



In Good Health Newsletter, APRIL

Volume 4, Issue 4

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April

Cancer Awareness Month

What You Can do to Prevent Cancer

Stop Smoking

Every puff of tobacco is packed with 250 harmful chemicals. Nearly 70 of them cause cancer. And it's more than just lung cancer. Cigarettes are linked to 12 other kinds, including stomach, bladder, kidney, mouth, and throat. The sooner you stop, the better.



Eat More Fruits & Veggies

Fruits and veggies pack an anti-cancer punch because they're high in nutrients and fiber, and low in fat. Try broccoli, Brussels sprouts, cabbage, kale, watercress, or other cruciferous vegetables. They protect against DNA damage that can turn cells cancerous. Or eat colorful berries. Studies show they have cancer-fighting chemicals that ward off damage to cells.

Trim a Few Pounds

Extra weight around your middle could add up to a greater chance of having cancer, especially of the breast, colon, uterus, pancreas, esophagus, and gallbladder. Researchers say one reason may be that fat cells release substances that encourage cancer cells to grow.

Go Easy On Alcohol

Alcohol is linked to cancers of the mouth, breast, liver, esophagus, and others. The more you drink, the higher your risk. If you drink, do it in moderation. Women should stick to one drink a day, men up to two.



Cut Back On Processed Meats

Studies show that processed meats, like hot dogs, bacon, and sausage, have chemicals called nitrites and nitrates that may be linked to cancer. And research suggests too much red meat like steak and burgers could be a long-term risk for colorectal cancer. Choose safer alternatives for your backyard cookout, like chicken breast or fish.

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What You Can do to Prevent Cancer



Get Off The Couch

Exercise fights obesity and lowers levels of hormones like estrogen and insulin, which have been linked to cancer. Aim for 30 minutes of aerobic exercise -- the kind that gets your heart pumping -- on most days of the week.

Practice Safer Sex

Sexually transmitted diseases (STDs) aren't your only worry during unprotected sex. Some of these infections also increase your odds of having cancer. About 70% of cervical cancers start with human papillomavirus (HPV) types 16 and 18. Some types of hepatitis can cause liver cancer. To stay safe, use a latex condom every time you have sex.

Avoid Toxic Chemicals

Chemicals called carcinogens damage DNA in your cells and raise your chance of having cancer if you touch, eat, or breathe them in. Asbestos, radon, and benzene are a few that some people come into contact with at work or home. Chemicals in weedkillers, plastics, and some home products may also be risky. You can't avoid every chemical, but know which ones are in products you use and switch to safer options if you can.

Stay Up To Date With Screenings

Screening tests catch cancer early -- sometimes even before it starts. A colonoscopy often finds polyps in the colon and rectum before they turn into cancer. The Pap test locates pre-cancerous and cancerous cells in a woman's cervix. Mammograms and low-dose computed tomography (LDCT) look for early breast and lung cancers. Ask your doctor when to start getting these tests, and how often you need them.

Be Cautious About Hormone Therapy

It can ease menopause symptoms like hot flashes and fatigue, and protect your bones. But hormone therapy may raise your chances of breast cancer and make cancer harder to detect. Ask your doctor about your risks before you try this treatment.

Put on Sunscreen

UV rays cause skin damage that could lead to cancer. Because you can burn in just 15 minutes, rub on sunscreen before you go outside. Pick a broad-spectrum product with an SPF of 30 or higher. Reapply whenever you sweat or swim. And when you're out in the sun, wear a wide-brimmed hat and wraparound sunglasses.

Get Vaccinated

When it comes to vaccines, think beyond your annual flu shot. Some can protect against cancer, too. Certain HPV vaccines prevent cancers of the cervix, vulva, vagina, and anus. The time to get vaccinated is between ages 9 and 26. The hepatitis B vaccine wards off the virus that causes liver cancer. It's part of the childhood vaccination schedule.

Know Your Family History

Some genes that parents pass down to their kids have flaws. They don't repair damaged DNA the way they should, which lets cells turn into cancer. Learn about your family's medical history and ask your doctor if a genetic test is a good idea for you.

Take Meds If You Need Them

Some drugs lower your odds of getting certain cancers. Tamoxifen (Nolvadex, Soltamox) and raloxifene (Evista) can reduce breast cancer risk but may have serious side effects. Aspirin may protect against colorectal and prostate cancers. Be wary, though, of supplements that promise to keep you cancer-free. Many haven't been proven, and some have side effects.

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American Institute for Cancer Research®



