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News on the Net

Maximizing Productivity... by helping people balance life and work

IN THIS ISSUE:

October is BREAST CANCER AWARENESS MONTH

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How to Stop Dysfunctional Teams from Ruining Your Office Morale

Team based management should be an answer to your problems, not the cause of them. But the way most companies are managed the teams end up being unproductive and morale killing.

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A Management Rule to Remember

There's an essential management rubric that I go overboard to impress upon newbie supervisors: the No-Surprise Rule.

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Tip of the Month: CHILL OUT

When bad weather causes electrical power outages, you can keep refrigerated and frozen foods from spoiling. Fill empty plastic milk jugs three-quarters with water and freeze them now. These homemade blocks of ice stashed inside your refrigerator can keep food colder longer(and safer) if the power goes out. A tip from food scientists at Saint Louis University.

For more information, you can use for your employees or information about programs that Perspectives can provide to your organization, please visit us at <http://www.perspectivesltd.com>

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In the United States, breast cancer is the most common non-skin cancer and second leading cause of cancer related deaths in women. Each year a small number of men are also diagnosed with or die from breast cancer. Although the breast cancer diagnosis has increased, the overall breast cancer rate has dropped steadily since the early 1990's.

Estimated new cases and deaths in 2007:

New: 178,480 (women) and 2,030 (men)

Deaths: 40,460 (women) and 450 (men)

Prevention Plan:

- Annual Mammograms after age 40 and every other year ages 20 to 40.
- Monthly self examinations
- Low fat diet with regular exercise and no smoking or drinking

Study Shows Alcohol Can Increase Risk of Breast Cancer

Medical researchers have been puzzling for years over the effect alcohol consumption has on health. Many studies have indicated that drinking some alcohol (in particular, red wine) may provide benefits to the heart and circulatory system. However, other studies have pointed to alcohol as a factor in the development of some cancers. Breast cancer risk seems to be related to alcohol consumption, but how much and what kind of alcohol affects that risk is still an unknown.

- Having three alcoholic drinks a day raises a woman's risk of breast cancer by 30%

Drink Your Milk:

It May Prevent The Spread Of Breast Cancer To Bone

A strong skeleton is less likely to be penetrated by metastasizing cancer cells, so a fortified glass of milk might be the way to block cancer's spread, according to researchers at the ANZAC Research Institute in Concord, Australia.