



In Good Health Newsletter



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APRIL

Cancer Awareness Month

Cancer is a life altering situation. Currently, there is not a proven cure, nor a vaccine to prevent cancer in every form. However, a healthy lifestyle can go a long way to limiting, delaying, and slowing the progression of disease. Be mindful of the food you eat, the lifestyle you lead, and remember to get recommended screenings.



What is Cancer?

Cancer refers to any one of a large number of diseases characterized by the development of abnormal cells that divide uncontrollably and have the ability to infiltrate and destroy normal body tissue. Cancer often has the ability to spread throughout your body. Cancer is the second-leading cause of death in the United States. But survival rates are improving for many types of cancer, thanks to improvements in cancer screening and cancer treatment.



Cancer Symptoms to Know

Changes in your skin. A new spot on your skin or one that changes size, shape, or color could be a sign of skin cancer. Another is a spot that doesn't look the same as all the others on your body. If you have any unusual marks, have your doctor check your skin. She will do an exam and may remove a small piece (called a biopsy) to take a closer look for cancer cells.

Breast Changes. Most breast changes are not cancer. It's still important, though, to tell your doctor about them and have her check them out. Let her know about any lumps, nipple changes or discharge, redness or thickening, or pain in your breasts. She'll do an exam and may suggest a mammogram, MRI, or maybe a biopsy.

Nagging Cough. If you don't smoke, there's very little chance a nagging cough is a sign of cancer. Usually, it's caused by postnasal drip, asthma, acid reflux, or an infection. But if yours doesn't go away or you cough up blood -- especially if you are a smoker -- see your doctor. She may test mucus from your lungs or do a chest X-ray to check for lung cancer.

Bloating. You may have a full, bloated feeling because of your diet or even stress. But if it doesn't get better or you also have fatigue, weight loss, or back pain, have it checked out. Constant bloating in women may be a sign of ovarian cancer. Your doctor can do a pelvic exam to look for the cause.

Did You Know?
Rates of death due to cancer are falling nationwide, according to the American Cancer Society's 2016 figures.

Cancer Symptoms to Know !

Problems When You Pee. Many men have urinary issues as they get older, like the need to go more often, leaks, or a weak stream. Usually, these are signs of an enlarged prostate, but they could also mean prostate cancer. See your doctor for an exam and maybe a special blood test called a PSA test.

Swollen Lymph Nodes. You have these small, bean-shaped glands in your neck, armpits, and other places in your body. When they're swollen, it often means you're fighting an infection like a cold or strep throat. Some cancers like lymphoma and leukemia can also cause this kind of swelling. Talk to your doctor to pinpoint the cause.

Blood When You Use the Bathroom. If you see blood in the toilet after you go, it's a good idea to talk to your doctor. Bloody stool is likely to come from swollen, inflamed veins called hemorrhoids, but there's a chance it could be colon cancer. Blood in your pee could be a problem like a urinary tract infection, but it may be kidney or bladder cancer.

Testicles Changes. If you notice a lump or swelling in your testicles, you need to see your doctor right away. A painless lump is the most common sign of testicular cancer. Sometimes though, a man may just have a heavy feeling in his lower belly or scrotum or think his testicles feel larger. Your doctor will do a physical exam of the area and may use an ultrasound scan to see if there is a tumor or another problem.

Mouth Issues. From bad breath to canker sores, most changes in your mouth aren't serious. But if you have white or red patches or sores in your mouth that don't heal after a couple of weeks -- especially if you smoke -- see your doctor. It may be a sign of oral cancer. Other things to look for: a lump in your cheek, trouble moving your jaw, or mouth pain.

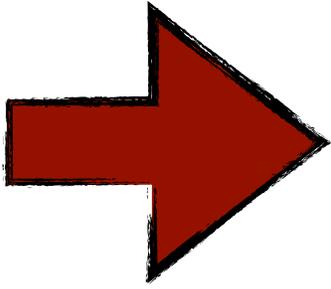
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Trouble Swallowing. The common cold, acid reflux, or even some medicine can make it hard to swallow once in a while. If it doesn't get better with time or with antacids, see your doctor. Trouble swallowing can also be a sign of cancer in your throat or the pipe between your mouth and stomach, called the esophagus. Your doctor will do an exam and some tests like a barium X-ray, in which you swallow a chalky fluid to show your throat more clearly on the image.

