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# HealthyLiving

## Eat Right and Stay Active to Lower Cancer Risk

Take care of your heart and help lower your cancer risk this February by eating smarter and being more active. The American Cancer Society has updated its guidelines for nutrition and physical activity to help you reduce your risk of cancer. And a recent study found that nonsmokers whose lifestyles were most consistent with Society guidelines had a significantly lower risk of dying from cancer, cardiovascular disease, or all causes combined.

You may already be following our advice. If you are not and want to make changes, try some of the tips here.

### 1. Achieve and maintain a healthy weight throughout life.

- Being overweight or obese is related to increased risk for cancers including breast, colon, endometrium, liver, pancreas, cervix, ovary, and prostate. It is also a factor in an estimated 14% to 20% of cancer deaths in the US.
- Excess weight is thought to increase cancer risk by the way it affects immune function, inflammation, and hormones.
- If you are overweight or obese, losing even a small amount of weight has health benefits and is a good place to start.

### 2. Adopt a physically active lifestyle.

- Physical activity can help you get to and stay at a healthy weight and affect the levels of some hormones that contribute to cancer formation.
- Adults should get at least 150 minutes of moderate-intensity or 75 minutes of vigorous-intensity activity each week, preferably spread throughout the week. Clear any new activity with your doctor, especially if you haven't exercised in a while.
- Kids should get at least 1 hour of moderate- or vigorous-intensity activity each day, with vigorous-intensity activity at least 3 days each week.
- Spend less time sitting in front of the television, computer, or video game console.

### 3. Eat a healthy diet, with an emphasis on fruits and vegetables.

- Eat at least 2 ½ cups of vegetables and fruits each day. Include lots of different kinds and limit creamy sauces, dressings, and dips.
- Eat less processed meat such as bacon, sausage, luncheon meats, and hot dogs. Substitute fish, poultry, or beans for red meat (beef, pork, and lamb). Bake, broil, or poach meats rather than frying or charbroiling.

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**CLICK HERE** to read the entire *American Cancer Society Guidelines on Nutrition and Physical Activity for Cancer Prevention*.

## The Dangers of Secondhand Smoke

Nonsmokers who breathe in secondhand smoke take in nicotine and other toxic chemicals just like smokers do. The more secondhand smoke you are exposed to, the higher the level of these harmful chemicals in your body.

Secondhand smoke can cause harm in many ways. In the US alone, each year it is responsible for:

- An estimated 46,000 deaths from heart disease in nonsmokers
- About 3,400 lung cancer deaths in nonsmokers
- Other breathing problems in nonsmokers, including coughing, mucus, chest

discomfort, and reduced lung function

- Increases in the number and severity of asthma attacks in about 200,000 to 1 million children who have asthma

Secondhand smoke is a mixture of 2 forms of smoke that come from burning tobacco: sidestream smoke (smoke that comes from the end of a lighted cigarette, pipe, or cigar) and mainstream smoke (smoke that is exhaled by a smoker).

These 2 forms of smoke are not the same. The sidestream smoke has higher concentrations of cancer-causing agents (carcinogens) than the mainstream smoke. And it contains smaller particles than

mainstream smoke, which make their way into the body's cells more easily.



[CLICK HERE](#) for the American Cancer Society *Guide to Quitting Smoking*, for tips on how to help you or a loved one quit.

## Cardio 101



Cardio training is the backbone of most effective fitness training programs. This kind of exercise uses your large muscle groups, makes you breathe harder, and increases your heart rate. not only burns calories and helps you lose weight, but it also helps keep your heart and lungs healthy.

Here are a few ways you can add heart-healthy cardio activities into your exercise routine:

- Interval sprints will increase your metabolic rate (the amount of energy you use when you aren't exercising), boost your fitness level, and burn fat for hours after you've finished them. For example, if you normally walk for exercise, try walking for 2 minutes, then jogging for 30 seconds, then walking again.
- Leisure activities like gardening, dancing, and roller skating may be non-traditional in the sense of most workout programs, but they still use your large muscle groups, make you breathe harder, and increase your heart rate.
- Sport training is another great way to burn off calories while doing something you enjoy. Join a basketball team at your local rec center, ask a friend to play a game of tennis, or swim a few laps in the pool.

## Do you need an advance directive?

An advance directive is a legal document that specifies your wishes about your health care in case you can't speak for yourself. While no one likes to think about the possibility of becoming too disabled to make decisions, without an advance directive, you may get medical care you don't want.

An advance directive is the best way to ensure your wishes are carried out, and it can save your loved ones from a lot of guilt and uncertainty if decisions ever need to be made for you.

Some advance directives simply name a person to make your health care decisions if you are unable to. More detailed ones, such as a living will, may outline procedures or care you would accept or refuse in certain situations. Other types give instructions for specific situations such as organ and tissue donation, or whether you wish to be resuscitated.

The best time to write your advance directive is before you need it. You don't have to use an attorney, but because laws vary from state to state, it's important to understand your state's requirements. And be sure to talk with your doctor, your loved ones, and the person you choose as your proxy or agent before you create an advance directive.



[CLICK HERE](#) to learn more about advance directives.

## Help Children Cope When a Family Member is Ill



It is normal for families facing a serious illness to be upset and worried about how their children will react to the news. But there are things parents can do to help their kids cope.

