

# LIVING HEALTHIER



Carolinas HealthCare System



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

CANNON MEMORIAL YMCA WELLNESS NEWS

January 2017

## STAY AWARE OF YOUR HEALTH JANUARY IS CERVICAL HEALTH AWARENESS MONTH

Cervical cancer was once one of the most common causes of cancer death for American women. But over the last 30 years, the cervical cancer death rate has gone down by more than 50%. The main reason for this change was the increased use of screening tests. Screening can find changes in the cervix before cancer develops. It can also find cervical cancer early – in its most curable stage.

Another way to prevent cervical cancer is to get vaccinated against the human papillomavirus (HPV), which causes most cases of cervical cancer.

### What can I do to reduce my risk of cervical cancer?

Two tests can help prevent cervical cancer:

1. The Pap test (or Pap smear) looks for precancerous cell changes on the cervix that may become cervical cancer if they are not treated appropriately. You should start getting a Pap test at age 21.
2. The human papillomavirus (HPV) test looks for the virus that can cause these cell changes.

The most important thing you can do to help prevent cervical cancer is to have a regular screening test starting at age 21.



If your Pap test results are normal, your chance of getting cervical cancer in the next few years is very low. For that reason, your doctor may tell you that you will not need another Pap test for as long as three years. If you are 30 years old or older, you may choose to have an HPV test along with the Pap test. If both test results are normal, your doctor may tell you that you can wait five years to have your next Pap test. But you should still go to the doctor regularly for a checkup.

For women aged 21–65, it is important to continue getting a Pap test as directed by your doctor – even if you think you are too old to have a child or are not having sex anymore. However, if you are older than 65 and have had normal Pap test results for several years, or if you have had your cervix removed as part of a total hysterectomy for a non-cancerous condition, like fibroids, your doctor may tell you that you do not need to have a Pap test anymore.

### Getting an HPV vaccine

Two HPV vaccines are available to protect females against the types of HPV that cause most cervical, vaginal, and vulvar cancers. Both vaccines are recommended for 11 and 12 year old girls, and for females 13 through 26 years of age who did not get any or all of the shots when they were younger. These vaccines also can be given to girls as young as 9 years of age. It is recommended that females get the same vaccine brand for all three doses, whenever possible. It is important to note that women who are vaccinated against HPV still need to have regular Pap tests to screen for cervical cancer.

### More steps to help prevent cervical cancer

These things may also help lower your risk for cervical cancer:

- Don't smoke
- Use condoms during sex\*
- Limit your number of sexual partners

\*HPV infection can occur in both male and female genital areas that are covered or protected by a latex condom, as well as in areas that are not covered. While the effect of condoms in preventing HPV infection is unknown, condom use has been associated with a lower rate of cervical cancer.

## CROCK POT TEX-MEX CHICKEN LETTUCE WRAPS

A TASTY MIX OF HOT AND COLD WHEN YOU BITE  
DOWN INTO THESE CRUNCHY WRAPS

What better way to warm up during the cold weather than with these lettuce wraps? The cool lettuce adds an extra crunch to a Tex-Mex favorite without having to use taco shells!

### Ingredients

- 1½ lbs boneless, skinless chicken breast
- 1½ tbsp taco seasoning
- 1 jalapeno, seeded and sliced
- 16oz jar of salsa
- 1 yellow onion, diced
- Salt, as needed (approx 1 tsp)
- Iceberg lettuce leaves for wrapping

### Directions

- Sprinkle seasoning all over chicken breasts, then place breasts at the bottom of the slow cooker.
- Scatter onion and jalapeno over chicken breasts. Pour salsa over top. Place lid on slow cooker and cook on LOW for 4–5 hours.
- After 4–5 hours, remove chicken breasts from slow cooker and chop up. Place chopped chicken back in slow cooker and stir to combine. Season with salt to taste.
- To serve lettuce wraps, spread one lettuce leaf out and scoop about ¼ cup chicken mixture on top. Roll up lettuce leaf and enjoy!



### Nutrition Information

Serves 4. Values based per serving:  
210 calories, 4g fat, 10g carbohydrate, 32g protein  
Recipe by [www.eatliverun.com](http://www.eatliverun.com)



## JANUARY WELLNESS EVENTS

ALL EVENTS ARE HELD IN THE LOBBY OF EACH  
CANNON Y BRANCH

### Meet with the Nurse Erin Coggins

January 4, 2017 | 9-11am  
Harrisburg Branch

January 16, 2017 | 9-11am  
Kannapolis Branch

January 26, 2017 | 9-11am  
West Cabarrus Branch

### Meet with the Nutritionist Alicia Knetsche

January 12, 2017 | 9-11am  
Harrisburg Branch

January 18, 2017 | 9-11am  
West Cabarrus Branch

January 19, 2017 | 9-11am  
Kannapolis Branch



## TRIPLE YOUR MILES 2017 CANNON Y RACE SERIES

Harrisburg 5K and 10K – Saturday, April 8 at 8:00 am  
Pumpkin Roll 5K – Saturday, September 30 at 8:00 am  
Frostbite 5K – Saturday, December 16 at 10:00 am

Registration for all 3 races is \$60 (all 5Ks) or \$65 (10K + 2 5Ks)