

# LIVE WELL



# WORK WELL

Health and wellness tips for your work and life—  
presented by Holmes Murphy & Associates

## Prevent Backpack-related Injuries

According to the U.S. Consumer Product Safety Commission, over 5,000 children under the age of 19 suffered backpack-related injuries last year. The vast majority of these injuries were caused by overloaded and incorrectly fitted backpacks.

While you may not have complete control over the weight of your child's backpack, you can purchase a well-fitting, comfortable backpack. When shopping for a backpack, search for:

- The proper size (never wider or longer than your child's torso, never hanging more than 4 inches below waist)
- Padded back and shoulder straps
- Multiple compartments and a waist or chest strap to help balance the weight
- Reflective, lightweight material

Purchasing a good backpack for your child is just the first step in preventing backpack-related injuries. Be sure to encourage them to always use both straps when carrying their backpacks and to only pack what is absolutely necessary to carry.

This article is intended for informational purposes only and is not intended to be exhaustive, nor should any discussion or opinions be construed as professional advice. Readers should contact a health professional for appropriate advice.

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## Halloween Safety Tips

For some Americans, Halloween is one of the most anticipated holidays. Unfortunately, it can also be rather dangerous. Use the following suggestions to help keep your child safe this year.

### Costume Safety Tips

- Choose fire-resistant costumes, wigs and accessories.
- Avoid potentially dangerous props, like hard swords.
- Opt for non-toxic face paint or makeup instead of masks.
- Decorate costumes and treat bags with reflective tape if your child will be out after dark.

### Trick-or-treating Safety Tips

- Accompany children under 12 at all times.
- Insist that trick-or-treating only be done in familiar areas.
- Plan a route if older children are going alone.
- Designate a specific time for children to return home.
- Instruct children to never enter a stranger's car or home.
- Remind children to always look both ways before crossing a street, to be aware of their surroundings and to use sidewalks whenever possible.
- Tell your children not to eat any treats until they return home.
- Discard treats that appear to be open or tampered with.

For more tips on how to celebrate Halloween safely, click [here](#).



## PERFECT PUMPKIN PANCAKES

- 2 cups flour
- 6 tsp. brown sugar
- 1 Tbsp. baking powder
- 1¼ tsp. pumpkin pie spice
- 1 tsp. salt
- 1 egg
- ½ cup canned pumpkin
- 1¼ cup low-fat milk
- 2 Tbsp. vegetable oil

### PREPARATIONS

1. Combine the flour, brown sugar, baking powder, pumpkin pie spice and salt in a large bowl.
2. In a medium bowl, combine the egg, canned pumpkin, milk and vegetable oil. Mix well.
3. Add the wet ingredients to the flour mixture and stir just until moist. The batter may be lumpy.
4. Lightly coat a griddle or skillet with cooking spray and heat on medium.
5. Pour ¼ cup of the batter onto hot griddle or skillet. Cook until bubbles begin to burst, then flip pancake and cook until golden brown. Repeat with remaining batter.

Makes: 12 pancakes, one pancake per serving

### Nutritional Information (per serving)

Total Calories	127
Total Fat	3 g
Protein	4 g
Carbohydrates	21 g
Dietary Fiber	1 g
Saturated Fat	2 g
Sodium	115 mg

Source: USDA



## Breast Cancer Awareness Month

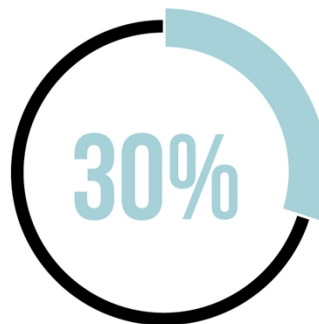
Breast cancer is the second most common type of cancer and the second leading cause of cancer deaths for women in the United States. Top risk factors include getting older, race and family history of breast cancer, which are things you cannot change.

Regardless of your personal risk factors, you can use these prevention strategies to reduce your risk of breast cancer:

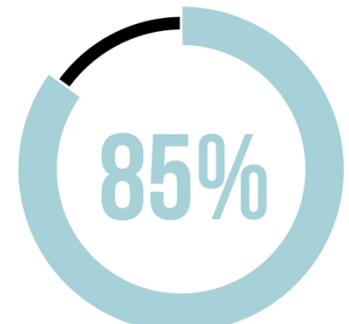
- Maintain a healthy weight.
- Exercise regularly.
- Avoid exposure to carcinogens and radiation.
- Abstain from drinking alcohol or limit intake to one drink per day.

In general, living a healthy lifestyle can help lower your risk of developing cancer and increase your chances of surviving cancer. If you are concerned about your personal risk of developing breast cancer, call or visit your doctor.

For more information on risk factors, prevention tips and breast cancer screening, visit [www.cdc.gov/cancer/breast/](http://www.cdc.gov/cancer/breast/).



OF ALL NEW CANCER CASES  
EACH YEAR ARE BREAST  
CANCER.



OF BREAST CANCER DIAGNOSES  
OCCUR TO WOMEN WHO  
HAVE NO FAMILY HISTORY OF  
BREAST CANCER.