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Unusual Vaginal Bleeding. Bleeding that's not part of your usual period can have many causes, like fibroids or even some types of birth control. But tell your doctor if you're bleeding between periods, after sex, or have bloody discharge. She'll want to rule out cancer of the uterus, cervix, or vagina. Be sure to let her know if you are bleeding after menopause. That's not normal and should be checked out right away.

Weight Loss. Of course you can slim down when you change the way you eat or exercise. It can also happen if you have other issues, like stress or a thyroid problem. But it's not normal to lose 10 pounds or more without trying. There's a chance it could be a first sign of cancer of the pancreas, stomach, esophagus, or lung.



Cancer Symptoms to Know!

Fever. A fever isn't usually a bad thing. Sometimes it's just a sign that your body is fighting an infection. It can also be a side effect of some medicines. But one that won't go away and doesn't have an obvious cause could be a sign of a blood cancer like leukemia or lymphoma.

Heartburn or Indigestion. Almost everyone has this burning feeling sometimes, often because of their diet or stress. If lifestyle changes don't work and your indigestion doesn't stop, your doctor may want to do some tests to look for a cause. It could be a sign of stomach cancer.

Fatigue. A lot of things can make you very tired, and most of them aren't serious. But fatigue is one early sign of some cancers, like leukemia. Some colon and stomach cancers can cause blood loss that you can't see, which can make you feel very tired. If you're wiped out all the time and rest doesn't help, talk to your doctor.

Cancer Prevention Recommendations



Body Fatness. Keep weight low within healthy range.

Physical Activity. Be physically active for at least 30 minutes everyday, and sit less

Foods and drinks that promote weight gain. Avoid high calorie foods and sugary drinks. [Find out more here](#)

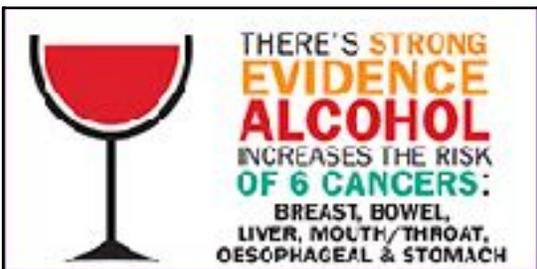
[Find out more here](#)

[Find out more here](#)



Animal foods. Limit red meat and avoid processed food. [Find out more here](#)

Plant foods. Eat more veggies, grains, fruits, and beans. [Find out more here](#)



Alcoholic Drinks. For cancer prevention don't drink alcohol. [Find out more here](#)



Cancer Prevention Recommendations



Preservation, processing, and preparation. Eat less salt and avoid mouldy grains, and cereals
[Find out more here](#)



Dietary supplements. For cancer prevention don't rely on supplements. [Find out more here](#)

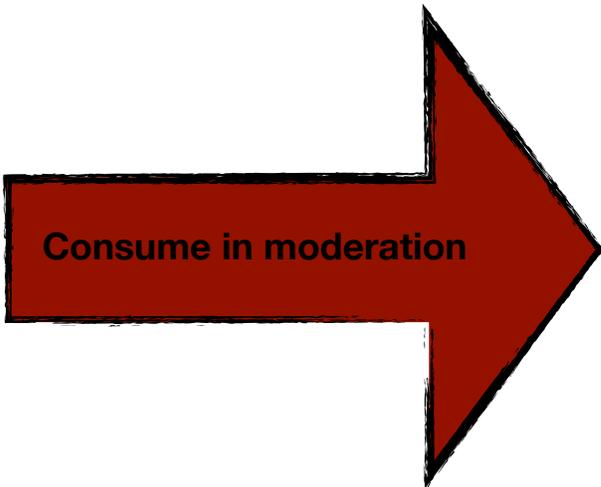


Breastfeeding. If you can breast feed your baby for six months . [Find out more here](#)

Cancer Survivors. After cancer treatment, the best advice is to follow the cancer prevention recommendations. [Find out more here](#)



- Squash
- Beets
- Argula
- Artichoke
- Apples
- Plums
- Potatoes
- Radish
- Kale
- Swiss Chard
- Tomatoes



- Alcohol
- Preserved
- Processed & refined
- High Protein foods such as meat & protein powder
- Soy
- Margarine

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Cancer Screening Guidelines by Age

30 - 39

Men

Colon Cancer Testing. Find out if you are at higher than average risk for colon cancer because of family history, genetic disorders, or other factors. If not, then you don't need testing at this time. If you are at increased risk, talk to a health care provider about when you need to start testing and what tests are right for you.

