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October is National Breast Cancer Awareness Month:

- Statistics show that 1 in 8 women in the United States will be diagnosed with breast cancer in her lifetime.
- Breast cancer is the second most common form of cancer in women.
- GOOD NEWS- breast cancer is very treatable IF found and treated early! A major player in early diagnosis is a Mammogram.
- Mammograms are used to detect symptoms of breast cancer such as a lump, pain, skin dimpling, or discharge.
- Mammograms are essentially painless, quick and easy, they only take about 10-15 minutes for the exam.
- If you are a woman age 40-49, talk with your doctor about when to start getting mammograms and how often to get them
- If you are a woman age 50-74, be sure to get a mammogram every 2 years. You may also choose to get them more often if you have a family history of cancer.

AMS NEWSLETTER

October 2017

It is our mission to provide the highest quality of medical products and personal service to all customers!

We strive to help our customers live better! We take pride in working with our customers to meet their needs and in turn enhance their ability to live independently.

Calendar of Events

October

- o 14th- Annual Race for the Cure- Downtown, Little Rock
- o 7th- Autism Speaks Walk-Free admission at Clinton Presidential Center
- o Now till Oct. 31- Schaefer's Annual Corn Maze- Mayflower, AR
- o Now till Oct 29th- Pumpkin Patch at Wye Mountain Park

SU	M	T	W	TR	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



Show support to find the cure for Breast cancer by running/walking or donating in the 24th annual Susan G. Komen Race for the Cure to take place on October 14, 2017 at Broadway Street between Capital and 4th in Downtown Little Rock. For more information please visit <http://komenarkansas.org/>

Falling into Fall

- October means PUMPKINS! Pumpkins are perfect for decorating and carving but they are also good for your healthy living diet!
- There are many creative ways that pumpkin can be incorporated into your diet.
- Eating pumpkins is good for your blood pressure, and overall heart health.
- They contain fiber, potassium and vitamin C



Recipe of the Month: Pumpkin Bread

- 1/3 cup melted coconut oil or extra-virgin olive oil*
- 1/2 cup honey or maple syrup
- 2 eggs
- 1 cup pumpkin purée
- 1/4 cup milk of choice or water
- 1 1/2 teaspoons pumpkin spice blend
 - (or 1/2 teaspoon cinnamon, 1/2 teaspoon ground ginger, 1/4 teaspoon ground nutmeg, and 1/4 teaspoon allspice or cloves)
- 1 teaspoon baking soda
- 1 teaspoon vanilla extract
- 1/2 teaspoon salt
- 1 3/4 cups [white whole wheat flour](#) or regular whole wheat flour
- Totally optional: 1/2 cup mix-ins like chopped walnuts or pecans, chocolate chips, raisins, chopped dried fruit...
- Pinch of ground cinnamon, for sprinkling on top

INSTRUCTIONS

1. Preheat oven to 325 degrees Fahrenheit (165 degrees Celsius) and grease a 9x5-inch loaf pan.
2. In a large bowl, beat the oil and honey together with a whisk. Add the eggs and whisk until blended. (If your coconut oil solidifies on contact with cold ingredients, simply let the bowl rest in a warm place for a few minutes, like on top of your stove, or warm it for about 10 seconds in the microwave.)
3. Add the pumpkin purée, milk, pumpkin spice, baking soda, vanilla and salt, and whisk to blend. Lastly, switch to a big spoon and stir in the flour, just until combined. Some lumps are ok! If you're adding any additional mix-ins, gently fold them in now.
4. Pour the batter into your greased loaf pan and sprinkle lightly with cinnamon. If you'd like a pretty swirled effect, run the tip of a knife across the batter in a zig-zag pattern.
5. Bake for 55 to 60 minutes, or until a toothpick inserted into the center comes out clean (typically, if I haven't added any mix-ins, my bread is done at 55 minutes; if I have added mix-ins, it needs closer to 60 minutes). Let the bread cool in the loaf pan for 10 minutes, then transfer it to a wire rack to cool for 20 minutes before slicing.