

# WELL SAID.

 CGI Business Solutions  
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Women's health affects us all. Take a moment to read some important information about mammograms. Another topic that affects us all is distracted driving. Learn what it is, its dangers, and how to end it! Also, with fall in full swing, it's time to start cooking the sweet potatoes. After you read about all the benefits of sweet potatoes don't forget to try the featured soup. ENJOY!

## Sweet Potatoes

*More than just a side*

### 5 Health Benefits of Sweet Potatoes



\* Sweet potatoes are a **great source of minerals** such as manganese, folate, copper, and iron. They are high in calcium, potassium, and beta-carotene which is converted to Vitamin A in the body. One cup of sweet potatoes contains 65% of the minimum necessary daily amount of Vitamin C.

\*Additionally, **sweet potatoes have a glycemic load of 17** (the glycemic index shows the impact a certain food has on blood sugar levels); where a regular white potato charts as number 29 and they raise your blood sugar

## Women's Health

*Early detection saves lives*

Mammograms don't prevent breast cancer, but they can save lives by finding breast cancer as early as possible. Many women think they don't need mammograms if the other women in their family have never had breast cancer. It is known that as women age, their chances of developing breast cancer increase, even if no one in their family has ever had it. Yearly mammograms and clinical breast exams for women age 40 and older are key to detecting breast cancer early, when the disease is most treatable. If you're at high risk for breast cancer, with a strong family history of breast or ovarian cancer, or have had radiation treatment to the chest in the past, it's recommended that you start having annual mammograms at a younger age (often beginning around age 30). Be sure to schedule your mammogram and remember to remind the special women in your life to do the same. \*Please check with your health benefit plan to find out how breast cancer screening is covered.



quickly by producing high numbers of insulin.

\*Eating sweet potatoes can help protect you from alleviating muscle cramps which are caused by potassium deficiency. Potassium also helps to support fluid and electrolyte balance in the body, which stabilizes blood pressure. **Sweet potatoes are also high in antioxidants**, which help prevent inflammatory problems like arthritis, gout, asthma, and etc.

\*High levels of Vitamin A and beta-carotene in sweet potatoes indicate their excellent **skin healing properties** since beta-carotene fights the free radicals which effect skin aging.

\*Sweet potatoes contain a **significant amount of vitamin B6**. Vitamin B6 is vital in breaking down homocysteine, a substance that helps harden the arteries and blood vessels.

Even though sweet potatoes are available all year round, the actual **season for fresh sweet potatoes is from October to January**. Choose small to medium sweet potatoes. Large ones can be tough.

**Keep sweet potatoes in a cool, dark place**. Their shelf life is 1 to 2 weeks. **Do not boil sweet potatoes**; it can destroy the beneficial compounds.

Baking or steaming sweet potatoes will improve the bioavailability of beta-carotene.

**Make sure you eat the skin**; it has the most fiber and is really good for you. Most of their healing properties reside in the skin. Additionally, consuming sweet potatoes with some amount of fat helps your body to absorb beta-carotene thoroughly. Recent research has showed that boiling or steaming sweet potatoes helps keep their glycemic index low.

<http://www.lahealthyliving.com/>

## *Five important things to know about mammograms*

**They can save your life.** Finding breast cancer early reduces your risk of dying from the disease by 25-30% or more. Women should begin having mammograms yearly at age 40, or earlier if they're at high risk.

**Don't be afraid.** Mammography is a fast procedure (about 20 minutes), and discomfort is minimal for most women. The procedure is safe: there's only a very tiny amount of radiation exposure from a mammogram.

**Get the best quality you can.** If you have dense breasts or are under age 50, try to get a digital mammogram. A digital mammogram is recorded onto a computer so that doctors can enlarge certain sections to look at them more closely.

**Mammography is our most powerful breast cancer detection tool.**

However, mammograms can still miss 20% of breast cancers that are simply not visible using this technique. Other important tools - such as breast self-exam, clinical breast examination, and possibly ultrasound or MRI - can and should be used as complementary tools, but there are no substitutes or replacements for a mammogram.

**An unusual result requiring further testing does not always mean you have breast cancer.** According to the American Cancer Society, about 10% of women (1 in 10) who have a mammogram will require more tests. Only 8-10% of these women will need a biopsy, and about 80% of these biopsies will turn out not to be cancer. It's normal to worry if you get called back for more testing, but try not to assume the worst until you have more information.

<http://www.breastcancer.org/>

## Distracted Driving

### *Learn the facts*

According to the National Highway Traffic Safety Administration (NHTSA), a division of the U.S. Transportation Department, **distracted driving is "any activity that could divert a person's attention away from the primary task of driving."** It's not just texting or making calls on a cell phone; any activity that diverts a driver's attention puts that driver, and her passengers, and everyone else sharing the road at serious risk.

A partial list of what counts as a distraction would include things such as using a cell phone or smart phone, including texting, eating and drinking, smoking, attending to or disciplining child passengers, grooming, reading, including maps, using a navigation system, watching a video, adjusting a radio, CD player, or MP3 player or adjusting temperature controls.

## Curried Carrot, Sweet Potato, and Ginger Soup

This soup gets its wonderfully creamy texture from puréed carrots and sweet potatoes rather than cream.



### Ingredients

2 teaspoons canola oil  
1/2 cup chopped shallots  
3 cups (1/2-inch) cubed peeled sweet potato  
1 1/2 cups (1/4-inch) sliced peeled carrots  
1 tablespoon grated ginger  
2 teaspoons curry powder  
3 cups fat-free, less-sodium chicken broth  
1/2 teaspoon salt

### Preparation

Heat oil in a large saucepan over medium-high heat. Add shallots; sauté 3 minutes or until tender. Add potato, carrots, ginger, and curry; cook 2 minutes. Add broth; bring to a boil. Cover, reduce heat, and simmer 25 minutes or until vegetables are tender; stir in salt.

Pour half of soup in a food processor; pulse until smooth. Repeat procedure with remaining soup. Serve immediately.

<http://www.health.com/health/>

Traffic safety experts classify distractions as: **manual, visual and cognitive.**

\***Manual distractions** are those where you move your hands away from the task of controlling the vehicle. Reaching for a soda in the drink carrier is an example of a manual distraction.



\***Visual distractions** are those where you focus your eyes away from the road. You drop your soda, and when it spills all over the floor of the car, you look down at your ruined shoes and stained slacks: that's a visual distraction.

\*A **cognitive distraction** is when your mind wanders away from the task of driving. You start to consider whether you can afford to replace the clothing you just ruined, and what stores have bargains this week, and you're no longer paying attention to the essential job of driving. Bingo: cognitive distraction.

This is why texting has such a bad reputation: it always involves all three types of distraction, all at once. **Sending or receiving a text message distracts a driver for about five seconds;** at highway speeds, that represents a distance of about 300 feet in which the car is essentially out of human control, driving itself.

Committing to driving distraction free is not easy. But with the statistics telling us day after day that we are more likely to have an accident when we are distracted, many drivers are making an effort. Your willingness to be distracted will influence how successful you are in **freeing yourself of driving distractions.** For example, you can make a decision to establish a pre-trip routine to set your radio buttons, mirrors, and seat before you drive. You can also decide not to eat in the car, answer the cell phone, or text.

**Reduce your chances** of having an accident by working on driver distractions.

<http://enddd.org/the-facts-about-distracted-driving/>

<http://www.dmv.org/>

For more facts, visit:

<http://www.pinterest.com/cgibenefits/end-distracted-driving/>

