

# Health Insights

September 2020

## Using Foods for Cancer Prevention

A healthy lifestyle supports disease prevention, and adding the following body-strengthening foods into your diet can really go the extra mile in decreasing your cancer risk.

**Beans** contain phytochemicals, which have been shown to prevent or slow genetic cell damage. Their high fiber content has been connected with a lower risk of digestive cancers.

**Berries** contain ellagic acid (most common in strawberries and raspberries) and anthocyanosides (most common in blueberries). Ellagic acid helps prevent skin, bladder, lung, and breast cancer by acting as an antioxidant and by slowing the reproduction of cancer cells.

**Cruciferous vegetables** such as broccoli, cauliflower, cabbage, and kale are rich in a variety of compounds linked to slowing cancer growth and development, especially lung, stomach, colorectal, prostate, and bladder cancer.

**Dark, leafy green vegetables** including romaine lettuce, mustard greens, chicory, and Swiss chard, contain carotenoids, a form of antioxidant that removes cancer-promoting free radicals from the body. These veggies are also rich in folate, which has been shown to reduce the risk of lung and breast cancer.

**Flaxseed** eaten in the form of oil and meal—is believed to reduce the risk of breast, skin, and lung cancer because of the presence of phytoestrogens.

**Garlic, onions, scallions, leeks, and chives** contain compounds that are believed to slow tumor growth, especially in skin, colon, and lung cancer.

**Red grapes** contain resveratrol, which is thought to prevent cell damage.

**Green tea** is rich in flavonoids, which slow or prevent the development of colon, liver, breast, and prostate cancer cells.

**Soy** contains isoflavones that protect against bladder, cervix, lung, and stomach cancer. Soy is also comprised of compounds that are similar to the body's natural hormones, which may guard against breast and prostate cancer development.

**Tomatoes** are rich in Lycopene, which has been shown to fight prostate cancer, especially when consumed as tomato sauce, paste, or juice. Lycopene may also protect against breast, lung, stomach, and pancreatic cancer.

**Whole grains** contain fiber, antioxidants, and phytoestrogen compounds, beneficial in decreasing the risk of developing most types of cancer.



# Mental Health Moment

## Cancer Prevention Across the Lifespan

**Early Life** Encouraging behaviors that may lower cancer risk:

- Getting enough folic acid during pregnancy.
- Breastfeeding.
- Getting enough physical activity during childhood.
- Avoiding alcohol and tobacco use during pregnancy.
- Keeping children away from secondhand smoke.
- Reducing exposure to traffic-related air pollution.
- Avoiding exposure to chemicals that can cause cancer.
- Limiting the amount of radiation used during certain medical tests, like CT (computed tomography) scans.
- Learning your family's history of exposure to diethylstilbestrol (DES).

**Adolescence** Promoting protective behaviors:

- Completing the human papillomavirus (HPV) vaccine series.
- Eating a diet rich in fruits and vegetables.
- Getting enough physical activity.
- Avoiding intentional tanning.
- Quitting smoking and other tobacco use.
- Preventing underage drinking.
- Avoiding exposure to certain chemicals.
- Limiting radiation dose during medical imaging procedures.

**Adulthood** Promoting behaviors that are generally healthy may lower individual cancer risk:

- Getting enough physical activity.
- Getting enough sleep.
- Maintaining a healthy weight and/or managing obesity.
- Managing chronic diseases such as diabetes.
- Testing for hepatitis C virus (HCV) infection.
- Quitting smoking and limiting alcohol use.
- Screening for certain types of cancer.
- Avoiding excessive UV exposure.
- Avoiding exposure to certain chemicals.
- Limiting radiation dose during medical imaging procedures.

## Hope Is a Key Factor in Recovering From Anxiety Disorders

University of Houston associate professor of clinical psychology, Matthew Gallagher, has added his voice to a debate that spans the ages: the importance of hope. Gallagher reports in Behavior Therapy that hope is a trait that predicts resilience and recovery from anxiety disorders, that psychotherapy can result in clear increases in hope, and that changes in hope are associated with changes in anxiety symptoms.