Women

Breast Cancer Testing

Report any changes in the way your breasts look or feel to a health care provider right away. Find out if you are at higher than average risk for breast cancer. If not, then testing is not needed at this time. If you are, talk to a health care provider about when you need to start getting mammograms or other screening tests.

Cervical Cancer Testing

Starting at age 30, women at average risk should get a Pap test and HPV test every 5 years (the preferred approach) or they can continue to get only a Pap test every 3 years. Follow testing recommendations even if you've been vaccinated against HPV. You don't need testing after a hysterectomy that removed the uterus and cervix as long as it was done for reasons not related to cervical cancer.

Colon Cancer Testing

Find out if you are at higher than average risk for colon cancer because of family history, genetic disorders, or other factors. If not, then you don't need testing at this time. If you are at increased risk, talk to a health care provider about when you need to start testing and what tests are right for you.

40- 49

Men

Colon Cancer Testing.

Prostate Cancer Testing

Starting at age 45, men at higher than average risk of prostate cancer should talk with a doctor about the uncertainties, risks, and potential benefits of testing so they can decide if they want to be tested. This includes African-American men and men with close family members (father, brother, son) who had prostate cancer before age 65.

Men with more than one close relative who had prostate cancer before age 65 are at even higher risk and should talk with a doctor about testing starting at age 40.

Women

Breast Cancer Testing

Report any changes in the way your breasts look or feel to a health care provider right away. Women ages 40 to 44 should have the choice to start annual breast cancer screening with mammograms if they wish to do so. The pros and cons of screening should be considered when making this decision. Starting at age 45, women should get mammograms every year.

Cervical Cancer Testing.

Get a Pap test and an HPV test done every 5 years (preferred approach) or get just a Pap test every 3 years. Follow testing recommendations even if you've been vaccinated against HPV. You don't need testing after a hysterectomy that removed the uterus and cervix as long as it was done for reasons not related to cervical cancer. Women with a history of a serious cervical pre-cancer should continue testing for 20 years after that diagnosis.

Cancer Screening Guidelines by Age

50-64

Men

Colon Cancer Testing. All men at average risk should start testing at age 50. There are several testing options. Talk with a health care provider about which tests are best for you and how often testing should be done.

Prostate Cancer Testing

Starting at age 50, all men at average risk should talk with a health care provider about the uncertainties, risks, and potential benefits of testing so they can decide if they want to be tested.

Lung Cancer Testing

If you are age 55 or older, talk to a health care provider about your smoking history and whether you should get yearly low-dose CT scans to screen for early lung cancer. Screening may benefit if you are an active or former smoker (quit within the past 15 years), have no signs of lung cancer, and have a 30 pack-year smoking history. (A pack-year is 1 pack of cigarettes per day per year. One pack per day for 30 years or 2 packs per day for 15 years would both be 30 pack-years.) You should discuss the benefits, limitations, risks, and potential costs of screening with a health care provider before testing is done. You also should find out how much the test will cost – not all health insurances cover it.

50-64

Women

Breast Cancer Testing

Report any changes in the way your breasts look or feel to a health care provider right away. Women ages 50 to 54 should get mammograms every year. Be sure you understand the pros and cons of breast cancer screening.

Starting at age 55, you should switch to getting mammograms every 2 years, or you can continue to get one every year.

It's important to know if you are at higher than average risk for breast cancer. If you are, talk to a health care provider about whether you need to get other tests done along with your mammograms.

Cervical Cancer Testing

Get a Pap test and HPV test every 5 years (preferred approach) or Pap test alone every 3 years.

No testing is needed after a hysterectomy that removed the uterus and cervix as long as it was done for reasons not related to cervical cancer. Women with a history of a serious cervical pre-cancer should continue testing for 20 years after that diagnosis.

Colon Cancer Testing

All women at average risk should start testing at age 50. There are several testing options. Talk with a health care provider about which tests are best for you and how often testing should be done.

Lung Cancer Testing
If you are age 55 or older, talk to a health care provider about your smoking history and whether you should get yearly [low-dose CT scans](#) to screen for [early lung cancer](#). Screening may benefit if you are an active or former smoker (quit within the past 15 years), have no [signs of lung cancer](#), and have a 30 pack-year smoking history. (A pack-year is 1 pack of cigarettes per day per year. One pack per day for 30 years or 2 packs per day for 15 years would both be 30 pack-years.) You should discuss the benefits, limitations, risks, and potential costs of screening with a health care provider before testing is done. You also should find out how much the test will cost – not all health insurances cover it.

