



News at the Q



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March 2018 - Progression!

National Health Observances for March

- National Colorectal Cancer Awareness Month
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Reduce Cancer Risk!

One of the best ways to avoid cancer is to take steps to prevent

it! Research suggests that only five to ten percent of cancers are hereditary. That means the non-inherited causes of cancer — the lifestyle choices we make, the foods we eat, and our physical activity levels — have a direct impact on our overall cancer risk. The Cancer Prevention Foundation encourages people of all ages to take charge of their health by making smart lifestyle and nutrition choices, seeing their doctor regularly for checkups and health screenings, and monitoring their bodies for any changes that should be brought to the attention of your doctor.

Some Preventable Cancers can be prevented through lifestyle changes or early detection and treatment.

Colorectal Cancer

Colorectal cancer is cancer of the colon or rectum. Each year, more than 136,000 people are diagnosed with colorectal cancer and more than 50,000 die of the disease. With certain types of screening, this cancer can be prevented by removing polyps (grape-like growths on the wall of the intestine) before they become cancerous. Several screening tests detect colorectal cancer early, when it can be easily and successfully..

Risk Factors

You might be at an increased risk for colorectal cancer if you:

- Are age 50 or older
- Smoke or use tobacco
- Are overweight or obese, especially if you carry fat around your waist
- Are not physically active
- Drink alcohol in excess (especially if you are a man)
- Eat a lot of red meat, such as beef, pork or lamb, or a lot of processed meat, such as bacon, sausage, hot dogs or cold cuts
- Have a personal or family history of colorectal cancer or benign (not cancerous) colorectal polyps
- Have a personal or family history of inflammatory bowel disease, such as ulcerative colitis or Crohn's disease.

Risk Factors

Most people with colorectal cancer have no family history of colorectal cancer. Still, as many as 1 in 5 people who develop colorectal cancer have other family members who have been affected by this disease.

Having family members who have had adenomatous polyps is also linked to a higher risk of colon cancer.

(Adenomatous polyps are the kind of polyps that can become cancerous.)

If you have a family history of adenomatous polyps or colorectal cancer, talk with your doctor about the possible need to begin screening before age 50. If you have had adenomatous polyps or colorectal cancer, it's important to tell your close relatives so that they can pass along that information to their doctors and start screening at the right age .

Breast Cancer

Each year, more than 240,000 women and 2,000 men are diagnosed with invasive breast cancer (cancer that has spread from where it started in the breast into the surrounding healthy tissue), and more than 40,000 die from the disease. An additional 62,570 people are estimated to develop non-invasive carcinoma in-situ. If diagnosed early and treated before it spreads, five-year survival rate for breast cancer is 99 percent.



Need Help to Enroll in Medicaid?

Contact
Veronica or Harry
215) 227-0300
ext. 7326 or 7309



National Nutrition Month

March marks [National Nutrition Month](#), which can serve as an opportunity for families to focus on eating right and developing better diets.

Why Eat Healthier?

Heart disease is the leading cause of death in the United States and a major cause of disability. Fortunately, there's a lot you can do to prevent it. Sometimes you may hear the term *cardiovascular disease*. This is actually a group of diseases that affect your heart and blood vessels, such as coronary artery disease.

Coronary artery disease occurs when the arteries to your heart become narrowed by cholesterol-containing fatty deposits. A heart attack results when one of these arteries becomes blocked — by a blood clot, for example — cutting off the supply of oxygen and nutrients to your heart. Stroke occurs when the blood supply to your brain is disrupted by a blockage or a rupture in the arteries.

Major risk factors for cardiovascular disease include:

- Smoking • Increasing age
- Obesity • High cholesterol levels
- High blood pressure • Diabetes
- Family history • Physical inactivity of heart disease • Gender*

You can't turn back the clock or change your family tree. But you do have a role in managing your weight, diet, activity level, blood pressure, cholesterol levels and conditions such as diabetes.

To help manage these risk factors, make a commitment to a lifestyle that emphasizes heart-healthy eating.

*Note: Although men have more heart attacks than premenopausal women do,

women's risk of heart disease rises as they approach menopause and keeps rising as they age.

The Basics of Heart-Healthy Eating

You have the power to reduce your risk of heart disease — eating healthy foods and being physically active are two of the most important steps that you can take.

