



LIVE WELL

Better Health, Greater Opportunity

A Newsletter dedicated to the Health and Wellness of the Iron Workers of Western Pennsylvania and their families.

DID YOU KNOW...

- THAT WITHIN 2 WEEKS TO 3 MONTHS OF QUITTING SMOKING, YOUR CIRCULATION WILL IMPROVE, MAKING IT EASIER TO WALK AND RUN? LUNG FUNCTIONING INCREASES 30% AS WELL.
- THAT THE NEXT WACHOVIA ONE-ON-ONE SESSION IS TUESDAY, OCTOBER 20TH? CALL THE PLAN OFFICE TO SCHEDULE YOUR APPOINTMENT.

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WELLNESS FAIR 2009!

DATE: Saturday, October 10, 2009 • **TIME:** 9 am—12 noon

LOCATION: Marriott at Cranberry Woods
100 Cranberry Woods, Cranberry Twp., PA 16066

\$50 Each eligible family will receive \$50 in their Value Bank in 2010 just for coming! Make sure you stop at the **Registration Booth** to ensure your **\$50!**

We will be offering **FREE** seasonal flu shots to eligible participants and dependents over the age of 18. You must bring valid ID to receive your shot.



Other booths include blood pressure screenings, bone density screenings, ergonomic posture checks, nutrition and vitamin information and samples, body mass index and carbon monoxide screenings!

Have you had a long hard week? Come take a load off and enjoy a **FREE** massage given by a massage therapist!



2010! They will also have games and much more!

Come and get it! Be there by 11:30 am to fill out a raffle ticket to be entered into a drawing for prize giveaways!

Highmark will also be there in their 53 foot mobile unit to assist you with filling out your Health Risk Assessment. When you do, you and your spouse will receive **\$50 each** in your Value Bank for

Prizes include: **Steeler Tickets!** Golf clubs, golf balls, wind breakers, coolers, exercise balls, **\$100, \$50 and \$25** gift cards to Home Depot, Lowes, Dicks, and much more!

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This October Marks the 25th Anniversary of Breast Cancer Awareness Month

Research shows that most women who develop breast cancer do not have a history of the disease in their family. The following **Risk Factors** increase a woman's chance of developing this disease. However, the risks are not the same for all women, and in some cases, women may be able to reduce their breast cancer risk by making healthy lifestyle changes.



Beginning at age 40, women should have a mammogram every 1 to 2 years or as recommended by a doctor.

Age	The chance of getting breast cancer increases as you get older. If you are over age 60, you are at greatest risk. If you have not yet gone through menopause, your risk of breast cancer is lower than for women who have gone through menopause.
Personal History of Breast Cancer	If you have had breast cancer in one breast, you have an increased risk of getting it in the other breast.
Family History of Breast Cancer	If your mother, sister, or daughter has had breast cancer (especially before age 40), your risk is higher. Having other first-degree relatives with breast cancer may increase your risk.
Certain Breast Changes	Breast changes occur in almost all women. You might notice different kinds of breast changes at different times of your life. Most of these changes are not cancer; however, they still should be checked.
Genetic Alterations	Approximately 5 to 10 percent of American women who get breast cancer have a hereditary form (BRCA1 or BRCA2 gene mutations) of the disease and are at increased risk for the disease if: Your family has a history of multiple cases of breast cancer. Your family has a history of cases of both breast and ovarian cancer. You have one or more family members with two primary cancers at different sites. You are of Ashkenazi (Eastern European) Jewish background.
Menstrual History	If you began to menstruate early (before age 12), you are at increased risk. If you went through menopause late (after age 55), you are at increased risk.
Radiation Therapy to the Chest	If you had radiation therapy to the chest (including your breasts) before age 30, you may be at increased risk. The younger you were when you received the radiation treatment, the higher your risk of breast cancer later in life.
Dense Breast Tissue	If you are an older woman who has been told by a physician/radiologist that you have dense (not fatty) tissue on a mammogram, you are at increased risk. Research has shown that women age 45 or older who have at least 75 percent dense tissue on a mammogram are at increased risk of developing breast cancer.
Reproductive History	The older you were when you had your first child, the greater your risk of developing breast cancer. If you have never had children, you also are at increased risk.

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Rubbie's Tip To Unwind



Are you looking for a way to relax? Rubbie has found that **music** works best for him. Rubbie tunes his guitar and begins to play. He sings as he feels moved to sing at that particular moment. Sometimes, the feeling of relaxation comes just five to 10 minutes after beginning,

and other times, he plays for 30-60 minutes before becoming relaxed. Rubbie says, "It's the combination of *concentrating on playing and hearing the music*" that is what helps him unwind. He also adds, "For those who do *not play an instrument or sing, I believe that listening to*

music will soothe the savage beast. Choose peaceful and relaxing music, sit back, close your eyes and just concentrate on the music and don't think of anything else." If you have tried other ways to unwind and they aren't working, try Rubbie's tip. You never know. It could be the remedy you are looking for.

