



# HEY GIRL!

**Issue 7**  
 Hey Girl is a  
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 Miami, FL

## **My Plate Palooza Build-a-Bowl** Deloris Smith Johnson, *SISTA AH Talk Historian*

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Hey Girl!  
 is published to keep  
 you informed about  
 our programs,  
 research, and the  
 experiences of  
 breast cancer survivors  
 in South Florida  
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 April 2018



# ...UM JUST SAYIN'

## Connecting the Dots

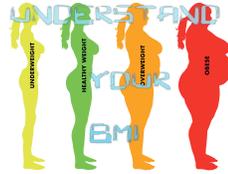


Mary Whitehead, MPH, CHES  
SISTAAH Talk Facilitator

Women are often overwhelmed with managing their health. For diabetes, you have to watch your sugar intake; for high blood pressure, how much salt you eat; for heart disease, the type and amount of fats; for cancer, the color of your fruits and vegetables. We want to make it simple by connecting the dots between how what you eat—and sometimes do not eat—and your health.

### Body Mass Index

Doctors think that being overweight is linked to most chronic diseases. Follow the dots from having a high body mass index (BMI) to metabolism, inflammation, and hormones, and it's easy to understand the connection. Knowing your BMI, a height-to-weight ratio that's used as a standard measure to assess health risks, is an important first step.



**BMI Categories:**  
Underweight = less than 18.5  
Normal weight = 18.5-24.9  
Overweight = 25-29.9  
Obesity = 30 or greater

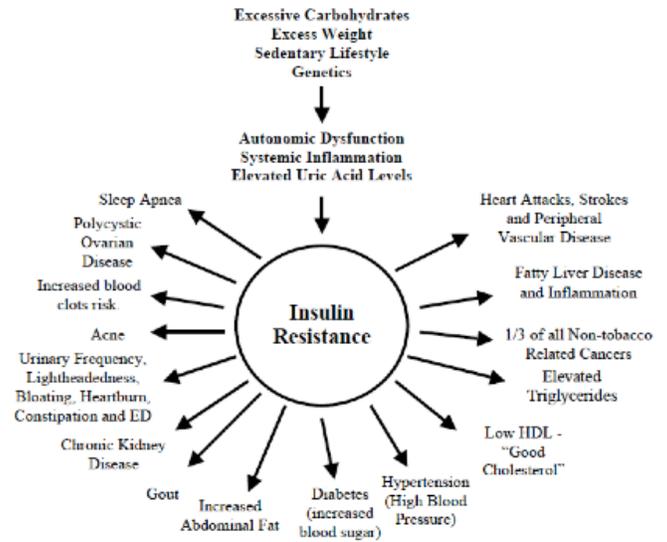
To calculate your BMI (for free):  
[https://www.nhlbi.nih.gov/health/educational/lose\\_wt/BMI/bmicalc.htm](https://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmicalc.htm)

### Diabetes & Cancer

Diabetes is associated with a 13% increase in all cancers. Having diabetes also seems to increase all-cause mortality, meaning a diabetic is more likely to die sooner, not necessarily from the cancer, but from any cause of death.

### Insulin Resistance

If you are not diabetic, you may not have heard of *insulin resistance*. To a certain extent, it is something that happens to some women after menopause. It is when your body is not making enough insulin to handle the sugar in your blood. This maybe caused by poor diet, obesity, genetics, or physical inactivity. Insulin resistance makes you more prone to diabetes and if you are post-menopausal, to chronic diseases, including some forms of cancer.



### Promising Results

In a recent study, diabetic women taking metformin, a medication used to control blood sugar, had a 25% lower chance of developing breast cancer than non-diabetic women who were not taking the drug. Controlling blood sugar may reduce the risk of developing breast cancer.



More research is needed to determine if metformin can reduce cancer risk. Meanwhile, eating well and moving more are important steps to preventing diabetes and breast cancer.



The connection between breast cancer and diabetes works both ways. Diabetics are sometimes diagnosed with breast cancer—and—breast cancer survivors sometimes have a greater risk of developing diabetes after treatment ends.

