



September 2022



Your Health Matters

Monthly newsletter brought to you by Brieden Consulting Group

September is Blood Cancer Awareness Month

September is a month to recognize more than 1.3 million Americans who are either living with or in remission of blood cancer. Every 3 minutes, someone in the U.S. is being diagnosed with a blood cancer such as Leukemia, Lymphoma, Myeloma, and Hodgkin's Disease. Over the years, billions of dollars have been invested from many organizations around the world to fight blood cancer. However, on average, more than one-third of blood cancer patients succumb to this illness within about 5 years. Although this makes blood cancer the 3rd leading cause of cancer deaths in the U.S., the research and development to battling this illness had produced groundbreaking results.

Most blood cancers develop in the bone marrow, responsible for blood cell production, anywhere in the body. Treatments can include chemotherapy and stem cell treatment. There are limited ways to truly prevent blood cancer, but scientists suggest staying away from risk factors, such as smoking or tobacco use, exposure to radiation, and chemicals like pesticides or benzene. Additional lifestyle choices such as eating healthy, and exercising can decrease your risk as well.

Because many of the early signs of blood cancer are vague and nonspecific, many conditions can be difficult to detect. Some of the most common symptoms can be easily remembered with the acronym "TEST", which stands for tiredness, excessive sweating, sore bones, and terrible bruising. Anyone who is experiencing symptoms like these should consult with a medical professional who can recommend appropriate testing if blood cancer is suspected.

About Us

We believe that living a healthy lifestyle is a key component to everyday life. We want to be able to provide you with useful updates and alerts to help you maintain good health for your body and mind.

The health plan through Brieden Consulting Group offers great coverage that is affordable to help you maintain your health and the health of your entire family.

Please keep an eye out for the "Your Health Matters" monthly newsletters that will be distributed to all employees.

Our Benefits Broker

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Seven Ways to Stay Healthy & Lower Your Risk of Cancer

1. Maintain a Healthy Weight
2. Exercise Regularly
3. Don't Smoke or Use Tobacco
4. Eat a Healthy Diet
5. Limit Alcohol
6. Protect Yourself from the Sun
7. Get Screening Tests Regularly



These seven healthy behaviors can go a long way toward improving your health and lowering your risk of many cancers – as well as heart disease, stroke, diabetes, and osteoporosis. And even small changes have a big impact.

Take control of your health and encourage your friends and family to do the same. Choose one or two behaviors to begin with and move on to the others as you establish healthy habits.

LIGHT IT
RED for
Lymphoma®

SEPTEMBER 15, 2022

For the past decade, the Lymphoma Research Foundation has been celebrating Blood Cancer Awareness Month and World Lymphoma Awareness Day to support lymphoma research and make the future brighter for all those touched by this disease.

[DONATE TODAY!](#)

Recipe of the Month

Spinach Pasta with Roasted Broccoli & Bell Pepper



Instructions

Preheat oven to 400 degrees. Prepare roasted vegetables on baking sheet, drizzled with 1 tbsp olive oil and toss. Sprinkle with salt, arrange in even layer, and bake about 25 mins.

Bring large pot of salted water to boil. Cook pasta to taste.

To prepare balsamic spinach, in a large pan over medium heat, warm 2 tbsp olive oil. Add shallot, ¼ tsp salt and ¼ tsp red pepper flakes. Cook 3-5 mins. Add garlic, mix. Add handfuls of spinach and stir. Remove pan from heat and pour balsamic vinegar to taste.

Combine veggies with pasta and season to taste. Enjoy!

Ingredients

- 1 large bunch of broccoli, florets removed and sliced
- 1 red bell pepper, sliced
- 1 tbsp. olive oil
- Salt

For Veggies (above), For Pasta (below)

- 8 oz whole wheat spaghetti
- 2 tbsp. olive oil
- 1 shallot bulb
- ¼ tsp. salt
- ¼ tsp. red pepper flakes
- 2 cloves garlic
- 12 oz baby spinach
- 2 tbsp balsamic vinegar
- 1 tbsp lemon juice
- 1 tbsp butter