

# Mansfield Monthly



Anthem 24/7 Nurse Line: 1-800-711-5947

## October Health Awareness

The month of October has numerous different health observances nationally including: Breast Cancer, Down Syndrome, Healthy Lung, Liver, Orthodontic and Spina Bifida Awareness.

This is a great chance to take action on anything above you or someone you know may be dealing with or simply, learn more about any of these health topics that are unfamiliar to you.

### Address Questions/Symptoms Early

It is very important to not ignore early warning signals of anything that doesn't feel right with your body. I myself used to be notoriously bad about this in past years and would be reluctant to go see the doctor.

If certain symptoms are out of the ordinary and persisting for some time, go see a qualified provider. These days there are many options from your primary care to express clinics, etc. opening up all over the place.

Early detection of anything that could be potentially harmful will set up better for the chance of a faster and fuller recovery. Better yet, if you go and everything checks out ok, then you have peace of mind and one less thing to think about day to day and week to week!

## Local Resources

Click [HERE](#) for a running list of local providers around town who may be able to help you with specific medical questions.

Other Great Resources:

- Eastern Highlands Health District  
<http://www.ehhd.org/>
- Our Own Human Resource Team  
<http://www.mansfieldct.gov/228/Human-Resources>
- Kid's Health  
<https://kidshealth.org/>
- Center for Disease Control & Prevention  
<https://www.cdc.gov/chronicdisease/index.htm>

## Other Action Steps

Prevention is always going to be the #1 focus when addressing health concerns. The best way to treat any kind of illness or disease is to prevent it from happening in the first place.

### 1. Preventative Screenings:

Like we touched on before, make sure to get any standard medical screenings you are due for along with addressing any other concerns you have!

[List of Screenings](#)

### 2. Smarter Food Choices

Having extra fat on our bodies and or being obese is a common factor predisposing us to different health concerns. Controlling your weight is one of the simplest things you can do to aid in the prevention fight against numerous issues! Adding more nutrients will help your body defend against illness & disease as well.

### 3. Move More!

To tie in with eating better, exercise will greatly help with achieving a healthier body composition and lower risk of health concerns, especially as we age. Whether it's going to the gym or just simply standing up and walking more, start something **today**. Check out what the local Community Center has to offer for all fitness levels: [MCC](#)

### 4. Improve Everyday Habits

Make a list of some habits you know changing would improve your health & well-being. Focus on 1 that you could work on improving right now. Whether it's smoking cessation, taking more steps, sleeping more, etc. put something into action today. Every little bit helps. Remember, ask questions and reach out for help. The sooner you act the better.

## HAPPENINGS AROUND TOWN

<https://ct-mansfield.civicplus.com/calendar.aspx?CID=31>

(Calendar of Dates & Times ^^)

Events such as:

- Wonderful Wednesday's, Family Story time & Pregnancy/Postpartum support at the Library
- Caregiver Support & haunted stories at the Senior Center
- Trick or Treating Downtown
- Trick or Trunk at the Community Center



### BE WELL NEWS

**Congratulations to Carrie Jordan of Mansfield Middle School** for winning the September Newsletter Raffle. Carrie won a gift card worth \$150! Each month's newsletter contains a link to a brief Mindful Wellness Quiz. Complete the 2-3 minute quiz to be entered to win a \$150 prize. You can take the Mindful Wellness Quiz by clicking [HERE](#) !

The October Challenge is all about sharing useful recipes! Participating in this Challenge will help you qualify for end of year prizes in the **Be Well Rewards program**. Please reach out with any questions!

### Quick Fact

Spina Bifida is a rare birth defect where a baby's spinal cord fails to develop properly which may impair regular movement and function.

More research needs to be done on the genetic/environmental factors but it appears that nutrient deficiencies in mothers may play a role in the development of spina bifida on top of other potential causes.

[More Facts Here](#)

## Worldwide Breast Cancer Awareness Month

October is also Breast Cancer Awareness Month across the world.

According to the CDC more than 245,000 women get breast cancer every year.

Most cases of breast cancer are found in women who are over the age of 50 even though it is still found in younger women and even men in rarer cases.

There are more and more clinics opening up to help screen for breast cancer across the US. Make sure you and your friends/family are being screened regularly!



<https://www.nationalbreastcancer.org/breast-cancer-awareness-month>

Be Well is an employee wellness program provided through your employer designed to provide you with individualized tips and tools to help you with personal health & wellness goals!

