

Don't Sweat the Small Stuff

An expert in time management was once addressing a group of students and to make a strong point, used an illustration that the students will never forget.

He stood in front of the group of overachievers, and said, "Time for a quiz." He pulled out a one-gallon, wide mouthed Mason jar and set it on a table. He brought out a dozen fist-sized rocks and carefully placed them into the jar. When the jar was filled to the top with the rocks, he asked, "Is the jar full?"

Everyone in the class said, "Yes." He asked, "Really?"

He then pulled out a bucket of gravel, dumped some gravel in the jar and shook it. The pieces of gravel worked themselves down into the space between the big rocks.

He again asked the group, "Is the jar full?"

"Probably not," one of them answered. "Good!" he replied. Now he pulled out a bucket of sand and started dumping the sand in the jar. The sand now went into all the spaces left between the rocks and the gravel. Once again he asked the group, "Is the jar full?" "No!" the class shouted. Once again he said, "Good!"

Now he grabbed a pitcher of water and started pouring it in until the jar was filled to the brim. Then he asked, "What is the point of this illustration?" One student said, "No matter how full our schedule is, if we try really hard we can fit some more things in!"

"No," the speaker said, "That's not the point. The truth this illustration teaches us is: If we don't put the big rocks in first, we will never be able to get them in at all." "What are the 'big rocks' in your life?", he asked.

"Children, loved ones, education, dreams, a worthy cause, doing things that you love, time for yourself, your health, your significant other."

"Put the BIG ROCKS in first or you'll never be able to get them in at all. If you sweat the little stuff, like the gravel, the sand, you'll fill your life with little things to worry about that don't really matter, and you'll never have the real quality time that you need to spend on the big, significant stuff."

Ask yourself: What are the 'big rocks' in my life? Then, put those in the jar first.

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Postmenopausal Estrogen Alone Reduces Breast Cancer Cases and Deaths

A follow-up study of menopausal hormone therapy has revealed that prior use of conjugated equine estrogen (CEE) led to a reduction in both breast cancer incidence as well as mortality, while prior use of CEE plus medroxyprogesterone acetate (MPA) was tied to an increase in incidence.

To explore the outcomes of the Womens Health Initiative for hormone therapy and breast cancer risk, investigators assessed the long-term follow-up of two randomized trials involving 27,347 postmenopausal women with no prior breast cancer and negative mammograms at baseline. An analysis done in 2015 revealed that CEE alone was associated with lower risk of breast cancer while CEE plus MPA was associated with increased risk. The present analysis confirmed that following a median follow-up of 20.3 years, and with mortality data available for over 98% of participants, CEE alone was linked with fewer cases of breast cancer compared with placebo. Additionally, CEE alone was also associated with lower mortality compared with placebo. Contrary to that, CEE plus MPA was associated with more cases of breast cancer than placebo and no statistically significant difference could be seen between CEE plus MPA and placebo for mortality. The study is published in JAMA... (Medscape)