



Welcome to The Shakopee Wellness Beats! Each month the wellness committee will distribute this handout to create a community of healthy staff at Shakopee Schools. Thank you for filling out the wellness survey, the committee has worked hard to put together an excellent wellness program for the 2015-16 year.

**What you need to know:**

Each month the committee will have a theme that we would like to bring awareness to and it will be published in The Beats and on our Facebook page! Also, there is a district webpage under staff resources which has great information, the yearly calendar of wellness events, your building wellness rep and other great information!

October: Tuesday,  
October 27

Breast cancer awareness

Wear YOUR PINK SHIRT!

ALL staff and students are encouraged to wear pink. Cancer survivors will be honored with special beads on this day and are encouraged to tell their story on our Facebook page.

November

Diabetes Awareness Month & Movember.

Movember is bringing awareness to Prostate, Testicular, Poor Mental Health & Inactivity for men.



Facebook Happenings:



Like Shakopee Public Schools Wellness

Facebook page

for a chance to win a Fitbit, shako gear and 5 yoga sessions courtesy of The Yoga Barre of Shakopee.

Upload your pink shirt photos and give a shout out to your classroom, colleagues and students and show your support for Breast Cancer awareness.

Movember, upload your best movember photo (before and after) to FB, the most likes wins a fit bit AND bragging rights!

Wellness Wednesdays

The Shakopee Wellness Committee declares every Wednesday a "Wellness Wednesday"!

Be sure and take 5-10 minutes out of your school day to revive yourself and your students!

Here is a great stress relief idea for this month called "4-4-8"

- Inhale deeply for 4 seconds and visualize good things coming in.
- Hold your breath for 4 seconds and think of those good things filling your body
- Exhale for the count of 8, blowing out all the stress and tension.

## What is Movember?

Movember began in Australia in 2003 to raise awareness for prostate and testicular cancers, according to the Movember Foundation, a nonprofit.



"We are all about the mustache and only the mustache," said Movember's

U.S. Director Mark Hedstrom. "What we're asking them to do is participate by changing their appearance. What that fosters is a conversation." From there, Hedstrom said men can explain why they're growing a mustache and start talking about men's health.

Now, it has campaigns in 21 countries, according to the organization. This year, the U.S. Movember campaign will also include men's mental health and men's fitness.

### ***What do I need to know about prostate cancer?***

Prostate cancer is one of the most common types of cancers in the United States with an estimated 233,000 new cases in 2014, according to the National Cancer Institute. That means it accounts for 14 percent of all new cancer cases.

An estimated 29,000 people will die of prostate cancer this year, according to the NIH, meaning it accounts for about 5 percent of all cancer deaths.

### ***What do I need to know about testicular cancer?***

The NIH estimates that 8,820 people will be diagnosed with testicular cancer in 2014, and 380 people will die from it.

### ***What do I need to know about cancer in general?***

An estimated 1,665,540 people will be diagnosed with cancer in 2014, according to the NIH. And an estimated 585,720 people will die of cancer.

## Building Wellness Reps:

Michael Burcusa-Shakopee High School, Michelle Collins-TLC,  
Shawn DeBoer-East Jr. High, Jennifer Rieder-West Jr. High,  
Katie Schmidt-Pearson, Rachel Reinbold-Eagle Creek,  
Erica Casey-Jackson, Melissa Berg-Red Oak, Alison Hall-Sun Path,  
Samantha Sweeney-Sweeney, Jeren Porter-Central Family Center.  
Visit [shakopee.k12.mn.us/wellness](http://shakopee.k12.mn.us/wellness) to learn more about your building representative.

## What are the key statistics about breast cancer?

Breast cancer is the most common cancer among American women, except for skin cancers. About 1 in 8 (12%) women in the US will develop invasive breast cancer during their lifetime.

The American Cancer Society's estimates for breast cancer in the United States for 2015 are:

About 231,840 new cases of invasive breast cancer will be diagnosed in women.

About 60,290 new cases of carcinoma in situ (CIS) will be diagnosed (CIS is non-invasive and is the earliest form of breast cancer).

About 40,290 women will die from breast cancer

Breast cancer is the second leading cause of cancer death in women, exceeded only by lung cancer. The chance that breast cancer will be responsible for a woman's death is about 1 in 36 (about 3%). Death rates from breast cancer have been declining since about 1989, with larger decreases in women younger than 50. These decreases are believed to be the result of earlier detection through screening and increased awareness, as well as improved treatment.

At this time there are more than 2.8 million breast cancer survivors in the United States. (This includes women still being treated and those who have completed treatment.) Survival rates are discussed in the section "Breast cancer survival rates by stage."

## Candy Buy Back

In Honor of Diabetes Month in November the wellness committee encourages you to participate in the Candy Buy back program through St. Francis and Park Dental

4 p.m. to 7 p.m. Monday, Nov. 2, in the main entrance lobby at St. Francis. Children will be paid \$1 per pound of candy by St. Francis and Park Dental.

## Facts about Diabetes

Almost 30 million children and adults in the United States have diabetes • 86 million Americans have prediabetes • 1.7 million Americans are diagnosed with diabetes every year • Nearly 10% of the entire U.S. population has diabetes, including over 25% of seniors • As many as 1 in 3 American adults will have diabetes in 2050 if present trends continue • The economic cost of diagnosed diabetes in the U.S. is \$245 billion per year Revised 7/2014 For more information and references, visit [professional.diabetes.org/facts](http://professional.diabetes.org/facts) K.

• 29.1 million Americans, 9.3% of the population, have diabetes • 21 million Americans have diagnosed diabetes • 8.1 million Americans have undiagnosed diabetes (27.8% of diabetes is undiagnosed) • 1.7 million Americans aged 20 years or older are newly diagnosed with diabetes each year, 4,660/day, one every 19 seconds • Age 20 years or older: 12.3% of all people in this age group have diabetes • Age 65 years or older: 11.2 million, or 25.9% of all people in this age group, have diabetes.