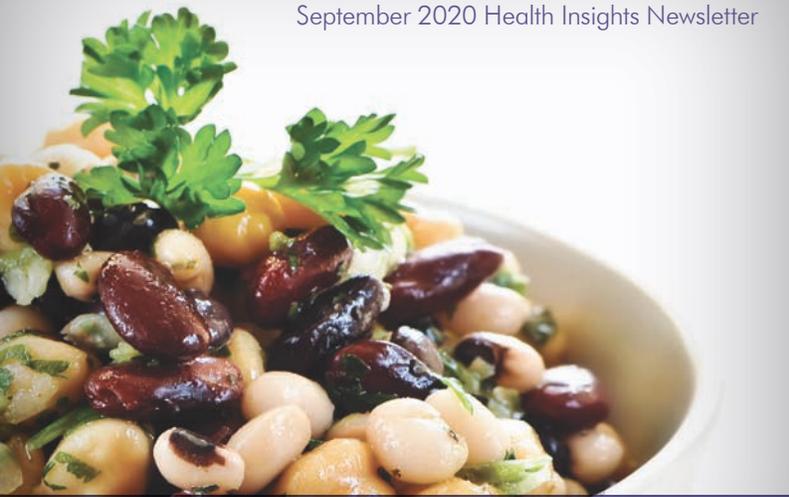
His study examined the role of hope in predicting recovery in a clinical trial of 223 adults in cognitive behavior therapy (CBT) for one of four common anxiety disorders: social anxiety disorder, panic disorder, generalized anxiety disorder, and obsessive-compulsive disorder.

"In reviewing recovery during CBT among the diverse clinical presentations, hope was a common element and a strong predictor of recovery," said Gallagher who reports that moderate-to-large increases in hope and changes in hope were consistent across the five separate CBT treatment protocols.

In terms of psychotherapy, hope represents the capacity of patients to identify strategies or pathways to achieve goals and the motivation to effectively pursue those pathways. Significantly, the results of this study indicate that hope gradually increases during the course of CBT, and increases in hope were greater for those in active treatment than for those in the waitlist comparison.

"Our results can lead to a better understanding of how people are recovering and it's something therapists can monitor. If a therapist is working with a client who isn't making progress, or is stuck in some way, hope might be an important mechanism to guide the patient forward toward recovery," said Gallagher.

University of Houston. "Hope is a key factor in recovering from anxiety disorders: Hope increases in therapy." ScienceDaily. [www.sciencedaily.com/releases/2019/10/191015115354.htm](http://www.sciencedaily.com/releases/2019/10/191015115354.htm) (accessed August 26, 2020).



## Mediterranean Bean Salad

### Ingredient List:

- 1 – 15.5 oz. can garbanzo beans, drained and rinsed
- 1 – 15 oz. can black beans, drained and rinsed
- 1 C chopped grape tomatoes
- 1 large garlic clove, finely minced
- ½ C chopped red onion
- ¼ C chopped fresh parsley
- ¼ C chopped fresh mint
- 1 ½ Tbsp olive oil
- Juice from 1 medium lemon
- ½ tsp kosher salt
- Freshly ground black pepper

In a large bowl, combine the beans, tomatoes, garlic, onion, parsley, and mint.

For the dressing, in a small bowl, whisk the olive oil and lemon juice until smooth and emulsified.

Pour the dressing over the beans and veggies, add ½ teaspoon salt and black pepper to taste, and carefully toss with a large metal spoon. Allow to sit at room temperature for 30 minutes so flavors combine.

Servings: ¾ cup, Calories: 175kcal, Carbohydrates: 26g, Protein: 8g, Fat: 4.5g, Saturated Fat: 0.5g, Sodium: 327mg, Fiber: 9g, Sugar: 1g

Homolka, Gina. "Mediterranean Bean Salad." *Skinnytaste*, December 21, 2019. <https://www.skinnytaste.com/mediterranean-bean-salad/>.