Cancer Screening Guidelines by Age

65 or older

Men

Colon Cancer Testing

Testing is recommended, and there are many testing options. Talk with a health care provider about which tests are best for you and how often testing should be done. Medicare covers testing.

Prostate Cancer Testing

Overall health status, and not age alone, is important when making decisions about prostate cancer testing. Men who can expect to live at least 10 more years should talk with a health care provider about the uncertainties, risks, and potential benefits of testing so they can decide if they want to be tested. Medicare covers testing.

Lung Cancer Testing

If you have a smoking history, talk to a health care provider about it and whether you should get an annual low-dose CT scan to screen for early lung cancer. Screening may benefit if you are an active or former smoker (quit within the past 15 years), have no signs of lung cancer, and have a 30 pack-year smoking history. (A pack-year is 1 pack of cigarettes per day per year. One pack per day for 30 years or 2 packs per day for 15 years would both be 30 pack-years.) You should discuss the benefits, limitations, and risks of screening with a health care provider before testing is done. Medicare covers testing.

65 or older

Women

Breast Cancer Testing

Report any changes in the way your breasts look or feel to a health care provider right away. You should get a mammogram every 2 years, or you can choose to get one every year. Be sure you understand the pros and cons of breast cancer screening.

It's important to know if you are at higher than average risk for breast cancer. If you are, talk to a health care provider about whether you need to get other tests done along with your mammograms.

Cervical Cancer Testing

No testing is needed if you've had regular cervical cancer testing with normal results during the previous 10 years.

No testing is needed after a hysterectomy that removed the uterus and cervix as long as it was done for reasons not related to cervical cancer. Women with a history of a serious cervical pre-cancer should continue testing for 20 years after that diagnosis. Testing is covered by Medicare.

Colon Cancer Testing

Testing is recommended, and there are many testing options. Talk with a health care provider about which tests are best for you and how often testing should be done. Medicare covers testing.

Lung Cancer Testing

If you have a smoking history, talk to a health care provider about it and whether you should get an annual low-dose CT scan to screen for early lung cancer. Screening may benefit if you are an active or former smoker (quit within the past 15 years), have no signs of lung cancer, and have a 30 pack-year smoking history. (A pack-year is 1 pack of cigarettes per day per year. One pack per day for 30 years or 2 packs per day for 15 years would both be 30 pack-years.) You should discuss the benefits, limitations, and risks of screening with a health care provider before testing is done. Medicare covers testing.

Roasted Tomato and Fennel Soup



Cooked tomatoes are especially rich in a phytonutrient called lycopene, which has displayed anti-cancer potential in a variety of laboratory studies. Fennel is a low calorie vegetable that has an anise-like flavor, which pairs really well with this tomato soup. Fennel is delicious when roasted or sliced thin and used in salads, too. Try this tomato soup for a low calorie yet fiber-ful way to fit a serving of vegetables into your day.

Preparation

Total Time **90 min**
Prep **15 min**, Cook **75 min**
Yield **9 cups (120 calories each)**

Ingredients

Ingredients

1, 28-ounce can whole peeled tomatoes
1/4 cup olive oil
8 medium cloves garlic, peeled
1 medium onion
1 medium fennel bulb, hard core removed
1 tablespoon olive oil
2 tablespoons tomato paste
4 cups low-sodium chicken or vegetable broth
salt and pepper, to taste

- 1 Preheat oven to 425F.
- 2 Dump the can of tomatoes into a 9 x 13 inch baking dish, crushing the tomatoes carefully with your hands. Add the olive oil and garlic cloves with a few pinches of salt and black pepper. Set aside.
- 3 Cut the onion and fennel bulb into 8 large hunks each. Toss with olive oil and arrange on a baking sheet.
- 4 Bake the tomato mixture and onion/fennel mixture in the oven for 35 to 40 minutes, stirring and tossing midway through baking.

Ingredient Variation and Substitutions

Can't find fennel? You can use 2 to 3 ribs of celery and roast along with the onion. Celery, like fennel, has a crisp and fresh flavor, and is also quite low in calories.

If you like the flavor, add 1 or 2 anchovies to the roasting pan with the tomatoes. Anchovies contain an umami-producing amino acid known as glutamate, which helps deepen the flavor of tomato based and other savory dishes.