

Healthy Piedmont Wellness Weekly



Breast Cancer Awareness Tips

What are the symptoms of breast cancer?

When breast cancer starts out, it is too small to feel and does not cause signs and symptoms. As it grows, however, breast cancer can cause changes in how the breast looks or feels. Symptoms may include—

- New lump in the breast or underarm (armpit).
- Thickening or swelling of part of the breast.
- Irritation or dimpling of breast skin.
- Redness or flaky skin in the nipple area or the breast.
- Pulling in of the nipple or pain in the nipple area.
- Nipple discharge other than breast milk, including blood.
- Any change in the size or the shape of the breast.
- Pain in any area of the breast.

How can I lower my risk of breast cancer?

- Control your weight and exercise.
- Know your family history of breast cancer. If you have a mother, sister, or daughter with breast cancer, ask your doctor what is your risk of getting breast cancer and how you can lower your risk.
- Find out the risks and benefits of hormone replacement therapy.
- Limit the amount of alcohol you drink.
- Eat a diet rich in fruits & vegetables, include whole grains and reduce your meat intake to 6-8 oz/day.

Source: <http://www.cdc.gov/Features/breastcancerawareness>

Recipe of the Week: Pasta with Pumpkin Sauce

Prep time: 10 mins
Cook time: 25-30 mins
Serves: 6

Ingredients

- 12 oz penne pasta, whole wheat
- 2 Tbsp extra-virgin olive oil
- 3 shallots, finely chopped
- 3 cloves garlic, grated
- 1 ½ cups vegetable or chicken broth
- 2 cups pure pumpkin puree (15-ounce can)
- 1/4 cup heavy cream
- 2 to 3 oz goat cheese
- 1 tsp salt
- ½ tsp fresh cracked pepper (or 1/4 tsp crushed red pepper)
- ½ tsp ground cinnamon
- ¼ tsp nutmeg
- 1 ½ Tbsp fresh sage, chopped
- Grated parmigiano-reggiano cheese

Directions

1. Bring a large pot of water to a boil and add 2 to 3 tbsp of salt. Add the pasta and cook until al dente. Drain.
2. Meanwhile, in a medium skillet, heat the olive oil over medium heat. Add the shallots, crushed red pepper (if using), and garlic and cook until softened, about 5 minutes.
3. Stir in the broth, pumpkin, salt, pepper and cream. Add the cinnamon and nutmeg and whisk in the goat cheese and 1 tbsp of the fresh sage. Lower the heat and simmer until thickened, about 5 minutes.
4. Taste for seasoning and adjust if necessary.
5. Toss the pasta with the sauce, cover and let sit off the heat for 5 minutes.
6. Place in a serving bowl and top with the remaining fresh sage and a good dusting of the Parmesan cheese. Serve with additional Parmesan cheese at the table.

Nutrition Facts

Per serving:
 Calories – 290
 Total Fat – 7 g
 Cholesterol – 15 mg
 Sodium – 595 mg
 Total Carbs – 44 g
 Dietary Fiber – 8 g
 Protein – 13 g