Reassure children that no matter what, they will always be cared for. The most important issue for children of any age is their own sense of security and safety.

When you talk about diagnosis and treatment, prepare children for any changes that need to be made in the family routine. Parents might need to call on others to fill in for them during periods of active treatment. Relatives, friends, neighbors, and even the parents of your children's friends can be a

great help in keeping daily life as normal as it can be. Find something in the situation that your child has a choice about; for example, whom they would like to meet at the school bus, or what they would like to take with them when they go to a neighbor's after school.

Tell them no one is happy that life seems turned upside down right now, but it will not last forever. Tell your children over and over again that you love them and that you are making sure they will be cared for.

For more information on helping children cope, please call us anytime day or night at 1-800-227-2345. The American Cancer Society also publishes books specifically designed to help children cope with cancer

in the family. For example, the Medikidz series of graphic novels explains cancer to children in terms they can understand.



[CLICK HERE](#) to order books from the American Cancer Society bookstore.

## How to Choose a Summer Camp



Now is a good time to start planning your child's healthy, active summer by choosing a summer camp. Many application deadlines roll around in spring. Starting now will give you time to gather vaccination records and any other paperwork you might need.

We asked American Cancer Society camp director Stephanie Weiter what parents

should look for when choosing a summer camp for their child. Weiter has directed Camp Hope near Claflin, Kansas, for 19 years. Camp Hope is for children with cancer, but these tips apply to any kind of summer camp.

- Make sure the camp is safe. One way to do this is to check whether the camp has been accredited by the American Camp Association, which regulates health and safety issues including food safety procedures and counselor screening and training.
- Make sure the program focus of the camp fits your child's interests and needs. There are camps designed for every need and activity, from horseback riding to paintball, as well as camps like Camp Hope for children with serious diseases.

- Talk to the camp director to find out about rules and expectations for campers. Some camps have strict rules about how parents may communicate with their child while at camp. Ask the camp director what staff will do to help your child if he or she becomes homesick. Ask what you can do to prepare your child for camp ahead of time.

Camp Hope, now in its 30<sup>th</sup> year, is one of 45 American Cancer Society camps in the US.



[CLICK HERE](#) To find an American Cancer Society summer camp near you, and choose "camps" in the search box, or call 1-800-227-2345.

## Beet, Orange, and Arugula Salad

2 large beets  
2 tablespoons extra-virgin olive oil  
2 tablespoons orange juice  
2 teaspoons chopped shallot  
½ teaspoon Dijon mustard  
½ teaspoon granulated sugar  
Pinch salt  
6 cups arugula  
1 to 2 oranges, peeled and segmented  
4 tablespoons crumbled goat cheese or feta cheese  
4 teaspoons chopped walnuts, toasted



Preheat the oven to 400°.

Wrap beets well in foil and bake for 45 to 60 minutes, or until a knife can easily pierce them. Set aside to cool. Peel off outside layer and cut into wedges on a paper towel lined plate.

Meanwhile, combine oil, orange juice, shallot, mustard, sugar, and salt and stir well to combine.

In a bowl, combine arugula with 2 tablespoons of the dressing. Divide on individual plates. Arrange beet wedges and orange sections in a fan. Sprinkle with goat cheese and walnuts. Drizzle with the remaining dressing if desired.



**CLICK HERE** to order this and other great books from the American Cancer Society bookstore.

**In the Next Issue:** • Learn Your Family Health History • Benefits and Risks of Yard Work • Fruit and Yogurt Smoothies

Articles contributed by Beverly Greene, Stacy Simon, and Lesley Wood.

To sign up for this e-newsletter, please **CLICK HERE**. To learn more about American Cancer Society programs, services, and upcoming events, please call 1-800-227-2345 or visit [cancer.org](http://cancer.org).



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All content for *HealthyLiving* is provided by the American Cancer Society.

## Eat your beets!

Beets are a root vegetable, a part of the plant that grows underground. Beets are available year-round and they're grown in more than 30 states. These roots come in all shapes, sizes, and colors, so try a variety to find your favorite.

This versatile vegetable can be eaten raw, baked, steamed, pickled, and served as a condiment or alongside soups and entrees. Beets peel best after cooking, and be sure to wear disposable gloves to minimize red stains on hands, and protect countertops.

Young beets, about an inch and a half diameter, are fine textured, tender, and excellent in salads. Try them in this recipe from the American Cancer Society's *The Great American Eat-Right Cookbook*.

### Eat Right and Stay Active to Lower Cancer Risk *(continued from page 1)*

- Choose whole-grain breads, pasta, and cereals (such as barley and oats) instead of those made from refined grains, and brown rice instead of white. Eat less of other refined carbohydrates and sugary foods like pastries, candy, and sugar-sweetened breakfast cereals.

#### 4. If you drink alcohol, limit how much you drink.

- Have no more than 2 drinks a day for men and 1 drink a day for women. Alcohol increases risk for several types of cancer including breast, mouth, throat, larynx, esophagus, liver, colon, and several other health problems.
- Some people should not drink alcohol at all, including women who are or may become pregnant, children and adolescents, and people who cannot limit their drinking or who have a family history of alcoholism.