

The CAS Collab

MAGAZINE



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WHY MEN NEED BREAST CANCER SCREENINGS

Welcome to October! Aside from all the pumpkin spice lattes, October represents a far greater cause. It's breast cancer awareness month! The CDC recommends women aged 50 to 74 get tested once every year. While the phrase breast cancer is commonly used, what is breast cancer? According to the American Cancer Society, breast cancer is a cancer that starts in the tissue of the breast. Well that was simple, but what causes breast cancer? Like any other form of cancer, breast cancer is caused by cells growing at an irregular rate.

Whilst there are a multitude of factors that cause breast cancer there are two that are the most common factors of breast cancer. Coming in at number one is old age, but unfortunately no one can stop the art of aging. While we can't stop aging, we can limit our alcohol, sugar, and fast food consumption. Along with obesity being number two, some of the things we have control over when it comes down to keeping ourselves safe from breast cancer. It's a common fact that women get breast cancer. We even know that 1 in every 8 women get breast cancer, we know that 81% of women with breast cancer are over the age of 50, but what about men?



A close-up photograph of a man with a beard looking intently at a mammogram image displayed on a computer monitor. The image is in grayscale and shows a breast with some internal structures visible. The man's hand is resting on the edge of the monitor. The text "WHY MEN NEED BREAST CANCER SCREENINGS" is overlaid in large, bold, pink letters across the bottom of the image.

WHY MEN NEED BREAST CANCER SCREENINGS

Although it's a commonly known fact that women get breast cancer, people often forget that men also get breast cancer. Breast cancer in men is a rare disease that is most common in older men but not limited to older men. Since everyone is born with breast tissue, everyone has the opportunity of forming breast cancer cells. Obesity and old age seem to be the two most common risks for breast cancer in both men and women. A huge risk for breast cancer development in men is exposure to estrogen. Estrogen is a group of hormones that support sexual reproductive health in women. Estrogen is found in drugs used for hormone therapy to treat prostate cancer. Estrogen is also found in foods such as flaxseeds, dried fruits, sesame seeds, peaches and more. This is one of the main reasons men ages 50 plus need to prioritize yearly breast cancer mammogram checks.





OUR TOP 5 LOW IMPACT WORKOUTS!

The key to living a long, ageless life is good old fashioned exercise. Before you turn the page! I am not talking about running laps and the vigorous workouts you see on TV. These exercises are easy and effective. Everyday workouts you can do from the safety of your own home! Well what are you waiting for? Let's get started! We're gonna go through our list of the best non vigorous at home workouts! According to the CDC people aged 65+ need at least 30 minutes of exercise. for a minimum of 5 days a week. Let's work together to make these workouts fun! Don't forget these workouts are to be performed on different days.





OUR TOP 5 LOW IMPACT WORKOUTS!

Starting at number 5 we have walking. Make sure you have a clean path to walk through. Your CAS Resource home health aide can clear this path for you. Play music or even tv to help motivate you to keep walking for at least 30 minutes a day, make sure to stay hydrated and take breaks in between.

Coming in at number 4 we have canbell arm workouts. That's right folks! We are going to be making dumbbells out of canned foods. Have your CAS Resource aide get you two regular sized soup cans out of your cupboard. Lift your arms in the air with your cans and bring them back down slowly. Make sure the cans aren't too heavy for you. Lift the cans from side to side and up and down. You can do canbells for the same duration as exercise number 5. You can do canbells standing or sitting down whichever is comfortable for you!



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The third workout we'll be getting into is Just jacks, these are basically jumping jacks without the jumping. Just jacks are low impact in nature, but are an excellent workout. To start you are going to make a clear spot on solid ground, your CAS Resource aide can help you with this task. Make sure you have a large enough spot to stretch both your arms and legs apart in either direction, starfish style. Now let's get started, stand straight up, stretch your body out starfish style and lift your left leg to your left arm. Make sure that your stretches are at a comfortable capacity and you aren't feeling any major discomfort. Now we're going to do the same thing to the right side. Do these for about 2 whole minutes with breaks in between, make sure you drink your water!

2

The Second exercise on this list is going to be Chair lunges, as far as materials go you'll need a chair and a table for balance. First pull your chair out enough so that you will have enough space to rest the lower part of your leg on. Make sure the chair and the table you choose are both sturdy enough to hold you. We'd hate to have any sort of accidents while performing these types of physical activity. Now bend your front knee down, remember to keep good posture while doing this exercise. Keep your shoulders, head and torso facing forward and in an upright position while doing the workout. These are hip stretches to get rid of tightness in your hips! According to Silver Sneakers.com hip tightness is a common issue, especially for those who spend long amounts of time sitting.

1

Time for our last exercise of the October issue of the CAS collab chair yoga. Chair yoga requires a chair and you, it's as easy as that! Latch your fingers together and move your torso to your left side for a 2 second count. Do the same for your right side, now let's move into the next step! Now we are going to be leaning forward touching our toes, or as far down as you can go. Remember these exercises are supposed to be fun so don't over exert yourself.

