



NUTRITION, EXERCISE, AND CANCER PREVENTION

by Rachel Savieo

You may know that eating a healthy diet and exercising regularly have been shown to reduce the risk of cancer, but how do you know exactly which foods to eat and which exercises to do? MD Anderson Cancer Center has a grocery list of cancer-fighting foods to help you get started. A good rule of thumb is to make fruits, vegetables, beans, and whole grains the biggest part of every meal. Remember, the brighter the color of the fruit or vegetable, the more vitamin and nutrient-packed the item is.

Your eating schedule is also important. Eating breakfast helps kick-start your metabolism and can help you make healthier

choices all day long. Eating every few hours helps refuel your body, stabilize blood sugar levels, and promote a healthy metabolism. Pack healthy snacks such as an apple and peanut butter, hummus and veggies, or yogurt with fruit.

The American Cancer Society recommends daily physical activity in order to maintain a healthy weight and prevent cancer. Adults should get at least 150 minutes of moderate or 75 minutes of vigorous activity each week. Spreading out this activity can be just as effective as completing it all at once. Participating in physical activity, no matter what level it is, provides many health benefits. ✕

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Source: MD Anderson Center. mdanderson.org/patient-and-cancer-information/cancer-information/cancer-topics/prevention-and-screening/food/healthy-bites/index.html. Accessed 8 February 2016.
American Cancer Society. cancer.org/healthy/eathealthygetactive/acsguidelinesonnutritionphysicalactivityforcancerprevention. Accessed 8 February 2016.

SMART FACTS

20%

of all cancers diagnosed in the United States are preventable.

13

types of cancer develop less often when you maintain a healthy weight.

2.5 CUPS

recommended daily dose of vegetables and fruits by the American Cancer Society

Sources: American Cancer Society. cancer.org/research/infographicgallery/body-weight-and-cancer-risk-infographic. Accessed 8 February 2016.



STOP CANCER BEFORE IT STARTS

by Jenna Mears

Can cancer actually be prevented? This question often haunts individuals who have been affected by this disease. The answer is that some types cancer can be prevented and others, unfortunately, cannot. According to the American Cancer Society, strong evidence shows that a person's risk of developing cancer can be reduced significantly by healthy behaviors, including healthy eating and regular exercise. Here are some other tips and screening information on how you can prevent cancer and detect it in its early stages:

Don't use tobacco. Smoking is the leading cause of cancer and cancer-caused death. Cigarettes and other tobacco products contain toxic chemicals that can cause many types of cancer. Staying tobacco-free is one of the most important actions you can take to reduce your risk of cancer.

Protect yourself from the sun. We all love to catch some rays on warm spring and summer days, but you should be mindful of sun exposure. Skin cancer is one of the most common and preventable types of cancer. If you choose to be out in the sun a lot, get some shade and wear sunglasses or a hat to protect your eyes. Also remember to apply generous amounts of sunscreen when you are outside and reapply often.

Have regular screenings. The main goal of screenings is to reduce your risk of developing a disease. Here are some common screening tests you should consider talking with your doctor about:

- **Mammogram:** This is a type of x-ray used to test for breast cancer.
- **Pap test and HPV testing:** This is a test for women to check for cervical cancer risk.
- **Colonoscopy:** This procedure is used to check the colon for polyps or cancer.
- **General health examination:** Your doctor or dentist may do a general screening of the nose, mouth, and throat to check for head and neck cancers.
- **CT scan:** A CT scan creates a 3D picture of the inside of the body and can be used to check for lung or brain cancers.
- **PSA test:** This blood test can prove as early detection of prostate cancer in men.
- **Skin examination:** Your doctor will check your skin for signs of cancer, such as dark moles and other abnormalities.

For more information on how you can prevent cancer, visit www.cancer.org and click on the "Stay Healthy" tab. ♾

Sources: University of Michigan Health. mcancer.org/cancer-prevention. Accessed 9 February 2016.
Cancer.net. cancer.net/navigating-cancer-care/prevention-and-healthy-living/cancer-screening. Accessed 9 February 2016.
Center For Disease Control. cdc.gov/tobacco/data_statistics/fact_sheets/adult_data/cig_smoking. Accessed 9 February 2016.

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PRIMARY CARE, BETTER CARE

by John Thomas

It's a common question: "Do I need a primary care physician?"

It's an easy answer: Yes. Here's why:

- Someone knows your overall health.
- You have a better chance of seeing a doctor quickly.
- You're more likely to get an annual checkup and preventive care (free under most health plans).
- You have access to specialist referrals.

