

October 2009

Healthclips

from
Herbruck Alder



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Quote

*"Life is not merely to
be alive, but to be
well."*

*Marcus Valerius
Martial*

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Healthclips is Herbruck Alder's monthly electronic newsletter that contains helpful Health & Wellness information that you can share in your workplace or community.



National Breast Cancer Awareness Month

National Breast Cancer Awareness Month is dedicated to increasing awareness of the importance of early breast cancer detection. Breast cancer is the most common cancer in women in the United States.

Getting tested regularly for breast cancer is the best way for women to catch the disease early. Screening tests can find cancer early, when it's most treatable.

4 Steps to Breast Health Awareness:

1. Know your risk by learning about your family health history and talking to your health care provider about your own personal risk.
2. Ask your doctor which screening tests are right for you if you are at a higher risk. Have a mammogram every year starting at age 40 if you are at average risk. Have a clinical breast exam at least every 3 years starting at age 20, and every year starting at age 40.
3. Know how your breasts look and feel and report any changes to your health care provider right away. It is important to examine your breasts monthly.
4. Make healthy lifestyle choices that may reduce your risk of breast cancer.

Practice these steps and spread the word to those you love! [Click here](#) for more information.

2009 Employer Wellness Survey

Herbruck Alder's 3rd Annual Employer Wellness Survey is ready to be completed!

[Click here](#) to complete the survey.

By participating, you will receive a published report containing information gathered from the survey about what organizations in Northern Ohio are doing in terms of worksite wellness programs.*

The survey will remain open through October and will take approximately 10 minutes to complete and must be completed at one time. For more information please contact Alison Muth at 216.623.2600 or amuth@herbruckalder.com.

* To receive a copy of the survey results, you must complete the contact information section at the bottom of the survey.

Helpful Health Hints presented by Herbruck Alder

Workplace Wellness Seems to Really Work

Workplace wellness programs are an effective way to reduce major risk factors for heart disease, such as smoking, obesity, high blood pressure and diabetes, says a new American Heart Association policy statement.

[Click here](#) to read an interesting article confirming what we already know and promote at Herbruck Alder - "Wellness Works."

Herbruck Alder Wellness Adventurers



The Last Run of the Summer

On Saturday, September 19th, the United States Air Force hosted a marathon in Dayton.

Held at the Wright-Patterson Air Force Base, over 9,000 people took part in the 5k, 10k, half and full marathons.

One of those 9,000 runners was Herbruck Alder's Heather Shannon.

[Click here](#) to read more.

Watching What You Eat

Everyone knows there are several foods and ingredients that are bad for you. It's tough to avoid many of these with all

of the bad influences around us. But by eliminating five unhealthy ingredients, Herbruck Alder's Dana Lesniak has lost 32 pounds in the past five months.

[Click here](#) to read more.

Local Community Events

There are numerous events in Northeast Ohio every week that help individuals lead a healthy lifestyle.

[Click here](#) to see a list of upcoming events.

Featured Event

Anti-Aging & Vitality Center of Cleveland proudly presents: Pamela Smith, MD, Internationally Known Speaker, Author and Educator

"What Everyone Should Know About Hormones"

The Advantages of Bio-Identical Hormones

Date: October 28, 2009

Time: 11:00am

Location: Holiday Inn Cleveland South, 6001 Rockside Road, Independence, Ohio 44131

Cost: \$35/person

Register: 216-573-5600

[Click here](#) for additional information.

Healthy Recipe



Roasted Chicken and Fennel

Chicken and fennel is a fresh, flavorful combination. Put some potatoes in the oven on another rack and you've got a delicious roasted meal.

[Click here](#) for recipe.

Contact Us!

We want to be your resource for Health & Wellness. Please contact your Herbruck Alder representative at 216.623.2600 about how we can continue to help your company with their wellness endeavors.

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