DISCLAIMER: Try these exercises at your own risk. CAS Resources and the CAS Collab do not hold any responsibility for any injuries that may arise from trying any work outs listed in this article.

CAS VISION SPOTLIGHT

WHY CAS RESOURCES HAS THE BEST HEALTHCARE AGENCY?

If you or a family member is considering getting a breast cancer screening Call **(215) 831-8008** this is the CAS Resource phone number. Not only will CAS get you transportation If you or a family member signs up with CAS Resources today! You will also be eligible to receive Free Food!

Why come to CAS ?

Well because CAS is there when you need Them, They aren't just a homecare agency. CAS is a resource center, They don't just care about getting the job done, they care about you as an individual. They find resources that can better your life. Whether you need help with housing, cleaning, cooking, or bathing, CAS is there. The CAS Resource home health aides are like your personal assistants, they don't tell you what to do, you tell them what you need. CAS will always find the best way to cater to your healthcare needs!

Other agencies may treat you LIKE family, but at CAS you ARE family! Their mission has been the same since they first opened their doors providing quality care to families. The minute you join CAS Resources you'll be apart of the family too, and they'll be dedicated to providing quality care to you! CAS Resources Caring About Services since 2002!



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Want your company to be featured in the CAS vision Spotlight? call (215) 831-8008 ask to speak to the marketing department for a FREE quote today!

CAS VISION SPOTLIGHT

WHY THE R.E.I.D. FOUNDATION IS THE BEST NONPROFIT IN PA?

The R.E.I.D. Foundation is a 501(c) (3) nonprofit organization.

Dedicated to supporting underprivileged communities, in Philadelphia and surrounding areas.

How does The R.E.I.D. Foundation help? The R.E.I.D. Foundation **R**esources **E**verything for **I**ndividual's **D**evelopment. One of the ways they do this is by giving out food every Wednesday. Their resilient volunteers come out every Wednesday. Rain, heat, and snow, risking their own health to feed those in need. The R.E.I.D. Foundation also helps in non food related ways such as:

- **Giving out toys all year round!**
- **giving out electric fans and waters during heat waves.**
- **giving out coats during the winter.**
- **giving out transpasses for people to get covid vaccines, ECT!**

Feel free to donate any amount to help them continue their mission! Your contribution will be impacting a multitude of lives!

Scan with phone camera for more information



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Recipe Of The Month

It took a lot of searching but we finally found this month's recipes of the month, drumroll please....This month's recipe is the American Diabetes Association's Slow cooked Beef Stew!

Ingredients

- Flour /3 tbsp
- lean beef stew meat (visible fat trimmed and cut into 1-inch cubes) /1 lbs
- olive oil /1 tbsp
- low sodium beef broth /3 cup
- Water /1 cup
- large carrots (chopped) /6
- mushrooms (chopped) /8 oz
- large sweet potato (peeled and cubed) /1
- onion (diced) /1
- dried thyme /1/2 tsp
- black pepper /1/2 tsp

DISCLAIMER:

The CAS Collab outsourced the recipes found in this article. Please make sure to Consult your nutritionist and make sure that these recipes fall into your diet and align with your guidelines.

BEEF STEW STEPS

STEP 1

Place the flour in a large resealable plastic bag. Add beef and toss to coat.

STEP 2

Add oil to a pan over high heat. Add beef and sauté for 6-8 minutes, turning frequently until evenly browned.

STEP 3

Transfer beef and all remaining ingredients to a large slow cooker.

STEP 4

Cover and cook in slow cooker on low for 8 hours

Prep time

20 min

Cook time

8 hr

Servings

5 Servings

Serving size

1 cup

Nutrition Facts

5 Servings

Serving Size 1 cup

Amount per serving

Calories 260

Total Fat 7g

Saturated Fat 2.1g

Trans Fat 0.2g

Cholesterol 50mg

Sodium 220mg

Total Carbohydrate 27g

Dietary Fiber 5g

Total Sugars 9g

Protein 22g

Potassium 930mg

Phosphorus 275mg

Choices/Exchanges: 1 Starch, 2 Nonstarchy vegetable, 3 Lean protein, 1 Fat



Let's make dessert!

PUMPKIN PIE RECIPE

So we have dinner but what about dessert? Never fear we've got a diabetes friendly, yet delicious dessert recipe by Sandy Bjerkness. Sandy is a registered dietitian and tonight we'll be having her famous pumpkin pie! Well, here's the recipe, let's get started!

- 1 cup skim milk
- 2 (1-ounce) packages instant vanilla sugar-free pudding mix
- 1/2 teaspoons pumpkin pie spice
- 1 can (15 ounces) pumpkin
- 1 (9-inch) graham cracker pie crust
- 1 cup fat-free whipped topping

Prep time
15 minutes
Chilling time:
3 hours

In a medium mixing bowl, mix skim milk, pudding mix, and pumpkin pie spice together until well blended (this mixture will be thick). Add pumpkin and mix well. Spread pumpkin mixture in pie crust. Top pumpkin layer with whipped topping and refrigerate for at least 3 hours or up to two days.