## Cancer Awareness Quiz

1. At what age should men and women begin screening for colorectal cancer?
  - a. 65
  - b. 40
  - c. 50
  - d. 60
2. What food is rich in Lycopene and may protect against breast, lung, stomach, and pancreatic cancer?
  - a. Berries
  - b. Tomatoes
  - c. Dark, leafy green vegetables
  - d. Whole grains
3. True or False: If you stop smoking before cancer develops, damaged lung tissue starts to repair itself, and no matter your age or how long you've smoked, quitting may lower your risk of lung cancer and help you live longer?
  - a. True
  - b. False
4. Which of the following characteristics place people at a higher risk of developing skin cancer?
  - a. Having a large number of moles on the skin
  - b. Being a redhead or blonde, having blue eyes, fair skin and freckles
  - c. A family history of skin cancer
  - d. All of the above
5. How often should women over the age of 21 receive a PAP test for Cervical Cancer?
  - a. Every 3 Years
  - b. Every Year
  - c. Every 6 Months
  - d. Every 5 Years

*See page 5 for quiz answers*

# Healthy Habits Calendar

## September 2020 - Cancer Awareness

One of the best ways to spread awareness about cancer is to implement healthy habits that help prevent it. It is important to get regular screenings, exercise often, and eat plenty of fruits and vegetables. These healthy habits may help in preventing a myriad of chronic diseases, as well as cancer.

### Important Health Awareness Holidays:

- National Prostate Cancer Awareness Month
- Childhood Cancer Awareness Month
- Ovarian Cancer Awareness Month
- Gynecologic Cancer Awareness Month
- Blood Cancer Awareness Month (The Leukemia & Lymphoma Society)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 <b>Welcome to September</b> Don't forget our Go Green challenge.	2 <b>Workout Wednesday</b>	3	4 Remember to smile today!	5 <b>Sun Safety</b> Enjoy your holiday and wear sunscreen!
6	7 <b>Labor Day</b>	8	9 <b>Workout Wednesday</b>	10 <b>Thirsty Thursday</b> Make sure you are staying hydrated.	11 <b>Feel Good Friday</b> Offer support to somebody facing a challenge.	12
13 <b>Screening Sunday</b> Are you up to date on all screenings?	14	15 <b>Thoughtful Tuesday</b> Make a gratitude list.	16 <b>Workout Wednesday</b>	17	18 <b>Go Green Challenge</b> Have you been tracking your progress?	19
20	21 <b>Motivation Monday</b> What's your why?	22	23 <b>Workout Wednesday</b>	24 <b>Tasty Thursday</b> Cook with cancer-preventing foods.	25	26 <b>Take a Hike</b> Go explore the great outdoors.
27 <b>Rest &amp; Relax</b> You deserve it. Take a day to recharge before the next week.	28 <b>Monday Meal Prep</b> Plan healthy meals for your week.	29	30 <b>Last Day</b> Continue healthy, cancer-preventing activities!			



# Challenge: Go Green

## 30 Day Challenge:

Take control of your health this month! For this challenge, eat 2-3 cups of vegetables a day for 5 days each week. If you are feeling overwhelmed by the amount, here are some ideas of how to incorporate more vegetables into your meals.

- Put vegetables into your main dish (e.g., on your pizza, in a sandwich, etc.)
- Add green vegetables into your smoothies
- Puree vegetables into your pasta sauce
- Pack vegetables to snack on during the day
- Replace your pasta with vegetable noodles made of squash, zucchinis, sweet potatoes, or carrots
- Use lettuce in wraps or in place of a bun
- Load up your soup with a variety of vegetables
- Add vegetables to your breakfasts (e.g., veggie omelet)
- Use cauliflower substitutes for rice or crust
- Throw some veggie kebobs on the grill alongside your chicken or steak

### Week 1

How many cups did you eat?

Day 1	
Day 2	
Day 3	
Day 4	
Day 5	

### Week 2

How many cups did you eat?

Day 1	
Day 2	
Day 3	
Day 4	
Day 5	

### Week 3

How many cups did you eat?

Day 1	
Day 2	
Day 3	
Day 4	
Day 5	

### Week 4

How many cups did you eat?

Day 1	
Day 2	
Day 3	
Day 4	
Day 5	

Answers to Quiz:

Q1: c. 50 | Q2: b. Tomato's | Q3: a. True | Q4: d. All of the above | Q5: a. Every 3 years