

Volume 4 Issue 4

2300 E Grand River Ave # 102, Howell, MI 48843

Fall 2017

October is

Breast Cancer Awareness Month

What can I do to reduce my risk of breast cancer?

- Breastfeed
- Maintain a healthy weight
- Be physically active
- Eat fruits and vegetables
- Do not smoke
- Limit alcohol consumption

Early detection is KEY

- Know family history
- Perform monthly self-exams
- Schedule clinic exams with your doctor
- Have routine mammograms
- Talk with your provider

Research shows breastfeeding may lower your risk of breast cancer!

Add up all of the years you have breastfed all of your children to determine your protection benefit...

- 1 year of breastfeeding **some protection against breast cancer**
- 2 years breastfeeding **twice the benefit** as those moms who breastfed for 1 year
- More than 2 years breastfeeding **receive the most benefits**

Data is limited, but even breastfeeding for less than 1 year may also modestly lower breast cancer risk.

*If you have questions about breastfeeding,
contact the Breastfeeding Peer Counselor (info on the back!)*

Change One Thing...

Start your day with a healthy breakfast.

31

million
Americans
skip breakfast
every day.

Breakfast sets the tone for the day.

- It protects your heart
- It lowers your risk of Type 2 Diabetes
- It gets you moving
- It gives you mental edge (enhances attention span, memory)
- It helps keep your weight down

Try these!

- Peanut butter toast with banana slices
- Yogurt/berry smoothie
- Oatmeal with an egg
- Avocado toast
- Peanut butter & banana smoothie

Its Flu Season!

Livingston County already has confirmed cases of the flu this season. Now is the time to get the shot!

Take action to fight the flu!

- Get a flu vaccine
- Take everyday preventative actions to stop the spread of germs
 - **WASH HANDS** properly
 - Clean and disinfect surfaces & things that may have germs on them
 - Cover your mouth & nose when you sneeze & cough
- If you get the flu, take medicine as prescribed.



**EVERYONE
ages 6 months & up
should get a flu
shot!**

Immunization Clinic Hours

Wednesdays: 8:30 a.m. - 4:30 p.m.

(late hours until 7 p.m. on the 2nd & 4th Wednesday of the month)

No appointment necessary!



The Flu Vaccine IS SAFE for pregnant moms!

The Centers for Disease Control and Prevention (CDC) recommends that all pregnant women get a flu shot any time during their pregnancy. We know that the “flu” (influenza) is dangerous to pregnant women & their developing baby. Pregnant women are considered a high risk group & could have serious complications because of the flu. To prevent these complications, the flu shot can protect pregnant women & their babies from the flu. Getting the flu shot while you are pregnant protects your baby from the flu after they are born, which is important because babies younger than 6 months old are too young to get a flu shot.

You may have seen a study recently in the news about flu shots & pregnancy. This study was done because scientists are working hard to make sure the flu shot is safe for pregnant women. The study showed that some women who got flu shots also had miscarriages. However, the study did not show that the miscarriages were because of the flu shot, there were too many other things that could have caused the miscarriages to happen. The study is still important because it shows scientists are working hard to make sure the flu shot is safe. The important thing to remember is that the flu shot is still safe, and pregnant women should get a flu shot during flu season.



WIC Breastfeeding Peer Counselor

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- Help with breast pumps
- Offer breastfeeding encouragement
- Help plan for the return to work/school
- Provide education, problem-solving and support



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