# NITTY GRITTY

## Doctor's Orders

What do diabetes; high blood pressure, heart disease, and breast cancer have in common? They each share the same advice from doctors about what to eat (or drink):

- More plant-based foods (fruits, veggies, whole grains)
- More lean animal proteins (beef, pork, poultry, fish)
- More healthy fats (unsaturated fats like olive oil)
- Less salt (in cooking and at the table)
- Fewer processed foods (breakfast meats, snacks)
- Less sugary drinks (soft drinks, soda, tea)
- More water

To learn more about our online cookbook,



view the @ My Kitchen Table video on the homepage of our website ([www.sistaahtalk.net](http://www.sistaahtalk.net)).

## Recipe of the Month

### SOUTH FLORIDA CHICKEN CURRY

READY IN: SERVES:

1hr 10mins 4-6



#### INGREDIENTS

- 4 boneless skinless chicken breasts, cut into cubes
- 2 large onion, sliced into strips
- 2 green bell peppers, sliced into strips
- 2 red bell peppers, sliced into strips
- 2 tablespoons curry powder
- 1teaspoon dried chili pepper flakes (or chopped fresh chili pepper to taste)
- 2garlic cloves, crushed
- 2 (14 1/2 ounce) cans chopped tomatoes
- salt
- pepper
- lemon juice
- cooking spray or oil

#### DIRECTIONS

1. Fry the chicken in a non-stick large frying pan or wok.
2. When the chicken is nearly cooked, add the onion, peppers, curry powder, garlic, and chili
3. Stir-fry for a few minutes.
4. Add the tomatoes, salt and pepper and a dash of lemon juice.
5. Bring to the boil.
6. Simmer for an hour or until reduced by half for thick consistency.



### CANCER PREVENTION & HEALTHY SURVIVORSHIP

#### SURVIVOR'S STORY



## Join the 100

Like collecting recipes?

Our goal is to transform 100 recipes—including yours—for @ My Kitchen Table, our new cookbook. As a thank you for contributing, you will receive free recipe cards (like this one) featuring you (your recipe and personal story).

Watch this space to learn how to participate.

# WHAT'S UP?

Join the Conversation



Deborah Jones-Allen, PhD, a clinical pastoral counselor, introduces us to the ways that early life experiences affect health and healing.

Miami Dade County Library, Arcola Lakes Branch  
8240 NW 7th Avenue Miami, FL 33150

Saturday, April 21, 2018, 1:00pm-4:00pm  
RSVP: Mary @ (305) 333-3495



in celebration of  
**Mothers Day**

\$35 per person

Art Party/Fundraiser  
Saturday, May 5, 2018, 1:00pm-5:00pm

RSVP by April 28, 2018  
to Mary @ (305) 333-3495

Purchase tickets at:  
[www.sistaahtalk.net](http://www.sistaahtalk.net)

it's party time

You're invited to the  
**SISTA AH Talk!**  
**Lead Team Mid-Year Gathering**

Friday  
June 22, 2018 | SAVE THE DATE  
7:30pm-9:00pm



RSVP:  
Mary Whitehead, MPH, CHES  
(305) 333-3495



Supporting the  
*Fighters,*

Admiring the  
*Survivors,*  
Honoring the  
*Taken,*

AND NEVER, EVER  
GIVING UP HOPE.



**Let's Get Physical!**

Join  
Cathée Connor,  
SISTA AH Talk! Lead Physical Activity Coach  
for a fun-filled, easy-to-do exercise session

Saturday, June 23, 2018  
1:00pm-4:00pm  
Arcola Lakes Park  
1701 NW 83rd Street  
Miami, FL 33147



**Heart Disease**

Join  
Mary S. Whitehead, MPH, CHES  
SISTA AH Talk! Facilitator  
in the Circle as we discuss  
breast cancer treatment and  
the risk of heart disease



Miami Dade County Library  
Arcola Lakes Branch  
8240 NW 7th Ave  
Miami, FL 33150  
Saturday, July 14, 2018  
1:00pm-4:00pm