

# Cancer Prevention

Knowledge is Power

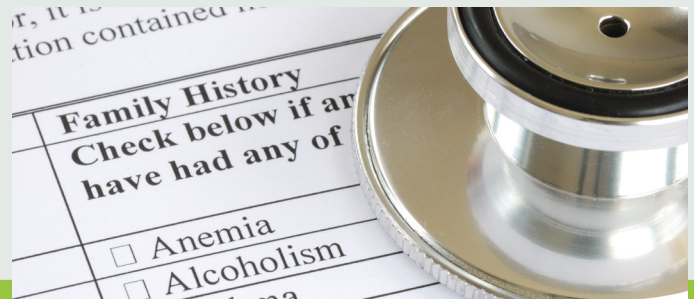
## Know Your Enemy

In the battle against cancer, knowledge is power. Review this month's newsletters for more information about cancer, then do your own research to determine healthy changes you can make specific to your lifestyle.

section **01**

### Your October Activity: Knowledge is Power

Cancer is a personal disease. Review your personal and family history, and do some research to learn how you can limit your risk.



## Most Common Types of Cancer

**Non-melanoma skin cancer.** Skin cancer can form on any part of the body, but usually develops on skin that has been exposed to the sun. Age and immune system-issues also increase your risk.

**Melanoma.** Another type of skin cancer, melanoma forms in skin that contains a lot of pigment and frequently begins in moles. It's important to get irregular, new or changing moles checked immediately.

**Lung cancer.** This cancer is by far the leading form of cancer-related deaths for men and women. Don't smoke and avoid second-hand smoke to reduce your risk! If you do smoke, consider a tobacco-cessation program.

**Breast cancer.** The most common cause of cancer in women, breast cancer often appears without any symptoms. That's why you can't rely solely on self-exams — regular checkups are a must.

**Kidney cancer.** Found mostly in people over the age of 40, kidney cancer forms inside the tissues or ducts of the kidneys.

**Prostate cancer.** The most common form of cancer for men (and in particular, men over the age of 50). Prostate cancer develops in the tissues inside the prostate gland, which is found at the base of the bladder.

**Colorectal cancer and bladder cancer.** The older you are, the more important it is to get checked regularly. If you feel any unusual discomfort in these areas, see a doctor!

**Non-Hodgkin lymphoma.** This term applies to a variety of related cancers that involve white blood cells. Anyone can get non-Hodgkin lymphoma; symptoms include swollen lymph nodes, fevers, and weight loss.

**Leukemia.** Leukemia is found in men, women and children, and results in the death of more children under the age of 20 than any other cancer. Leukemia can be slow-growing and begin without symptoms or acute, which causes symptoms to progress rapidly.

## Tips for Reducing Your Risk of Cancer

There's no way to completely eliminate the risk of cancer. Unfortunately, people who do everything right can still be unlucky. But we do know that your actions do matter. Living an active, healthy lifestyle and eating a natural, nutritious diet are two key ways you can protect your health. Other, more specific ways to limit your risk of developing cancer are:

### Tip #1

#### Get Regular Checkups

Get regular checkups in accordance with your age and gender, as well as your personal and family history. Early detection is vital to effective treatment!

### Tip #2

#### Don't Smoke and Don't Drink in Excess

It sounds obvious, but people keep doing it. Smoking at all and drinking in excess result in a wide variety of health issues and they increase your risk of cancer. If you want to quit smoking but can't quite make it happen, know that you aren't alone. Seek help from a support group or a tobacco-cessation program!

### Tip #3

#### Limit UV Exposure

Follow the recommended guidelines to reduce the harmful effects of UV radiation. Wear sunscreen or avoid extended time in the sun during peak hours (10:00 a.m. – 4:00 p.m.), especially during summer months. Remember, UV rays can still harm you when it is reflected off of water or on a cloudy day. Make sure you always take proper precaution!

### Tip #4

#### Live an Active Lifestyle

We mentioned it before, but it's worth repeating—an active, healthy lifestyle will decrease your risk of cancer. Try to get your recommended 150 active minutes each week.

# Common and Unexpected Carcinogens

## Common Carcinogens

### **Tobacco Smoke**

A deadly habit with zero health benefits, smoking remains a top cause of cancer and a top annual killer — according to the CDC, smoking-related health issues kill approximately six million people each year.

### **Second-Hand Smoke**

Yes, it's real. And it can increase the inadvertent inhaler's risk of lung cancer by almost a quarter. It also increases a non-smoker's risk of larynx and pharynx cancer.

### **UV Radiation**

Sunlight, tanning lamps and tanning beds are your main sources of UV radiation, which age your skin cells, cause sunburns and greatly increase your risk of skin cancer.

## Unexpected Carcinogens

### **Charred Meat**

High temperature grilling or pan-frying meat releases carcinogenic compounds similar to those found in cigarette smoke and car exhaust. Cook your meat until it is done — not well-done — to minimize this risk.

### **Wood Dust and Soot**

Breathing in these materials increases risk of nasal and lung cancer. Always wear a protective mask when woodworking!

### **Alcohol**

Add it to the list of excess alcohol consumption. If you drink, try to stick to the current recommended guidelines for moderate drinking (a maximum of one drink per day for women and two drinks per day for men).





## October Recipe

### Blackberry Chicken Salad

*Feel free to try salmon, grilled steak or another protein in place of the chicken.*

**Total Time (Cook and Prep):** 30 minutes

**Servings:** 4

#### INGREDIENTS

2 chicken breasts	1/4 cup black olives
Juice from 1/2 lemon	1/4 cup green olives
1 teaspoon thyme	1 cup blackberries, fresh
1/4 cup extra-virgin olive oil	1 tablespoon fruit vinegar
2 heads lettuce	1/4 teaspoon salt (or to taste)
1/2 cup artichoke hearts (canned)	

#### INSTRUCTIONS

1. Brush the chicken with half of the olive oil, then add the lemon juice, thyme and salt; marinate for at least 30 minutes.
2. Set the oven to 400°F/204°C and bake the chicken uncovered for 25-30 minutes.
3. Remove from the oven, cool and cut into pieces.
4. Drain the artichoke hearts and slice into pieces.
5. Wash and drain the blackberries.
6. Run water over the lettuce and dry; fold into a serving bowl.
7. Add artichoke hearts, chicken, black olives, green olives, and blackberries to the lettuce bowl.
8. Drizzle with any remaining extra virgin olive oil and the fruit vinegar.



#### NUTRITION INFO:

*587 calories  
40 g fat  
15 g carbohydrates  
8 g fiber  
45 g protein*