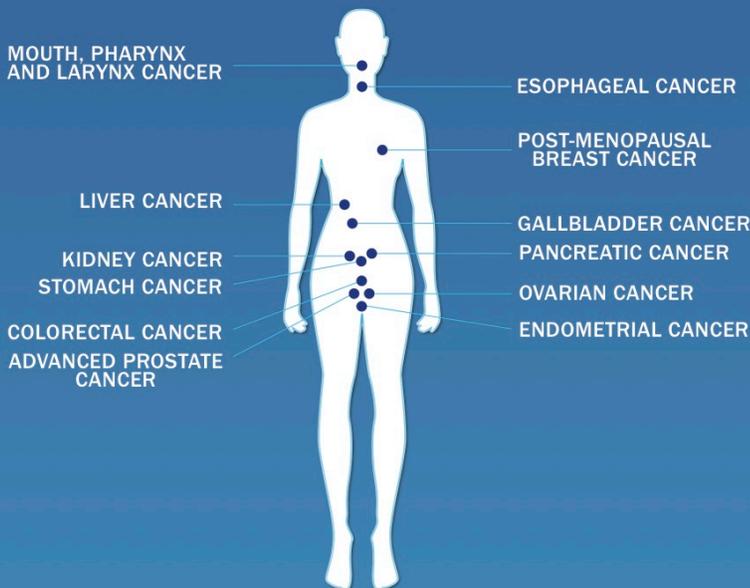
WHAT YOU NEED TO KNOW ABOUT OBESITY AND CANCER



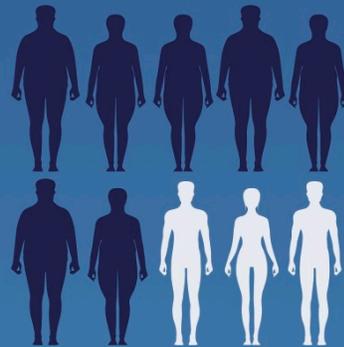
AFTER NOT SMOKING,
BEING AT A HEALTHY WEIGHT
IS THE MOST IMPORTANT THING YOU CAN DO
TO PREVENT CANCER



HAVING OVERWEIGHT AND OBESITY INCREASES RISK FOR 12 CANCERS

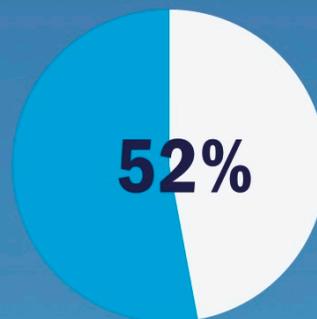


AND YET ...



7 in 10 Americans currently have overweight or obesity.

AND ...



Only about half of all Americans are even aware of the obesity-cancer link.

PROTECT YOURSELF!

MOVE MORE

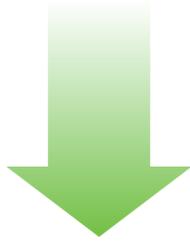


EAT SMART



For tips on getting to, and staying at a healthy weight, visit www.aicr.org

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Walking



Aerobic physical
activity



Foods containing
dietary fiber



"Mediterranean Type"
Dietary pattern



Having been
breastfed



Western diet



Fast foods



Screen time
(adults)



Sugar-sweetened
drinks

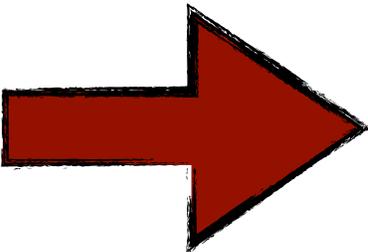


Screen time
(children)



Source: AICR/WCRF CUP Report 2018. Diet, Nutrition and physical activity: Energy balance and body fatness

Physical Activity And Cancer Risk



For cancer prevention, get at least 150 minutes of moderate, or 75 minutes of vigorous, physical activity a week

Physical Activity Helps to Lower Cancer Risk in Several Ways

- Regular activity helps keep hormone levels healthy; some hormones can increase cancer risk if their levels get too high.
- Being active may strengthen the immune system.
- Our digestive system benefits from regular exercise, possibly because it helps speed potentially harmful substance through the intestinal tract.
- Staying physically active can help you avoid weight gain, and that's important because too much body fat increases risk for many types of cancer.

Broccoli Salad

Ingredients

Ingredients:

- 2 cups chopped **broccoli** florets
- ½ cup chopped green **bell pepper**
- ½ cup chopped sweet red **bell pepper**
- ½ cup chopped **carrots**
- ¼ cup chopped red **onion**
- ½ cup chopped **walnuts**
- ¼ cup raw **sunflower seeds**
- ¼ cup raw **pumpkin seeds**
- ½ cup dark raisins
- ½ cup dried **currants**
- ½ cup calorie-wise light mayonnaise
- ¼ cup liquid **honey**
- 3 tablespoons vinegar

Directions:

Clean & chop broccoli, bell peppers, carrots, & onion. In a large bowl, gently toss together chopped vegetables, raisins, currants, nuts & seeds.

DRESSING:

In a small separate bowl, whisk together mayonnaise, honey, and vinegar until creamy smooth. Pour over the salad ingredients in large bowl. With a large rubber spatula, mix the salad gently until all the ingredients are thoroughly coated in dressing.

Cover & refrigerate until ready to serve.

Serves - approx. six 1 cup servings, as a salad course



Take Care



Dear Members of the Atlantic County Municipal Joint Insurance Fund,
I have had the opportunity for the past 4 years to share my expertise of health and wellness with you all and I have enjoyed it tremendously! Unfortunately, I am planning on moving on to continue sharing the wellness message, but with a different organization. It is my hope that everyone will still place a high value on their health and the importance of creating a healthy workplace. It is beneficial for everyone. My last official day will be on April, 17th, our JIF meeting. Should anyone need contact information or need wellness ideas please don't hesitate to reach out to me! Thank you very much for engaging wellness and keep moving! Valerie



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