

hapitimes



Breast Cancer Update

Eating More Fiber When Younger May Help Reduce Future Breast Cancer Risk

Women who eat more high-fiber foods during adolescence and young adulthood, especially lots of fruits and vegetables, may have significantly lower breast cancer risk than those who eat less fiber when young, according to a recent Harvard University study.

“This work on the role of nutrition in early life and breast cancer incidence suggests one of the very few potentially modifiable risk factors for premenopausal breast cancer,” said Maryam Farvid, lead author of the study.

In 1991, the researchers began studying 90,534 women ages 27 to 44. The women filled out questionnaires about their food intake every four years. They also completed a questionnaire

about their diet during high school.

Breast cancer risk was 12 to 19% lower among women who ate more dietary fiber in early adulthood, depending on how much more they ate. High intake of fiber during adolescence was also associated with 16% lower risk of overall breast cancer and 24% lower risk of breast cancer before menopause. Among all the women, there was a strong inverse association between fiber intake and breast cancer incidence.

Source: T.H. Chan School of Public Health at Harvard University

Diaper Rash

Keep Your Baby Comfy and Happy



Diaper rash can be caused by irritation from stool or urine; friction from diapers; yeast infection; or an allergic reaction to soap, laundry detergent, fabric softener, baby wipes or lotions. In many cases, it can be prevented. Try these tips:

- Change the diaper as soon as it's wet or soiled.
- Allow your baby's skin to dry completely before putting on another diaper.
- Secure diapers loosely to allow airflow.

- Wash your hands before and after changing diapers to prevent spreading germs that could cause infections.
- Some babies get rashes often. You can apply a barrier ointment to help prevent irritation. Products containing zinc oxide (such as Desitin) or petroleum (such as Vaseline) are good choices.
- Don't use powders, such as cornstarch or baby powder.

Source: American Academy of Family Physicians

Inside The Landmark

In the Community

After Hurricane Harvey devastated Houston and surrounding areas, including Beaumont, we rallied to fundraise for families who were affected in the community. We're pleased to report that the "Hapi Harvey Relief Fund" raised thousands of dollars for us to provide meals for more than 2000 people from 150 families, with help from Be a Champion Inc. (www.bachamp.org). Special thanks to Desmond Pulliam, a Be A Champion program manager, and the rest of the team for their assistance.

In the Classroom

Big news: We have a new Hapi lead teacher at The Landmark! Sherleta Smith is highly skilled in English and language arts and she will be implementing our after-school program's new educational curriculum, geared toward improving the children's language, spelling, and reading skills. Also planned: weekly challenges such as spelling bees! We will provide trophies for children that do their best and show improvement.

Joining her in the program: new volunteers John Robert Taylor and Elissia Modica Taylor.



In the Garden

Sadly, the garden was destroyed by Hurricane Harvey. But we are planning a "Hapi Garden Recovery Day" on October 6. Look for fliers with details soon!

Hapi Meals



Pumpkin Drinks

You know the special pumpkin lattes and other drinks for the season available at coffee shops? We won't name names, but those drinks are filled with unnecessary sugar. The good news: The flavor comes from the spices! You can still enjoy pumpkin-spiced beverages by making your own with spices you can pick up at your supermarket. Choose a pumpkin spice blend or add them individually: Cinnamon, cloves, allspice, ginger, nutmeg, vanilla.

Pumpkin Spiced Hot Drink

1 1/2 cups milk of your choice
1-2 teaspoons of spices (any combination of the ones listed above)
1/4 teaspoon vanilla extract
(Adults can add a 1/2 cup of coffee)

Also: Consider using those spices to make milkshakes or smoothies, to which you can add pumpkin puree.

Wise Words

"You just can't beat the person
who never gives up."
— Babe Ruth

The Landmark Property Deal:
\$199 move-in for approved credit
for 2 bedrooms! Landmark has waived
application fees for victims of
Hurricane Harvey!