

Did You Know?

- 1 in 8 women will be diagnosed with breast cancer in her lifetime- that's one person every 12 minutes in the U.S.
- The two greatest risk factors of breast cancer are being female and getting older.
- In 2022, it is estimated that 43,250 women and 530 men in the U.S. will die from breast cancer.



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How Should A Breast Self-Exam Be Performed?

- **In the Shower**
With the pads/flats of your 3 middle fingers, check the entire breast and armpit area pressing down with light, medium, and firm pressure. Check both breasts each month feeling for any lump, thickening, hardened knot, or any other breast changes.
- **In Front of a Mirror**
Visually inspect your breasts with your arms at your sides. Next, raise your arms high overhead.
Look for any changes in the contour, any swelling, or dimpling, of the skin, or changes in the nipples. Next, rest your palms on your hips and press firmly to flex your chest muscles. Left and right breasts will not exactly match- few women's breasts do, so look for any dimpling, puckering, or changes, particularly on one side.
- **Lying Down**
When lying down, the breast tissue spreads out evenly along the chest wall. Place a pillow under your right shoulder and your right arm behind your head. Using your left hand, move the pads of your fingers around your right breast gently covering the entire breast area and armpit.
Use light, medium, and firm pressure. Squeeze the nipple; check for discharge and lumps. Repeat these steps for your left breast.

www.nationalbreastcancer.org



These guidelines are for women at **average risk** for breast cancer

- **Women between 40 and 44** have the option to start screening with a mammogram every year.
- **Women 45 to 54** should get mammograms every year.
- **Women 55 and older** can switch to a mammogram every other year, or they can choose to continue yearly mammograms. Screening should continue as long as a woman is in good health and is expected to live at least 10 more years.
- **All women** should understand what to expect when getting a mammogram for breast cancer screening – what the test can and cannot do.

7 Things to Know About Getting a Mammogram

1. **What is a mammogram?**
A mammogram is an x-ray of the breast that's used to find breast changes. X-rays were first used to examine breast tissue nearly a century ago. Today, the x-ray machines used for mammograms produce lower energy x-rays and expose the breast to much less radiation compared to those in the past.
2. **Where to Get It**
Find a center that specializes in mammograms. The US Food and Drug Administration (FDA) certifies mammogram facilities that meet high professional standards of quality and safety. Ask to see the FDA certificate if one isn't posted near the receptionist's desk. And when you find a facility you like, stick with it. Having all your mammograms at the same facility will make it easier for doctors to compare images from one year to the next. If you've had mammograms done at other facilities, have those images sent to your new facility.
3. **When to Schedule It**
It's best to schedule your mammogram about a week after your menstrual period. Your breasts won't be as tender or swollen, which means less discomfort during the x-ray.
4. **What (and What Not) to Wear**
Wear a 2-piece outfit because you will need to remove your top and bra. Do not apply deodorant, antiperspirant, powder, lotion, or ointment on or around your chest on the day of your mammogram. These products can appear as white spots on the x-ray.
5. **What to Expect**
The entire procedure takes about 20 minutes. The breast is compressed between two plastic plates for a few seconds while an x-ray is taken. It's repositioned (and compressed again) to take another view. This is then done on the other breast. Flattening the breast can be uncomfortable, but is needed to provide a clearer view.
6. **Getting the Results**
You should get your results within 10 days. If you don't, you should call to ask about them. If doctors find something suspicious, you'll likely be contacted within a week to take new pictures or get other tests. But that doesn't mean you have cancer. A suspicious finding may be just dense tissue or a cyst. Other times, the image just isn't clear and needs to be retaken. If this is your first mammogram, your doctor may want to look at an area more closely simply because there is no previous mammogram for comparison.
7. **What You Pay**
For uninsured or low-income women, free or low-cost mammogram services are available. Some of these programs are held during National Breast Cancer Month in October, while others are offered year-round. Call the American Cancer Society at 1-800-227-2345 to find a program near you.

www.cancer.org





Tips for Picking Pumpkins to Eat

Smaller pumpkin varieties are well suited for cooking. They have dense flesh with a smooth texture and high sugar content. Consider these tips to pick a pumpkin to use in your favorite recipes:

- Cooking pumpkins usually weigh between 4 and 8 pounds.
- Pumpkin shells get dull as they age, but the flesh usually remains intact and becomes sweeter. So don't shy away from a dull pumpkin unless it's bruised or blemished.
- You can roast and eat the seeds of any pumpkin variety.
- Many cooking varieties have names that indicate they are destined for pie filling, such as 'Small Sugar Pumpkin' or 'New England Pie Pumpkin'.
- Besides traditional pie pumpkins, several other varieties are specifically bred for cooking. They include 'Baby Pam', 'Autumn Gold', and 'Ghost Rider'. The white pumpkin 'Lumina' can also be used for cooking. Although its outer shell is ghostly white, its flesh is still bright orange.
- The 'Rouge Vif D'Etampes' variety is delicious but is very difficult to shell.
- Crookneck pumpkins, also known as crookneck squash, are long and curved with a bulbous end. Their smooth tan skin is easier to peel than other pumpkins, and their orange flesh is flavorful and not stringy.
- You often can use winter squash as a substitute for cooking pumpkins. Butternut squash in particular is used in recipes as an alternative.

