



News at the Q



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March 2019 - Focus!

National Health Observances for March

- National Colorectal Cancer Awareness Month
- National Nutrition Month

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 50,200 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



From the first settlers who came to our shores, from the first American Indian families who befriended them, men and women have worked together to build this nation. Too often the women were unsung and sometimes their contributions went unnoticed. But the achievements, leadership, courage, strength and love of the women who built America was as vital as that of the men whose names we know so well.

President Jimmy Carter's Message designating
March 2-8, 1980 as National Women's History Week

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.

According to the Centers for Disease Control and Prevention, approximately 48 million Americans get sick, 128,000 are hospitalized and 3,000 die each year from food poisoning.



Bacteria, viruses and parasites are the sources

of many food poisoning cases, usually due to improper food handling. Some bacteria, in small amounts, are not harmful to most healthy adults because the human body is equipped to fight them off. The trouble begins when certain bacteria and other harmful pathogens multiply and spread, which can happen when food is mishandled. Foods that are contaminated may not look, taste or smell any different from foods that are safe to eat. Symptoms of food poisoning vary and develop as quickly as 30 minutes to as long as several days after eating food that's been infected.

As identified by the CDC, eight known pathogens (bacteria, viruses and parasites) account for the majority of foodborne illness, hospitalization and death in the United States.

Salmonella

Salmonella is the name of a group of bacteria that causes the infection salmonellosis. It is one of the most common bacterial causes of diarrhea and the most common cause of foodborne-related hospitalizations and deaths. *Salmonella* is more severe in pregnant women, older adults, younger

children and those with a weakened immune system. Because *Salmonella* bacteria can live in the intestinal tract of humans and other animals, it can spread easily unless you use proper hygiene and appropriate cooking methods.

Sources: You can contract salmonellosis by consuming raw and undercooked eggs, undercooked poultry and meat, contaminated raw fruits and vegetables (such as sprouts and melons), as well as unpasteurized milk and other dairy products. It also can be transmitted through contact with infected animals or infected food handlers who have no washed their hands after using the bathroom.

Prevention: Cook foods such as eggs, poultry and ground beef thoroughly to recommended temperatures. Wash raw fruit and vegetables before peeling, cutting or eating. Avoid unpasteurized dairy products and raw or uncooked meats, poultry and seafood. Wash hands often, especially after handling raw meat or poultry. Clean kitchen surfaces and avoid cross-contamination.

<https://www.eatright.org/homefoodsafety/safety-tips/food-poisoning/most-common-foodborne-pathogens>

Soul food is a traditional African American cuisine with roots in the Deep South. Many Southern kids grow up eating fried chicken, macaroni and cheese, greens cooked with pork and sweet potato cake. Traditional soul food can be high in saturated fat, salt and added sugar. Too much of these things can negatively impact your family's health. But you can embrace those special family recipes by creating healthier



soul food, your way.

Rethink the Dinner Plate

Teach your kids to fill up on veggies first.

Serve your family small portions of high calorie dishes such as macaroni and cheese.

Cherish your most decadent dishes. Save them for special occasions, such as birthdays and holidays.

Make Meaningful Swaps

Swap solid fats for heart-healthy canola, olive or peanut oils.

Train your child's palate to enjoy healthier options by cutting the calories in macaroni and cheese with sharp, reduced-fat cheese and low-fat milk.

Make Hoppin' John (black-eyed peas and rice) with brown rice.

Toss up a bowl of healthy potato salad. Substitute half the mayonnaise with plain, non-fat Greek yogurt to slash the fat and maintain creaminess. Add a touch of mustard for extra flavor. Sneak in extra veggies with diced onion, celery and bell pepper.

Reinvent Family Favorites

Skip the candied yam sugar rush. Bring out the natural sweetness of sweet potatoes with this simple, kid-approved recipe: oven roast yams or sweet potatoes with cinnamon, vanilla and a little maple syrup or brown sugar.

Create juicy, crispy "oven-fried" chicken by soaking it in buttermilk then coating with a blend of panko breadcrumbs, paprika, garlic powder and cayenne pepper. Before baking, add a spritz of canola oil.

Slow cook greens in vegetable broth with a drizzle of canola or peanut oil. Sweeten the pot with honey and apple cider vinegar. If collard or turnip greens are too bitter for your child's palate, try cabbage which cooks up a bit

sweeter. Serve with baked cornbread sticks for a fun and nutritious meal.

Instead of fried okra, roast fresh whole okra until crunchy and dip into your favorite marinara sauce.

Kids enjoy dipping!

Reinvent that old family favorite. For your peach cobbler, bake peaches with honey and top with oats, toasted almonds and a dollop of vanilla Greek yogurt.

Try Something New

Use smoked paprika or a sprinkle of smoked salt for savory, smoked flavor instead of ham, bacon or salt pork.

Sauté kale or chard in olive oil and garlic for a quick and satisfying side dish.

Experiment with vinegars. Apple cider and rice vinegars work with a variety of greens.

Try fresh herbs. Instead of smothered chicken, marinate chicken in fresh rosemary and lemon juice overnight. Bake or grill it for a flavorful main dish.

Remember: Soul food traditions are passed down from generation to generation. Just add a new, healthy twist. Or, create new traditions. With the starring role in your child's life, you can shape how they eat.

<https://www.eatright.org/health/lifestyle/culture-and-traditions/healthy-soul-food-your-way>

Outreach Events

No events
Scheduled this month



Q's Quote Corner

side effects of focus:

1. less drama
2. accomplishments
3. abundance
4. the life you deserve