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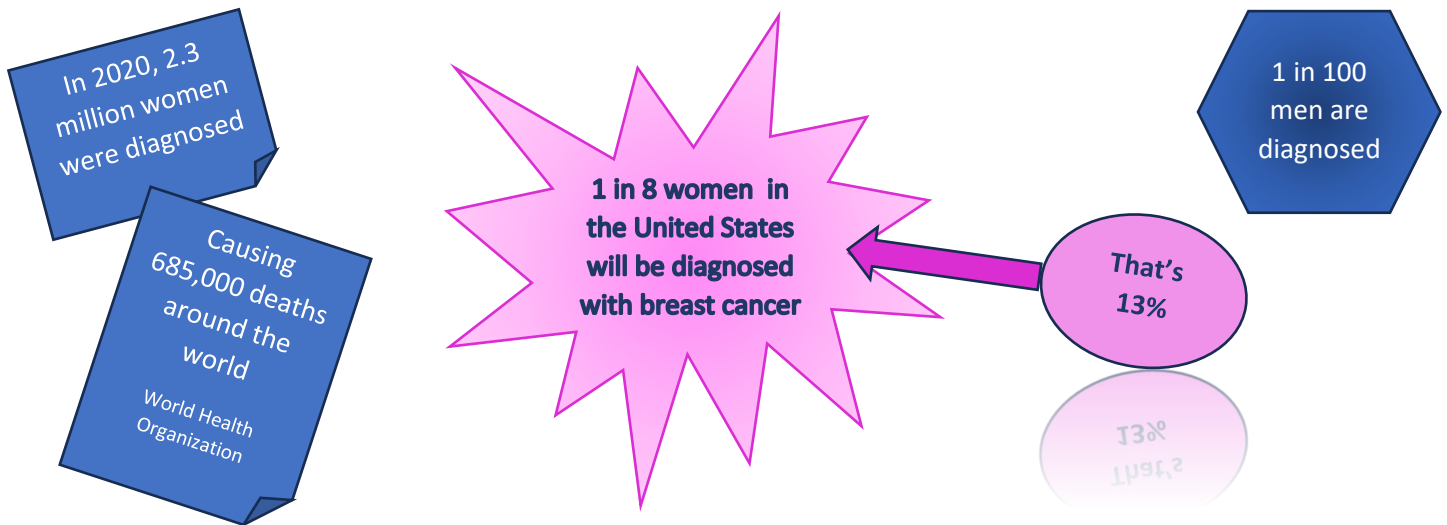


SWOSU Bulldog Wellness

October 2023



Breast Cancer Awareness Month



You, or someone you know, could be that person. I was that person!!!

My Story:

Unlike in the movies where you and a loved one go to the doctor's office, sit in comfy chairs across from the stoic doctor on the other side of a desk, and hear the horrible news; I got a phone call while I was home alone. With that single call from OU Health – Breast Care Network, life as I had known it, forever changed!

It was two days past Christmas; my husband was at work, and I was on my way out the door to an eye appointment when I received a call. My biopsy results (I might mention that this is not the first biopsy that I've had, so I wasn't nervous about it) came back and was positive for invasive ductal carcinoma and noninvasive in situ breast cancer. First thoughts?? This is a life sentence!!! How could this be? I'm healthy, I exercise, I eat fairly decent, I take vitamins, and have regular check-ups. I come from a healthy family. So how could this happen to me?

My type A personality (planner, organizer...) was out the window! There is no planning for a future that you may or may not have. The one thing I knew for sure was that my immediate future would involve doctor's visits...a LOT of doctor's visits.

