

Food Matters

October 2014

A NOTE FROM DINA



About 232,570 women in the United States will be diagnosed with breast cancer in 2014. Roughly about 40,000 women will die of the disease, more than any cancer other than lung cancer. Men are diagnosed with breast cancer too, but it's rarer, accounting for less than 1% of all occurrences, about 2,000 men each year. There are some factors that indicate a higher risk, such as:

- You are a woman over 60 years old, or are overweight or obese.
- You have family history. Especially a mother, sister or daughter who had breast cancer.
- Your menstrual cycle started before age 12, you started menopause after age 55 or if you took non-bioidentical hormones after menopause.
- You never gave birth or you had your first child when you were older than 30 years old.

Keeping all this in mind, it's worth knowing what you can do to avoid a disease that strikes one in eight women in their lifetime and a considerable amount of men.

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Breast Cancer: What You Need To Know

Despite much research on the association of diet and breast cancer, there is no specific food that can prevent you from getting breast cancer. However, there are some foods that can strengthen your immune system and make your body the healthiest it can be to help keep your risk of breast cancer as low as possible. Similarly there are lifestyle factors that have been shown to significantly reduce your risk.

Maintain a Healthy Weight: Many studies have shown an association between weight and breast cancer in premenopausal women. A study of 99,000 women in the scientific journal JAMA, showed that women who gained at least 22 pounds after the age of 18, had a 30% higher risk than those who gained less than 5 pounds.

Avoid Alcohol Consumption: Meta-analysis study of more than 50 studies on alcohol and breast cancer risk, showed that having one alcoholic drink per day increases risk at least 7-10% and the risk increases with more alcohol. In breast cancer survivors, drinking 3-4 alcoholic drinks per week increased the risk of recurrence by 34%.

Avoid Smoking: Breast carcinogens have been identified in cigarette smoke, putting smokers at much higher risk of breast cancer.



Physical Activity: A meta-analysis of 73 different studies concluded that women that exercised at least three hours a week, reduced their risk of breast cancer by 25%. This is attributed to the fact that exercising helps maintain a lean body with low body fat which is extremely important since 17% of breast cancer cases can be attributed to obesity alone.

Maintain a Healthy Diet: While no food or diet alone is likely to be the "cause" or "cure" of cancer, studies have shown that 30% to 40% of all cancers are partly attributed to diet.

Overall, many studies have shown that consumption of a high nutrient density diet composed of fruits and vegetables (5 or more cups per day), whole grains, low fat (less than 30% of your daily calories) and low animal proteins, is associated with reduced risk of breast cancer and improved survival in women with breast cancer.

Phytochemicals found in fruits, vegetables, beans, nuts, seeds, grains and other plants are believed to prevent cancer by detoxifying carcinogenic substances from our body, stopping cancer cell growth and preventing tumors from obtaining a blood supply.

COMPANY-WIDE SUCCESS



Colleen Shade, 48

Customer Service Representative

Wadsworth, OH

After quitting smoking in 2008, at age 41, Colleen gradually started gaining weight. While there were no particular food triggers she admits she wasn't a very healthy eater and besides the usual house chores and occasional yard work, she was also pretty sedentary.

With persistent, nagging joint pains, fatigue, blood pressure and cholesterol medications, Colleen was very unhappy with her self-image and disappointed for letting her weight get so out of hand. She knew she had to get her old body back but wasn't sure how.

Through the last 6 years, her weight yo-yoed with a variety of diets she tried but nothing seemed to be sustainable. A vacation in 2013 during which Colleen had to replace her entire wardrobe for larger size, was finally the last straw and she realized she had to make her health a priority if she wanted to live and see her kids grow old.

Colleen decided to contact a personal trainer who made all the difference. He taught her how to exercise, customizing an exercise regimen to her abilities, advised her on healthy eating, portion control and an overall balanced approach.

A year later, Colleen has lost 55 pounds, her medications are cut in half, her mood, energy levels and sleep have drastically improved and she is now an inspiration to her family and friends. Motivated by her success, her husband has also lost 20 pounds and her children join her at the gym now. Colleen's advice to others is: "Do it for yourself! Quick fixes do not exist. A healthy lifestyle needs to become part of your everyday life and part of who you are."

HEALTHY PANTRY

Foods and Main-Groups of Cancer fighting phytochemicals you can find in your pantry!	
Anthocyanins	Red grapes, blueberries, cranberries & raspberries
Carotenoids	Carrots, yams & sweet potatoes, cantaloupe, squashes & dark green vegetables!
Indoles	Cruciferous vegetables like: Broccoli, cabbage, Brussel sprouts, cauliflower, bok choy and dark green leafy vegetables like spinach, collards, mustard greens, kale
Isoflavones	Soybeans, legumes, flaxseed
Isothiocyanates	Mustard, horseradish & Cruciferous vegetables
Lycopene	Tomatoes, pink grapefruit, watermelon
Sulfides	Garlic, onions, Leeks, shallots, scallions and chives
Sulforaphane	Cruciferous vegetables

ASK THE NUTRITIONIST

Q: How can I detect breast cancer?

The chance that an American woman will develop breast cancer by age 40 is one in 233. By age 50 that risk increases to one in 69 and by age 69, it is one in 29!

Detecting breast cancer as early as possible is key to helping those diagnosed live long and healthy lives. Regular mammograms, which can identify a breast lump an average of two years before one could feel one during a breast exam are strongly recommended.

Thermography is an alternative detection approach, covered by Parker's Wellness and Preventive Medicine program. Thermography, unlike mammography, is based on infrared photographic imaging so no radiation is used. The scan can identify areas of concern of up to 8 years before an abnormality is identified on a mammogram.

IN THE KITCHEN WITH DINA

Kale Chips

By Kris Carr, Author of "Crazy Sexy Cancer Recipes" (Slightly modified)

Ingredients

- 3 bunches of curly organic kale
- 2 cups cashews, soaked for at least 4-5 hours
- 2 medium cloves garlic & ¼ cup onion powder
- 2 ½ tsp sea salt & ¼ tsp black pepper

Directions

1. Tear kale leaves off the stems and into large pieces. Wash thoroughly and spin dry!
2. Drain cashews and in a food processor, blend with the remaining ingredients. The final product should be smooth and creamy like a thick dressing. Thoroughly coat the kale pieces with the cream.
3. Dehydrate chips for at least 13 hours until kale chips are crisp. Alternatively you can bake them in 350 F oven for 10-12 min. Be careful they can burn fast and will turn bitter.

Nutrition (per wrap): Cal:286 cal; Total fat:18 gr; Carbs: 27 gr, Prot: 10.2 gr, Fiber: 3.2 gr, Sodium: 562 mg.