



# Company Newsletter

Month, Year

## Why should Moms breastfeed?

In addition to the health benefits for babies, breastfeeding has significant benefits for moms. In moms, breastfeeding is linked to a lower risk of type 2 diabetes, breast cancer, ovarian cancer, and [postpartum depression](#). Infant formula cannot match the exact chemical makeup of human milk, especially the cells, [hormones](#), and [antibodies](#) that fight disease. For most babies, breast milk is easier to digest than formula. It takes time for their stomachs to adjust to digesting [proteins](#) in formula because they are made from cow's milk. Source: CDC

## What causes cancer?

Cancer is caused by changes in a cell's DNA – its genetic "blueprint." Some of these changes may be inherited from our parents, while others may be caused by outside exposures, which are often referred to as *environmental factors*. Environmental factors can include a wide range of exposures, such as:

- Lifestyle factors (nutrition, tobacco use, physical activity, etc.)
- Naturally occurring exposures (ultraviolet light, radon gas, infectious agents, etc.)
- Medical treatments (chemotherapy, radiation, immune system-suppressing drugs, etc.)
- Workplace exposures
- Household exposures
- Pollution

Talk with your healthcare provider about the risks you can minimize through healthy behaviors.

Source: American Cancer Society

**Reminder: Schedule your free Health Risk Assessment today!**

Appointments start on Oct. 1

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## Recipe Center

Peanut butter, banana, and raisin sandwich

2 tablespoons peanut butter

1 small banana, sliced

4 slices raisin bread

Spread peanut butter on 2 slices of bread. Arrange banana slices on top and cover with remaining bread.

Cut into quarters and serve. Makes 2 servings.

*Approximate nutrients per serving: 278 calories, 9 grams protein, 11 grams fat*

IT'S BIZARRE THAT THE  
PRODUCE MANAGER IS MORE  
IMPORTANT TO MY  
CHILDREN'S HEALTH THAN  
THE PEDIATRICIAN.

~MERYL STREEP