www.thespruce.com

Sweet Potato Muffins

efnep.tamu.edu

Ingredients

- 4 tbsp margarine
- ½ cup sugar
- 2/3 cup cooked mashed sweet potatoes
- 1 egg
- ¾ cup flour
- 2 tsp baking powder
- ½ tsp salt
- ¼ tsp cinnamon
- ¼ tsp nutmeg
- ½ cup skim milk
- ¼ cup chopped pecans
- ¼ cup chopped raisins

Instructions

Wash your hands and clean your cooking area. Pre-heat your oven to 400°F. In medium mixing bowl, cream margarine and sugar. Add egg and cooked sweet potatoes; mix well.

In the large bowl, stir flour with baking powder, salt, and spices. Alternate adding milk and the potato mixture to the large bowl with your dry ingredients. Fold in nuts and raisins.

Spoon into greased 1 ½ inch mini muffin tins, filling each 2/3 full. Bake at 400°F for 10 minutes or until golden brown

Let cool for about 5 minutes before serving.

How to Make Pumpkin Puree

You will need 2 pie pumpkins or 1 regular carving pumpkin. The pie pumpkins are easier to work with and have a sweeter taste!

Instructions

1. Wash your pumpkin under running water with a vegetable brush. Safely cut each pumpkin in half.
2. Scoop out the seeds with a spoon. You can save them to make oven-roasted seeds!
3. Place the halves on a parchment-lined cookie sheet and bake at 350°F for about an hour. The peel will look wrinkled.
4. Remove from the oven and cool. When completely cooled, flip them over and scoop out the pumpkin with a spoon.
5. Place the pumpkin into a food processor. Puree until smooth.
6. Refrigerate your puree or separate into 1 or 1 ½ cup portions, place in the freezer.

www.dinnertonight.tamu.edu





"The brave men, living and dead, who struggled here, have consecrated [this ground], far above our poor power to add or detract. The world will little note, nor long remember what we say here, but it can never forget what they did here."

- President Abraham Lincoln, 1863, in the Gettysburg Address.

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Lubbock County

UPCOMING EVENTS

Vine To Wine - Thursday, October 27, 2022 at English Newsom Cellars from 6-8 pm. Here is the link to purchase tickets:

<https://www.eventbrite.com/..//vine-to-wine-tickets...>

This fun night out will highlight the process of wine-making from the vineyard to the bottle. You will hear from 3 experts - Steve Newsom, owner at English Newsom Cellars and Michael Cook and Daniel Hillin, Texas A&M AgriLife Extension Viticulture Program Specialists. Enjoy tasting the delicious wines offered at English Newsom while learning about food-and-wine pairing as well as creating nutritious charcuterie boards. A grazing table will be provided by Heart & Soul Cuisine.

Texas A&M AgriLife Extension Service, Lubbock County, is offering a **professional food manager certification training course**. This program will be offered for \$125 on November 26-27, 2022 at the Lubbock County Extension Office (916 Main, Ste 401). Cost includes training, materials, and the ServSafe national food manager certification examination. The food manager's certification will be valid anywhere in the state of Texas for five years.

Under the Texas Department of State Health Services (DSHS) jurisdiction each food establishment is required to always have one certified food manager on staff during each shift.

Cory's Corner Issue 07 Oct/Nov 2022

Date

November 15-16, 2022

Time

8:00 am - 5:00 pm

Location

Extension Office
Ste 401 - Meeting Rm
916 Main, Lubbock, TX

County

Lubbock

Cost

\$125.00

How can this course help you?

- Understand the major causes of foodborne illness and how to prevent them
- Increase the food safety knowledge of your employees
- Improve relationships with health officials
- Upon passing the certification exam, you will fulfill state requirements for *Certified Food Manager* status.
- Topics covered include:
 - Foodborne illnesses and how they are caused
 - Food safety hazards
 - Sanitation regulations
 - HACCP
 - AND MORE!

Registration Information

- Included with your registration:**
- 2-Day Course
 - ANSI CFP Accredited Certified Professional Food Manager exam (CFM): ServSafe
 - "Food Safety: It's Our Business" course book in English or Spanish

You must bring an acceptable photo ID to be able to take the exam.

For more information and class details:
call 806-775-1740 or email cory.edwards@tag.tamu.edu

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Individuals with disabilities who require an auxiliary aid, service or accommodation in order to participate in Extension sponsored meetings are encouraged to contact the County Extension Office at 775-1740 to determine how reasonable accommodations can be made. The information given herein is for educational purposes only. *References to commercial products or trade names is made with understanding that no discrimination is intended and no endorsement by Texas A&M AgriLife Extension Service is implied.