



# Kaw Nation Women's Health

## INSIDE THIS ISSUE

When to get  
your flu shot

October is  
Breast Cancer  
Awareness Month

Portion control  
during the  
holiday season

Healthy recipes  
for Thanksgiving



## When to get vaccinated

The Centers for Disease Control recommends that people get their seasonal flu vaccine as soon as the vaccine becomes available in their community.

Vaccination before December is best, since this timing ensures that protective antibodies are in place before flu activity is typically at its highest. CDC continues to encourage people to get

vaccinated throughout the flu season, which can begin as early as October and last as late as May.

Over the course of the flu season, many different influenza viruses can circulate at different times and in different places. As long as flu viruses are still spreading in the community, vaccination can provide protective benefit.



## What are the symptoms of breast cancer?

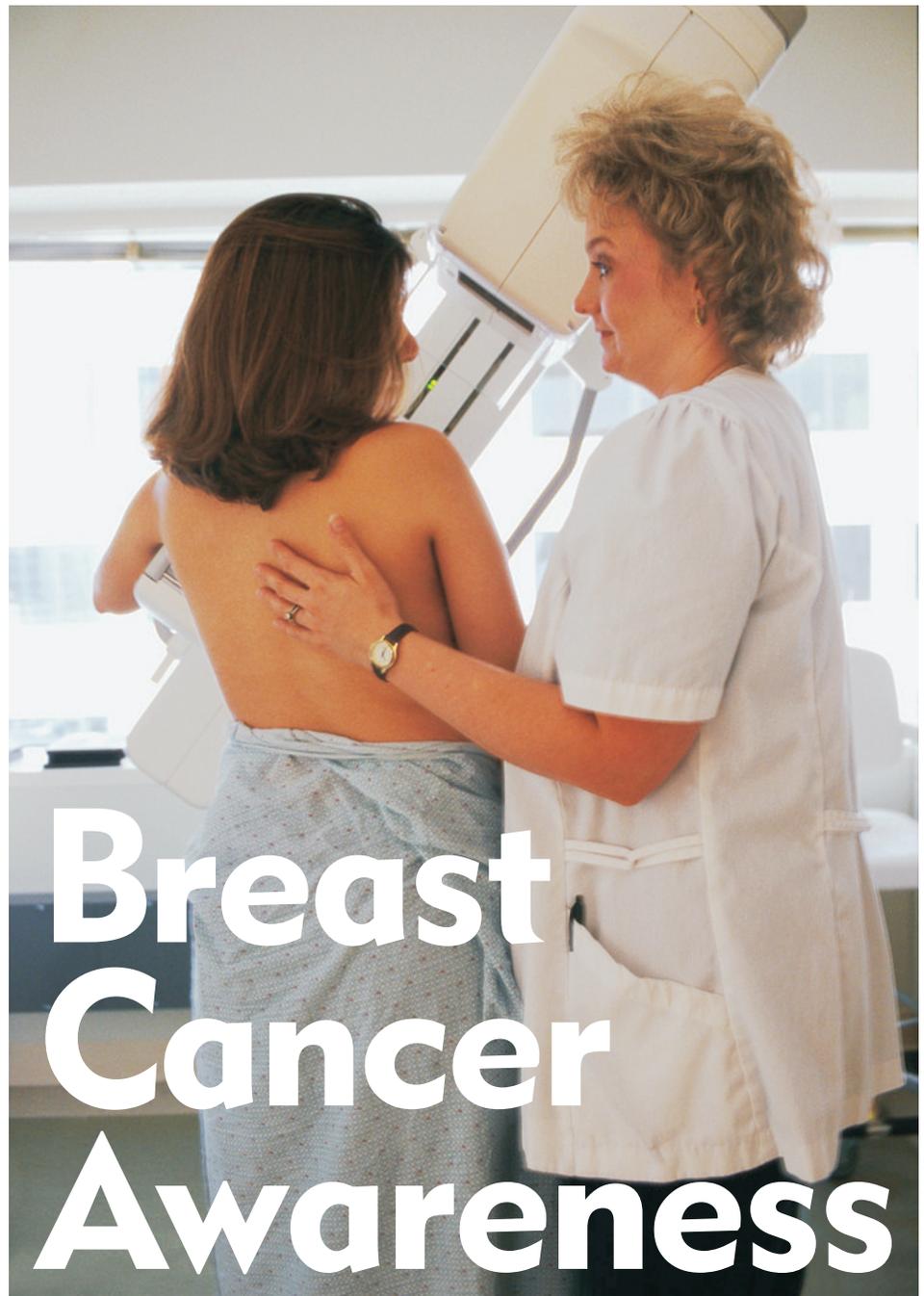
When breast cancer starts out, it is too small to feel and does not cause signs and symptoms. As it grows, however, breast cancer can cause changes in how the breast looks or feels.

Symptoms may include the following:

- ✂ 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.

Doctors use a mammogram to look for early signs of breast cancer. Having regular mammograms can lower the risk of dying from breast cancer. The American Cancer Society recommends annual clinical breast examinations and mammograms for women age 40 and older. Talk to your doctor about when and how often you should have a screening mammogram.