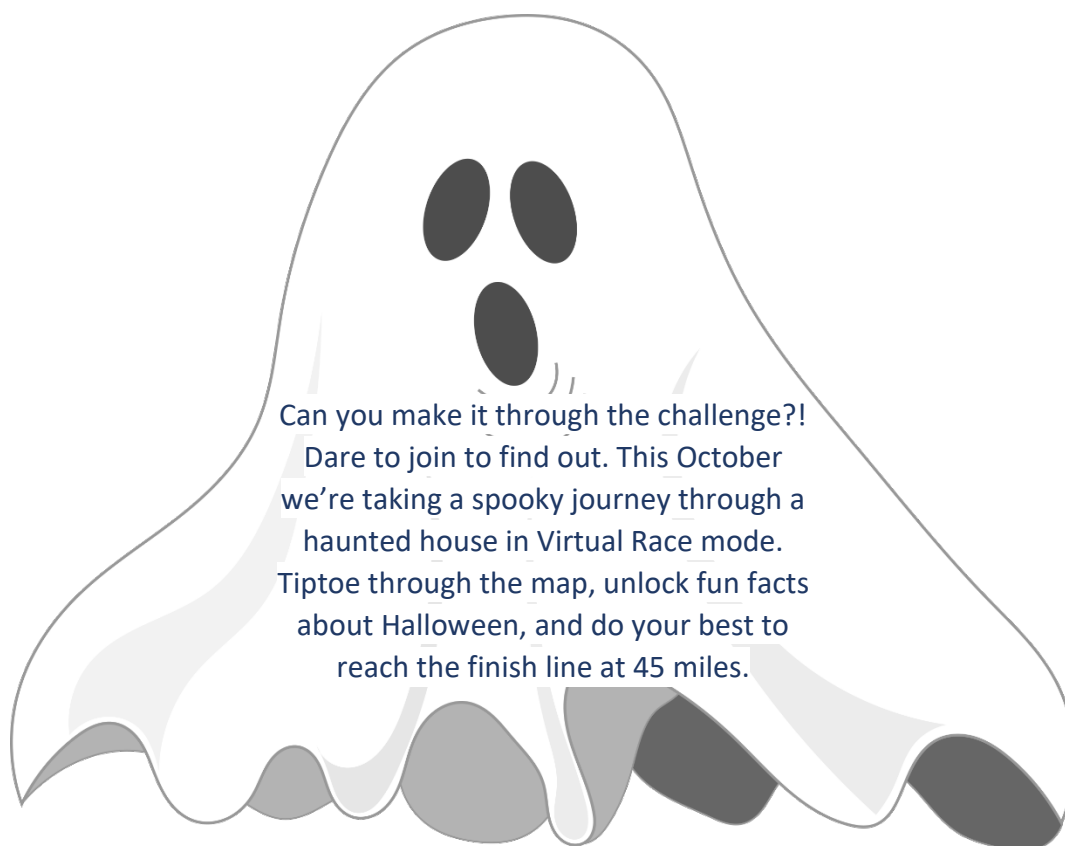
Upon my first appointment, the doctor informed me that, had it not been for a yearly mammogram, my case might have been a death sentence. I was diagnosed about three years earlier than those who do not have mammograms but instead do self-checks. (I am NOT knocking a self-check!!) My cancer was about the size of salt granules, so cheers to the X-ray techs that found it in the first place. I totally believe that early diagnosis saved my life and saved my family from lots of heartache. After four doctor's visits (breast surgeon and

reconstruction surgeon), a seven-hour surgery, three days in the hospital, and seven weeks off work, I am breast cancer-free!! Is this the case for everyone?? Absolutely not, but with early detection, the odds are more in your favor than not!

This month was named Breast Cancer Awareness Month to create awareness and/or remind you to get screened. Don't be one of the 42,000 women in the U.S. who die each year from this disease.

MoveSpring Spooktacular Step Challenge

We hope you enjoyed STEPember where you were able to get your heart rate up. If you were not able to participate, we hope you will join us for the Spooktacular Step Challenge from October 16th – October 31st.
(Join by following the link below)



<https://link.movespring.com/join?orgCode=swosu1&groupCode=MNDVR2>

Gluten Free Halloween Puppy Chow



Prep Time – 10 minutes

Cook time – 5 minutes

Ingredients

- 1 stick butter (1/2 cup)
- ½ cup creamy peanut butter
- 1 cup chocolate chips (I use Ghirardelli 60% dark)
- 6 cups Rice Chex cereal
- 1 ½ cups powder sugar
- 1 cup Reese's Pieces candies or M&Ms

Instructions

- Mix and heat over low until melted butter, peanut butter and chocolate.
- Put Rice Chex in large bowl. Pour chocolate mixture over and stir until all Chex are coated.
- Place powder sugar in large bowl. Pour Chex mixture over sugar. Add lid and shake.
- Open lid, add candy, replace lid, and shake again.
- Pour on wax or parchment paper to cool.