

Welcome to the Kalos Kares Quarterly Newsletter.

We hope each edition will provide information and knowledge to help improve your quality of life.

Cervical Health Awareness Month

December is [Cervical Health Awareness Month](#)

The United States Congress designated January as Cervical Health Awareness Month. More than 14,000 women in the United States are diagnosed with invasive cervical cancer each year, but the disease is preventable with vaccination and appropriate screening.

Cervical cancer can often be found early, and sometimes even prevented, by having regular screening tests. If detected early, cervical cancer is one of the most successfully treatable cancers.

There is no way to completely prevent cancer. But there are things you can do that might lower your risk.

After a cancer diagnosis, staging provides important information about the extent of cancer in the body, the best treatment plan for the cancer, and the anticipated response to treatment. Finding cervical cancer often starts with an abnormal HPV (human papillomavirus) or Pap test result. This will lead to further tests which can diagnose cervical cancer or pre-cancer. The Pap test and HPV test are screening tests, not diagnostic tests. They cannot tell for certain if you have cervical cancer. An abnormal Pap test or HPV test result may mean more testing is needed to see if a cancer or a pre-cancer is present. Cervical cancer may also be suspected if you have symptoms like abnormal vaginal bleeding or pain during sex. Your primary doctor or gynecologist often can do the tests needed to diagnose pre-cancers and cancers and may also be able to treat a pre-cancer.

If there is a diagnosis of invasive cancer, your doctor should refer you to a gynecologic oncologist, a doctor who specializes in cancers of women's reproductive systems. Consult with your doctor or provider if you have questions/ concerns.

Omicron Variant



What you should know?

CDC has been collaborating with global public health and industry partners to learn about Omicron, as we continue to monitor its course. We don't yet know how easily it spreads, the severity of illness it causes, or how well available vaccines and medications work against it

Spread- The Omicron variant likely will spread more easily than the original SARS-CoV-2 virus and how easily Omicron spreads compared to Delta remains unknown. CDC expects that anyone with Omicron infection can spread the virus to others, even if they are vaccinated or don't have symptoms.

Severe Illness- More data are needed to know if Omicron infections, and especially reinfections and breakthrough infections in people who are fully vaccinated, cause more severe illness or death than infection with other variants.

Vaccines- Current vaccines are expected to protect against severe illness, hospitalizations, and deaths due to infection with the Omicron variant. However, breakthrough infections in people who are fully vaccinated are likely to occur. With other variants, like Delta, vaccines have remained effective at preventing severe illness, hospitalizations, and death. The recent emergence of Omicron further emphasizes the importance of vaccination and boosters

Vaccines remain the best public health measure to protect people from COVID-19, slow transmission, and reduce the likelihood of new variants emerging. Be sure to wear a mask.

National Heart Month: Why is it Observed?

Why do we observe American Heart Month every February? Well, every year more than 600,000 Americans die from heart disease. The number one cause of deaths for most groups, heart disease affects all ages, genders, and ethnicities. Risk factors include high cholesterol, high blood pressure, smoking, diabetes, and excessive alcohol use. Do you know how to keep your heart healthy? You can take an active role in reducing your risk for heart disease by eating a healthy diet, engaging in physical activity, and managing your cholesterol and blood pressure. This is a great chance to start some heart-healthy habits! Complicated tasks and the skills to achieve them are not explicitly taught by the health care system or other educational and social institutions.

History of American Heart Month: The human heart is responsible for pumping blood throughout our body, supplying oxygen and nutrients and removing toxins and waste. Weighing between 8 and 12 ounces, the heart is a mighty organ divided into four chambers that work together to pump blood in and out. The heart gets oxygenated blood from the lungs and pumps it throughout the rest of the body. It does this by contracting at a rhythmic pace, about 60-80 times per minute, thanks to electrical cells called "pacemakers." When the heart ceases to perform its regular function, a medical device also called a pacemaker can be implanted to assist the heart.

Heart disease occurs when the arteries leading to the heart become clogged. Although heart disease has been around for thousands of years, we do know that many aspects of modern life exacerbate risk factors and make people more prone to heart disease and heart failure. Heart disease can affect everyone, but taking stock of your prior health risks, activities and diet can help you reduce your risk. Although we've learned a lot about how the heart works, there are still many unanswered questions about heart health and the cardiovascular system. As far as we know, the best way to protect your heart is to stay active, eat a healthy and balanced diet, and reduce your daily stress. To celebrate American Heart Month, take some time to learn about heart health risks, find your favorite healthy activities, and cook some healthy meals with your family.

One-POT LENTILS

Lentils are loaded with immune-boosting zinc, iron, and vitamin B6 (which creates infection-fighting white blood cells). These vitamins and minerals are essential for immune function. These beans are also spiced with both turmeric and cumin, which you guessed it, help boost the immune system.

Lentils are healthy. We love cooking with lentils (like in our Coconut Curry Lentil Soup), since lentils also have a number of other important health benefits including:

strong antioxidant, anti-inflammatory and neuroprotective properties (aka cancer fighting food)

lowers risk of heart disease and improves cholesterol levels and blood pressure

aiding in digestion and improving overall gut function (since they are rich in dietary fiber)



Ingredients & Directions:

Black lentils, olive oil, garlic, boiling water

Soak briefly. Pour lentils into a large mixing bowl and sort out any debris, then rinse and drain. Pour in some boiling water on top, enough to cover the lentils, Sauté aromatics. Sauté until onions are soft and translucent, about 2-3 minutes.

Pour in 1 cup of boiling water into the pot and stir together. Stir in lentils. Stir the lentils into the pot along with the remaining boiling water, cumin, Italian seasoning, salt, and pepper.

Turn the heat up to high and bring to a boil. Then, turn to low and simmer covered for 15 minutes.

Serve. Season to taste. Serve over brown or white rice.

Ways to help get involved in your community and meet friends!

- Say "hello" to people
- Do yourself a service by serving others
- Have phone talks
- Lead with being yourself, integrity and transparency.
- Treat People with respect
- Join a group of your interest
- Always say a goodbye or a see you next time

Most Importantly...

SMILE 😊

