



## Breast Cancer Awareness Month

October marks the beginning of National Breast Cancer Awareness Month, which provides us with the opportunity to increase awareness, share stories and help educate others about breast cancer. The Centers for Disease Control estimates that over 200,000 women will be diagnosed with breast cancer this year alone. That means one in eight women in your life - a family member, neighbor or co-worker - has been or will be diagnosed. Although there is no cure for breast cancer, early detection and treatment of breast cancer can greatly increase the survival rate.

Health professionals advise that the best strategy for adult women is to participate in regular breast cancer screenings.

- **Get an annual mammogram.** All women aged 40 and over should get an annual mammogram. This is the best way to detect breast cancer early. More than 1 in 4 female King County employees over the age of 40 did not receive a mammogram last year.
- **Talk to your medical provider.** During your regular checkup, talk to your medical provider about your unique family history and the best screening options for you, even if you think you are too young to develop breast cancer.

### Breast exams don't take the place of a mammogram

According to the U.S. Preventive Services Task Force, having a clinical breast exam or a breast self-exam has not been found to decrease risk of dying from breast cancer. At this time, the best way to find breast cancer is with a mammogram. If you choose to have clinical breast exams and to perform breast self-exams, be sure you also get regular mammograms.

### Ways to lower your risk

There are other things you can do to reduce your risk of developing breast cancer.

- **Move More.** Physical activity has been associated with a 10%-25% reduction in risk.
- **Maintain a healthy weight.** Being overweight can increase the risk of breast cancer after menopause and that risk increases with weight gain.
- **Know your family history of breast cancer.** If you have a mother, sister, or daughter with breast cancer, talk to your doctor about your risk of getting breast cancer and how you can lower your risk.
- **Limit alcohol consumption.** Consuming more than one serving of alcohol a day can increase your risk of developing breast cancer.

## The Affordable Care Act

The **Affordable Care Act** — sometimes called Obamacare — is the 2010 federal law intended to increase the availability and affordability of health insurance for Americans while reducing the overall costs of health care.

Parts of the Affordable Care Act are already in effect. For example, children can now stay on their parents' health insurance until age 26 — even if they live on their own and aren't in school. The law also requires insurance companies to cover people with pre-existing conditions and makes it harder to cancel someone's policy just because they're ill.

### **So what does all this mean to Coloradans?**

This **Affordable Care Act timeline** lays out some of the biggest changes and their start dates. It's important to know that many of the law's most significant provisions will take effect in early 2014. For example, **starting in 2014 most Americans will be required to have some kind of health insurance.**

Like most Americans, you already have private health insurance, Medicaid, Medicare, or military coverage. Therefore, you probably won't need to do anything. Most of the changes have to do with expanding health care coverage to the one in five Americans who are uninsured.

For Salida School District employees covered by CEBT there is no expected change in coverage or insurance costs.

## Drink chocolate milk after exercise?

"Got milk? Try chocolate after your workout," urged the FitnessMagazine .com article.

When it comes to recovering from intense exercise, a classic childhood beverage has taken the spotlight.

When you're inactive or moving slowly, your body gets energy mostly from burning fat (assuming you haven't just eaten). But for more intense activity (brisk walking, running, cycling, etc.), you can't burn fat fast enough to get all the energy you need. So if you're, say, running for several hours, your body is going to rely more on carbs for the *extra* energy it needs.<sup>1</sup>

"When we're talking about recovery from endurance exercise, you're generally trying to restore muscle glycogen," explains Beth Glace, a sports nutritionist at the Nicholas Institute of Sports Medicine and Athletic Trauma at Lenox Hill Hospital in New York City.

Glycogen is essentially a long chain of glucose (blood sugar). The body converts glucose to glycogen in order to store the glucose in muscles and in the liver. But we don't have much glycogen, especially compared to our vast stores of fat.

So during an intense, prolonged activity, you can run out of glycogen. That's what marathoners are talking about when they say they "hit the wall."

"In more seriously trained athletes, let's say a triathlete, they might do a run in the morning and a swim or bike workout later in the afternoon," says Glace. "So it really becomes crucial for them to restore their glycogen reserves quickly. This is where chocolate milk comes in."

In some studies, drinking chocolate milk immediately after a strenuous workout is one of the best ways to recover quickly—better than sugary sports drinks like Gatorade.<sup>2,3</sup> The milk's naturally occurring sugar (lactose) is half glucose, its protein speeds up glycogen synthesis in the body, and its electrolytes (like potassium and, to a lesser extent, sodium) help you rehydrate. Why *chocolate* milk?

“The extra sugar provides more carbohydrates for energy storage,” explains Glace. A typical low-fat chocolate milk has roughly four times more carbs than protein, which may be the optimal ratio to rapidly replenish glycogen stores in muscles.<sup>2,4</sup>

Can you get the carbs and protein in your next meal? Probably, if you eat soon. You restore glycogen more quickly if you eat the carbs and protein within an hour.

Of course, most of us aren’t running marathons or cycling competitively for two hours and then doing another intense activity within 24 hours. Do *we* need a recovery beverage? Not likely.

“A recovery food or drink becomes important if you’re doing another hard work out that day,” says Glace. “If you’re just going for a walk, it probably doesn’t matter because you’re not burning that much glycogen.”

And if you’re taking that brisk walk to lose weight, you don’t want the 170 or so calories in a cup of chocolate milk...or *any* extra calories, for that matter.

**Bottom Line: Unless you’re doing prolonged, intense exercise on successive days or more than one strenuous workout on the same day, you don’t need chocolate milk (or any food) to recover.**

<sup>1</sup> *Am. J. Clin. Nutr.* 61: 968S, 1995.

<sup>2</sup> *Med. Sci. Sports Exerc.* 44: 682, 2012.

<sup>3</sup> *Int. J. Sport Nutr. Exerc. Metab.* 16: 78, 2006.

<sup>4</sup> *Int. J. Sport Nutr. Exerc. Metab.* 13: 382, 2003.