually, do you honor your beliefs and respect the differences of others'?

Respect for self and for others is the prerequisite for setting and keeping healthy, effective boundaries. And remember, you deserve them. For instance, if someone steps into your personal space and that makes you feel uncomfortable, let him or her know. In many cases, communication works.

Unfortunately, people often learn about their boundaries in the heat of the moment, when they've become angry or frustrated. Be proactive, not reactive: it's healthier and more effective. That way, you respond with a sense of empowerment and calm rather than resentment and guilt.

Be attentive to your feelings, especially cues that you are feeling uncomfortable. Do you feel taken advantage of or unappreciated? You may be driving yourself beyond your limit, trying to be the good employee, the good daughter or son, the good parent or the good spouse. Are you a people-pleaser, indecisive, or go along with others just because it's easier? Those are signs your boundaries need adjusting.

One Size Doesn't Fit All

Once your boundaries are set, you need to discern the boundaries of others. And no, they're not the same as yours, according to Rachel Eddins in her article "Keeping Good Boundaries & Getting Your Needs Met."

Don't assume people think, feel and act as you do. Be cautious around mixed messages. Here are some tips that keep your boundaries intact as you respect the boundaries of others:

- Have the same respect for others that you would like to receive.
- Respect a person's voice when he/she disagrees with you.
- Listen without interruption and make a sincere effort to understand.
- Pay attention to body language. A person moving away from you is indicating that you have crossed over into his/her personal space.
- Listen for verbal cues, such as: "I asked you to knock before entering my office."

Protecting Your Boundaries

There are many times in life we need to put the needs of others before our own. However, keep in mind you need to advocate for yourself before you can effectively advocate for someone else.

Consider these coping techniques from author Maureen Dawn Healy if your boundaries are threatened:

The Hot Soup Breath is a way to calm down quickly and think before responding. Take air in through your nose and out through your mouth, as if you were cooling hot soup. Take five Hot Soup Breaths.

Water helps clear negative energy from the body. Drink a glass of water or wash your hands; imagine the water washing away your agitation.

Bubble Up Imagery. Imagine yourself surrounded by a bubble of light. Hold onto that image. Anytime a conversation or encounter is negative and affecting you, tell yourself to "bubble up!" Conjure up that image to protect yourself; it allows you to be more positive and productive.

The Aura Zip Imagery. Your aura is a protective atmosphere that surrounds you. In the aura zip, start with a few deep breaths to promote calmness. Envision your main energy line as a zipper, running from your hips to the top of your head. Either with eyes closed or using your hands, zip up your invisible energy, from bottom to top. Close that zipper around your new positive energy.

- Be flexible; we are constantly learning and growing.
- Practice having compassion for yourself and others without having to fix everything.
- Recognize that mistakes are opportunities for learning and growth; everyone makes them.
- Listen to others about how your behavior impacts them.
- Pay attention to activities that energize you and drain you. Delegate when possible, get out into nature, move away from perfectionism. Engage in energizing activities to keep balance in the midst of life's demands.
- Pause and take a breath before reacting.
- Use your values as guides in decision-making rather than the opinions of others.

Sources:

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TOOLBOX TALK

Forklift Safety Rules

Forklifts are excellent labor saving devices. They save time and reduce the likelihood of injury associated with manual material handling activities. However, forklifts can become very dangerous if operated by a reckless or untrained operator. All operators should receive safety training prior to being allowed to operate a forklift.

Forklift accidents tend to be very serious, involving both personal injury and damage to property. These accidents can be avoided if operators use some common sense and follow safe operating procedures. Do not operate a forklift until you have been properly trained and authorized to do so.

Here are a few common safety rules to follow during forklift operation:

- Use the seat belt. It will keep you secured in the seat in the unplanned event of a tip over.
- A parked forklift should have the forks flat on the floor with the controls set to neutral and with the parking brake set.
- A forklift is considered to be "unattended" if the operator is more than 25 feet away or if the forklift is out of the direct vision of the operator. Unattended forklifts should be parked with the power turned off.
- When operating the forklift on inclines, the load should always be on the uphill side of the incline. Drive forward going up the incline. Drive backward going down the incline.
- When traveling without a load on the forks, keep the forks approximately four to six inches off the floor.
- Never allow anyone to walk underneath a raised load.
- Stop at all blind corners to check for other traffic in the area. This includes other forklifts and pedestrians. Honk your horn and look before you proceed.

- If carrying a tall load that blocks your forward vision, drive in reverse and turn your head so you can see where you are going.
- If operating around other forklifts maintain a three-forklift length distance between forklifts and never attempt passing.
- Never drive a forklift up to the back of a person who is unaware that the forklift is behind them.

Source: [www.http://safetytoolboxtopics.com](http://safetytoolboxtopics.com). Mark Rubio