DISCLAIMER:

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THE SHORT AND SWEET

Are honeybees the cure for cancer?

A new medical breakthrough shows that honeybee venom is killing cancer cells, within just 1 hour! 2020 research shows that Melittin, as stated in Pubmd.gov is a power protein found in honey bees venom. docetaxel is a common medication used to treat and kill cancer cells. Docetaxel is a type of chemotherapy, and when combined with Millitin, it kills cancer cells in only 60 minutes. While this sounds like the cure for cancer, this study has only been done on mice as of the time of writing this article. Researchers aren't yet sure how the Melittin will react to cancer cells in humans, but the future's looking bright.



THE SHORT AND SWEET

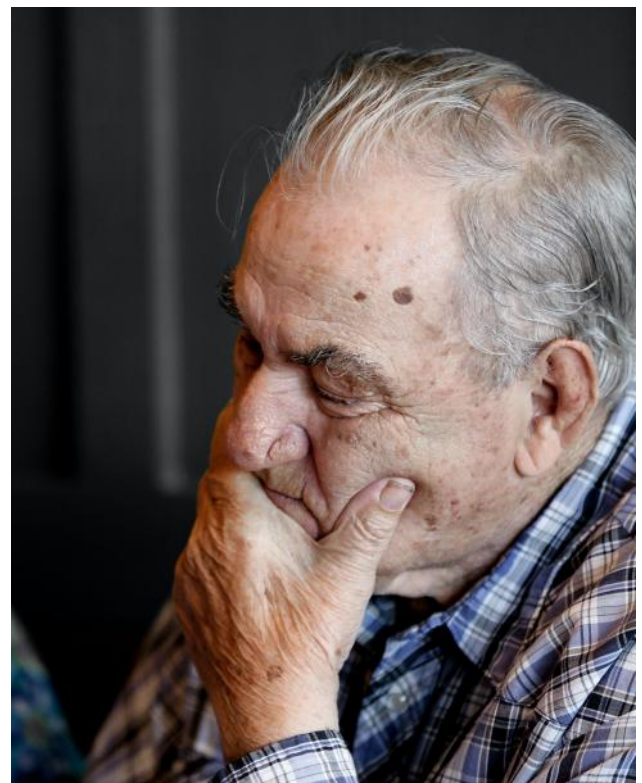


How staying in bed can lead to a higher risk of getting dementia

You read that title right! A study conducted in rural China showed that people aged 60-74 who stay in bed are at a higher risk of developing dementia. Even the people who did not develop dementia saw a cognitive decline. The study showed that individuals, predominantly men who slept over 8 hours are at a higher risk of developing dementia. After 3.7 years 97 people out of 1,982 participants had developed dementia. People who slept 8 hours or less ended up being just fine. Who would've guessed that there were benefits to staying up.



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THE SHORT AND SWEET

The long lasting effects of long COVID

Disease experts are linking an autoimmune response to long Covid. The response in question is one in which the antibodies start attacking the body's own healthy cells and tissue. A new study published by the European Respiratory Journal discovered that people who had long Covid symptoms often had markers of autoimmune disease in their blood. Opposed to people who didn't contract the virus, or recovered fast from the virus that made itself a household name in 2020. The study was conducted on 106 blood samples from people who contracted Covid 19. The study was run 3, 6 and 12 months after their Covid diagnosis. Only 57 people stayed till the end of the actual study. Finally after a year long study, the researchers found that 41% of test subjects had autoantibodies in their blood. This information is shocking due to the fact that most healthy people do not have autoantibodies in their blood. The researchers saw that about 20% to 30% of the test subjects with Covid had antibodies that were linked to autoimmune diseases. These were the people who had long lasting fatigue and shortness in breath. If you or a family member feels as though you have an autoimmune disease as a result of long Covid. Contact CAS Resources to set up a C Reactive Protein test, to test your blood and see if your suspicions are correct.



The October CAS Collab Word Search

S L E T A N O D N B J M J K M N
P A J T X B T I T K Y T M P B B
O C R K G G R E M H L Q H Z Z M
T I J O I N G R N R E Q R E P L
L D C B B R M O M T N E R L W R
I E O P X G I T O O S E L E P N
G M L D Q S S A I O T Z C Q Y N
H J L T I E R T U N Z R S M M T
T T A V B O A R E L U A S K R P
N Y B D U D C C E O C A B R R P
A D Q N N E W R S B C D G W Y N
R M D U S W Q E V R O Y A D O T
E L O V L A R G Q N T T B N R Y
N F T M G N C Y X G J L C P D L
Z M B P P M Q G K D V D Z O L B



Word Bank

Join	Best	CAS	To
CAS	Medical	Collab	The
Resources	Resource	CAS	REID
Today	Center	Vision	Foundation
WE	Around	Spotlight	
ARE	October	Donate	

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Jeniffer Williams Is the author of The CAS Collab

THE CAS COLLAB

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