With today's hectic lifestyles, heart-healthy eating may seem like an admirable yet unrealistic goal. You don't have time to shop for special foods or spend hours preparing meals. And you don't want to give up the pleasure of eating flavorful food.

The good news is that you don't have to. Heart-healthy eating is all about eating well, even when time is short. And it may be easier than you think. At its simplest, heart-healthy eating is about eating more of some foods and less of others.

In this booklet, you'll find the basics of healthy eating — which foods to choose and which to limit. Then you can get started with a seven-day menu planner on page 17 that includes everyday foods and recipes for dinner entrees that take 30 minutes or less to make.

Soon, heart-healthy eating will become a habit. And once you notice how good you feel, it'll be a habit you won't want to break.

Choose healthy foods

Many foods contain substances that may reduce your risk of heart disease. So eat lots of vegetables, fruits, whole grains and fish with omega-3 fatty acids. Here's why.

Antioxidants.

Antioxidants in foods may help prevent cholesterol from damaging the linings of your arteries. Antioxidants include vitamins C and E and the

carotenoids. (Carotenoids are substances that make certain fruits and vegetables yellow, orange or red.) Antioxidants are found mainly in fruits and vegetables (see at left). It's better to get antioxidants from foods than from supplements. Studies indicate that taking beta carotene or vitamin E in supplement form can be risky.

Phytochemicals.

Phytochemicals, also called phytonutrients, are compounds found only in plants and plant-based foods, such as whole grains, fruits and vegetables. These substances may help prevent chronic diseases such as heart disease, cancer and diabetes.

Dietary fiber.

Soluble fiber is found in oats, dried beans, apples, citrus fruits, carrots and barley. Eating more soluble fiber may help lower your cholesterol. Insoluble fiber is found mainly in whole grains and vegetables. It may help prevent constipation and may reduce your risk of colon cancer.

Omega-3 fatty acids.

Studies indicate that eating at least two servings a week of fish rich in omega-3 fats can help reduce your risk of heart disease, if eaten as part of a low-fat diet. You'll find omega-3s in certain fish — such as herring, salmon, sardines, bluefish, trout and albacore tuna — and in flaxseed, walnuts, canola oil and soybeans. See: www.epa.gov/mercury/advisories.htm for advisories on mercury levels in fish.

Limit certain foods

Choose foods that are low in saturated and trans fats, cholesterol and sodium. Many low-fat foods are high in calories, so choose carefully.

1. Fat. Some fats are heart healthy and some are bad for your health, but all fats are high in calories — 9 calories per gram.

Monounsaturated fat helps lower total and low-density lipoprotein (LDL, or "bad") cholesterol and helps reduce risk of heart disease when used in moderation in place of saturated and trans fats.

Polyunsaturated fat helps lower total and bad cholesterol and helps reduce risk of heart disease, although monounsaturated fat is the best choice.

Saturated fat raises total and bad cholesterol. High cholesterol can lead to a buildup of plaques in your arteries, increasing your risk of heart disease, a heart attack and stroke.

Trans fat, also called *hydrogenated* or *partially hydrogenated vegetable oil*, raises bad cholesterol and lowers high-density lipoprotein (HDL, or "good") cholesterol, increasing your risk of heart disease, a heart attack and stroke.

2. Cholesterol. Eating too many cholesterol-rich foods raises your blood cholesterol. All animal foods, such as meat and dairy products, have cholesterol, so eat smaller amounts of lean protein and choose fat-free or low-fat dairy (see page 10 for tips).

3. Sodium. Too much sodium can contribute to high blood pressure. If you're healthy, keep your sodium intake under 2,300 milligrams (mg) a day. If you have high blood pressure, are over 50, are African-American or have a chronic condition such as diabetes, aim for less than 1,500 mg a day. Many foods contain sodium naturally. And manufacturers add sodium to many packaged and canned foods.

It's important not to eat a lot of foods processed with added sodium, and avoid using the salt-shaker in cooking and at the table.

Just a few tips and information on how to stay healthy and eat nutritiously.

Information courtesy of [Mayo Clinic Health Solutions](#)

Outreach Events

No events

Scheduled this month

Q's Quote Corner

"You never change things by fighting the existing reality.

To change something, build a new model that makes the existing model obsolete."

— [R. Buckminster Fuller](#)