Send your Tip to Unwind to Jamey@ironben.com

Breast Cancer Risk Factors (*continued*)

Hormone Replacement Therapy (HRT)	If you have used menopausal hormones—either estrogen alone or estrogen plus progesterin—for 5 or more years after menopause, you may have an increased risk of developing breast cancer. Estrogen plus progesterin (combined therapy) increases the risk of breast cancer (as well as heart disease, stroke and blood clots).
Obesity After Menopause	If you are obese (BMI of greater than 30) after menopause, you have 1.5 times the risk of developing breast cancer compared to women of a healthy weight.
Physical Inactivity	There is a strong correlation between lack of physical activity and obesity. A recent study found that physical activity among postmenopausal women who walked about 30 minutes per day was associated with a 20 percent reduction of breast cancer risk. However, this reduction in risk was greatest among women who were of normal weight. For these women, physical activity was associated with a 37 percent decrease in risk.
Alcoholic Beverages	Having two or more drinks each day increases your risk of getting breast cancer by about 25 percent. (A drink is defined as 12 ounces of regular beer, 5 ounces of wine, or 1.5 ounces of 80-proof liquor.) (Copyright © Highmark Inc. 2009. All Rights Reserved.)

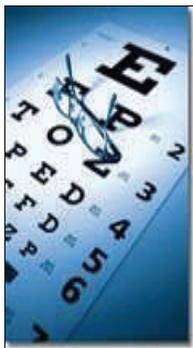
2010 Brings \$\$\$ Your Way!

With 2010 right around the corner, the Plan Office will be offering incentives to participants for making the step towards living healthier lives.

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Look for your Wellness Kit to be delivered to you in November. Your Wellness Kit will include all the information you will need to earn incentives in 2010. We look forward to giving you what you deserve for making healthy decisions!

WELLNESS FAIR 2009! (*continued*)



Make sure you stop by the **VisionMakers®** booth to learn about the discounts they offer to union members! Another booth you will not want to miss is **United Concordia Plus**. They will give you information on the voluntary dental program for 2010! Your **Member Assistance Program**, through Lytle EAP



Partners, will also be there to share all the ways in which they can help you navigate life, work and health. The **Plan Office** will have a booth where you can stop by and have your **2010 Open Enrollment** questions answered! **Mobile Medical Corporation** will be there for those participants who would like voluntary drug screenings. **We look forward to seeing you and your family on October 10th!**

Here's What's Cooking...

Football season is here, and the Steeler parties have begun! Impress your guests with this recipe, (*it only has .5g of fat per serving!*).

Skinny Crab Dip

What you will need:

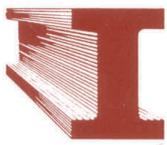
- 2 oz fat free cream cheese
- 2 tbsp fat free mayo or salad

- dressing
- 2 tbsp finely chopped chives or green onion
- 2 tsp lemon juice or white wine vinegar
- 1 tbsp chopped fresh dill
- 1/8 tsp salt and pepper
- 2, 8 oz cans of crab meat, drained
- In a bowl, combine cream

cheese and mayo, stir until very smooth. Add chives (or green onions), lemon juice (or vinegar), dill, salt and pepper. Mix thoroughly. Then stir in the crab meat. Cover and refrigerate several hours before serving with crackers or tiny radicchio leaves. No leftovers guaranteed!



Go to www.eatbetteramerica.com for this and other great recipes.



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LIVE WELL

Better Health, Greater Opportunity

PUTTING IT OUT FOR GOOD

November is National Smoke Out month. Now is the time to put it out for good! You can't **afford** to wait. Did you know that if you smoke a pack a day, in one year you would spend over \$1,800? Think of what you could do with that extra money. Here is what some people said they would do if they had an extra \$1,800:

*"Take my family on vacation."
"Put it towards credit card debt."*

*"Fix my car."
"Go shopping!"
"Put it in my savings and spend it as needed."
"Put a down payment on a new car."*

What would you do with an extra \$1,800 a year? The possibilities are endless, not to mention the most important aspect of quitting smoking, **living a healthier life.**

If you want to quit smoking

but don't know where to turn for help, call 1-800-345-2476

for information on free programs offered through Highmark such as, **Guided Self-Help Smokeless®**, **Telephonic Smokeless®**, **Clear the Air** and **HealthMedia® Breathe™**. The time has come to **PUT IT OUT FOR GOOD!**