Research also shows that people with access to primary care physicians have lower death rates for cancer, heart disease and stroke, and are less likely to be hospitalized.

So, now what?

- **Find the right kind of doctor.** "Primary care physicians" can refer to different kinds of physicians: "family practice" and "general practice" physicians usually treat people of any age; "internal medicine" doctors usually treat adults; OB/GYN physicians focus on women's health; pediatricians treat kids; and geriatricians treat older adults.
- **Get referrals.** Ask friends to refer you to primary care doctors.
- **Check the network.** Your health insurance provider should have a "Find a Physician" or similar button on its website. Choose an

FINANCIAL CORNER WITH PETE THE PLANNER

How connected are you to your financial life? You might stress about your finances or have a big financial dream, but are you truly connected to what's happening in your financial life?

Money is a way we get some of the things we want and need in life. From the basics like food and shelter, to entertainment and gifts, we use our money to create the life we want. We rarely think of our role beyond earning the money we then spend. Our role is much bigger.

Our daily decisions make the real impact on our ability to achieve our financial goals. A monthly budget meeting is a great place to start. Set goals to keep yourself on track in-between meetings.

Remember, your daily actions help or hurt your chances of achieving your financial goals. Use your big goal as motivation to make healthy financial decisions. ✕

in-network provider or be prepared to pay more.

- **Be choosy.** If you don't have "good chemistry" with your doctor, switch to a new one.
- **Be prepared.** Before you see your doctor, write down everything you want to discuss with him or her, so you don't forget. Also, remember to bring prescription bottles for all medications you currently take. ✕



COLORECTAL CANCER AWARENESS MARCH

March is National Colorectal Cancer Awareness Month. This type of cancer, affecting both men and women, is the second leading cause of cancer-related deaths in the United States. To learn more about this disease, treatment and support, prevention, and research, visit the "Learn About Cancer" section at www.cancer.org.

Source: American Cancer Society. cancer.org/cancer/colonandrectumcancer/index?gclid=CNeqjs7LxcoCFYOBaQodHvMMxQ. Accessed 25 January 2016.

HARVEST OF THE MONTH: BROCCOLI

by Mechelle Meadows

Broccoli, while not the most glamorous vegetable (and one that may cause kids turn up their noses), is one of the superfoods of the vegetable world. Being a dark green, cruciferous vegetable means this food is chock full of vitamins and nutrients. You get more nutritional bang for your buck as opposed to lighter, less dense vegetables such as iceberg lettuce.

The health benefits from broccoli are many, but its anti-inflammatory and detoxification properties are some of the most well known. Several links have been made between the nutrients in broccoli and the ability to reduce risk for certain cancers and cardiovascular disease.

How to Select. Depending on the variety, broccoli can be dark green or green-purple in color. Look for florets that are compact and not bruised or wilting.

How to Store. Broccoli should be kept cool and dry. Keep it in a plastic bag without open access to air, and do not wash until you are ready to prepare. After broccoli has been cooked, it can



remain in the refrigerator for a few more days.

How to Prepare. Run broccoli under cold running water. Chop into small sections using both the stalks and floret clusters, as there are health benefits to both. As with any vegetable, the healthiest route of cooking is steaming, lightly grilling, or sautéing without excessive use of fats like butter or oil. Do not overcook, otherwise the broccoli florets start to fall apart. ♪

Source: WH Foods. whfoods.com/genpage.php?tname=foodspice&dbid=9. Accessed 17 February 2016.

RECIPE OF THE MONTH: *Five Ingredient Broccoli Salad*

Ingredients:

¼ cup nonfat Greek yogurt

2 Tbsp balsamic vinaigrette

5 cups chopped broccoli (florets and stems)

2 Tbsp roasted and salted sunflower seeds

¼ cup raisins

Directions

1. In a small bowl whisk yogurt and vinaigrette until smooth.
2. Add a Tbsp of water to thin it out slightly.
3. Season with ¼ teaspoon kosher salt and black pepper; set aside.
4. In a medium bowl, combine broccoli, sunflower seeds, and raisins.
5. Top with dressing and toss well.
6. Place in the refrigerator for at least 30 minutes before serving to allow the flavors to marry.

Nutritional Info

PER 1 CUP SERVING (recipe makes about 6 servings): calories: 86; total fat: 3 grams; saturated fat: 0 grams; total carbohydrate: 12 grams; protein: 3 grams; sodium: 225 milligrams; cholesterol: 0 milligrams; fiber: 2 grams

Source: Food Network. blog.foodnetwork.com/healthyeats/2010/06/09/easy-broccoli-salad-recipe/. Accessed 17 February 2016.