Regular mammograms are the best tests doctors have to find breast cancer early — sometimes up to three years before it can be felt. When their breast cancer is found early, many women go on to live long and healthy lives.



If you have not had your **clinical breast exam** or **mammogram** this year, make an appointment with **Kaw Women's Health** at your clinic.

We do not discriminate on the basis of age, race, sex, religion, national origin, language, education, marital status, sexual orientation, gender identity, HIV status or disability.

Find more information on our online brochures.

Log on to [www.kawnation.com](http://www.kawnation.com), go under "Departments and Services" and find "Women's Health Program."

# Portion control during the holidays



**Nutrition experts say the key to not gaining weight during the holidays is portion control**



## A hand-y guide to portions

A good rule to follow would be to measure your servings with your fist. **A fist is about one cup.** Stick with a fistful of protein, another fistful of carbohydrates, and as much vegetables as you can eat.

Sticking to a healthy diet during the holidays is an extremely difficult task. Everywhere we go, we are faced with high-caloric holiday fare. We are all conditioned to perceive the holidays as a time of joy with the three F's — Family, Friends and Food.

It can be difficult to measure out appropriate portions at holiday dinners. A good rule to follow would be to measure your servings with your fist. Stick with a fistful of protein, another fistful of carbohydrates, and as much vegetables as you can eat.

**Stay lean.** Pick leaner meats while forgoing the darker and fattier meats like thighs and drumsticks. Be sure to trim the fat on the meat of your choice to eliminate extra calories.

**Set limits.** Allow yourself one cookie to satisfy yourself. Deprivation is usually

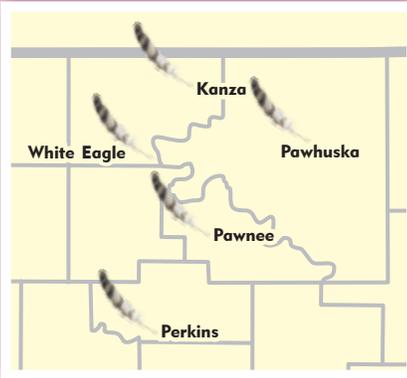
followed by bingeing. If you want a cookie, then have just one. Eat it slowly and savor every morsel of it. Then stay away from other sweets, knowing that you have already eaten one and had enough.

We have a tendency to shove as much food in our mouths as possible during dinner without actually thinking about the amount of food we consume. Make it a point to set your silverware down periodically and enjoy the conversation. Since it takes approximately 20 minutes for our brains to register satiety, taking a break from eating and engaging in conversations keep us from overeating.

When dinner is served buffet-style, use the smallest plate available and don't stack your food; limit your helpings to a single story. Go for the simplest foods on the table.

Make a new holiday tradition: the family walk. Besides burning some extra calories, this will get everyone away from the food for a while.





Contact your clinic to schedule an appointment with the Kaw Nation Women's Health Program

**Kanza**

**580-362-1039**

**White Eagle**

**580-765-2501**

**Pawnee**

**918-762-2517**

**Pawhuska**

**918-287-4491**

**Perkins**

**405-547-2473**

The Kaw Nation Women's Health Program does not discriminate on the basis of age, race, sex, religion, national origin, language, education, marital status, sexual orientation, gender identity, HIV status or disability.

Ask if you are eligible for our program.

Examinations are performed by a female Nurse Practitioner/CDC Screener.

Sponsored by  
U.S. Department of Health and Human Services  
Division of Cancer Prevention and Control  
4470 Buford Highway NE  
Atlanta, GA 30341-3717

**Kaw Women's Health Program**  
**3151 East River Road**  
**P.O. Box 474**  
**Newkirk, OK 74647**  
**Office 580-362-1039**  
**Fax 580-362-1467**

# HEALTHY Thanksgiving RECIPES

## Crustless Low-Fat Pumpkin Pie



- 2 eggs
- 12-ounce can skim evaporated milk
- 15-ounce can pumpkin
- 1/3 cup white sugar
- 1/3 cup brown sugar
- 1/2 teaspoon ginger
- 1/4 teaspoon nutmeg
- 1 teaspoon cinnamon
- 1/4 cup flour

Mix all ingredients together. Pour into a 9-inch pie pan coated with vegetable spray. Bake at 350 degrees for 45 to 50 minutes, or until knife inserted in center comes out clean. Refrigerate overnight to chill. Top with whipped light cream.

## Cranberry Wild Rice Dressing



- 1 (6.2-ounce) box fast cooking long-grain and wild rice
- 1 1/2 cups (or according to rice box instructions) low-sodium chicken stock
- 1 cup frozen seasoning blend (mixed diced vegetables including onion, celery, red and green peppers, parsley)
- 1 (11-ounce) can mandarin orange segments, drained
- 1/3 cup chopped pecans
- 1/2 cup cranberry sauce

In a medium saucepan, combine rice, chicken stock, and seasoning blend and bring to a boil. Cover and reduce to a simmer for 5 minutes. Remove from heat and let rest for 5 minutes or until stock is absorbed. Stir in remaining ingredients and serve warm.