

# BELIEVE IT ~ ACHIEVE IT WELLNESS NEWSLETTER



## MARCH IS COLORECTAL CANCER AWARENESS MONTH. HAVE YOU BEEN SCREENED?



*Of cancers affecting both men and women, colorectal cancer (cancer of the colon and rectum) is the second leading cancer killer in the United States, but it doesn't have to be. Screening can find precancerous polyps—abnormal growths in the colon or rectum—so they can be removed before turning into cancer. Screening also helps find colorectal cancer at an early stage, when treatment often leads to a cure.*

### Help Prevent Cancer By Taking Control of Your Diet

Chances are your life has been touched by cancer — whether you, a parent, friend or even a child has been diagnosed. While cancer can leave us feeling helpless, the good news is that there are measures you can take to help prevent the disease. Your diet is one of the most important factors under your control.

This year, an estimated over half a million Americans will lose their lives to cancer, and more than 1.68 million men and women will be diagnosed with this devastating illness. Lifestyle changes, along with early detection, can prevent nearly half of all cancer deaths.

Eating well can help you prevent and beat cancer in a variety of ways. A healthy diet can lower your risk for developing cancer. And, if you have been diagnosed, eating well can positively support treatment, and help you live well for years to come after treatment.

Here are some general guidelines to help reduce your cancer risk through eating right:

- **Maintaining a healthy weight is key to reducing your risk of cancer and other diseases.** The connection between cancer and obesity varies widely for different cancer types, but is as high as 40 percent for some cancers, particularly endometrial cancer and esophageal adenocarcinoma.
- **Reduce your intake of calories from solid fats and added sugar.** Foods with added sugars and fats can cause weight gain and leave little room for more healthful, cancer-preventive foods.
- **Eat plenty of fruits and vegetables including beans, which are linked with a lower risk of certain cancers.** Fill half your plate each meal with a variety of naturally nutrient-rich fruits and vegetables.
- **Limit alcohol.** Evidence suggests all types of alcoholic drinks may increase your risk of a number of cancers, including mouth, throat (pharynx), voice box (larynx), esophagus, liver, breast, colon and rectum. It's unclear exactly how alcohol affects cancer risk. It is considered more harmful when combined with smoking. If you drink at all, limit alcoholic drinks to no more than one drink daily for women and two for men. Eatright.org

**Screening for Colorectal Cancer** **It's the Right Choice**

Of cancers that affect both men and women, colorectal (colon) cancer is the **#2** cause of cancer deaths in the U.S.

But it doesn't have to be. Screening tests can find this cancer early, when treatment works best. **28 million** Americans are not up-to-date on screening. About **51,000** people die from colorectal cancer each year.

Recommended screening could prevent at least **60%** of these deaths!

Screening can find **polyps** (abnormal growths) so they can be removed before turning into cancer. Screening should start at **50** and continue until age 75 for most men and women.

**There's More Than One Test. You Have a Choice!**

- High-sensitivity fecal occult blood test (FOBT):** You do this test at home and send stool samples to a doctor's office or lab. *Once a year*
- Flexible sigmoidoscopy:** The doctor looks for polyps or cancer in the rectum and lower third of the colon. *Every 5 years, with FOBT every 3 years*
- Colonoscopy:** The doctor looks for polyps or cancer in the rectum and the entire colon. *every 10 years*

**Colon cancer or polyps may not cause symptoms, especially early on. Don't wait for symptoms before you get screened!**

**Talk to your doctor if you or a close relative have:**

- Inflammatory bowel disease, Crohn's disease, or ulcerative colitis.
- A personal or family history of colorectal cancer or colorectal polyps.
- A genetic syndrome such as familial adenomatous polyposis (FAP) or hereditary non-polyposis colorectal cancer (Lynch syndrome).

If you have any of these risks, you may need to start screening before age 50 and be tested more often than other people.

**For more information:**  
[www.cdc.gov/cancer/colorectal/](http://www.cdc.gov/cancer/colorectal/)

National Cancer Institute, National Colorectal Cancer Research Alliance, and the CDC



# 7 Tips for Healthy Dining Out

Eating at a restaurant doesn't have to sabotage a healthy diet. Use smart-eating strategies: Plan ahead, consider the menu and choose foods carefully to keep you on your plan.

## Preparation

**Have a plan.** Eat a light dinner if you ate a big lunch that day. Or, if you know ahead of time that you're going to a restaurant, cut back on calories during other meals during the day. Knowing menu terms and cooking basics makes ordering easier, especially if you need to control calories. So, look for foods that are steamed, broiled, baked or grilled, and limit fried and sautéed items or foods described as "crispy," "rich" or "au gratin."

## Choosing a Restaurant

**Think ahead.** Consider meal options at different restaurants and look for places with a wide range of menu items. Check online menus, if available, for nutrition information ahead of time.

## Ordering

**Be deliberate when ordering.** Balance your meal by including healthier selections from all the different food groups such as lean meats, low- or non-fat dairy, fruits, vegetables and whole grains. Look for freshly made entrée salads that give you "balance in a bowl." For example, entrée salads with baked or grilled chicken, low-fat cheese or seafood provide protein along with fiber and other nutrients. If you are counting calories, use a low-fat dressing or ask for it on the side or skip some of the extras, such as croutons.

For sandwich toppings, go with low-fat options including lettuce, tomato and onion; use condiments such as ketchup, mustard or relish and low-fat dressings.

Round out your meal by ordering healthy side dishes, such as a side salad with low-fat dressing, baked potato or fruit. Boost the nutritional value of your baked potato by topping it with vegetables, salsa or chili.

**Substitute.** Ask for a side salad with low-fat dressing to replace fries in a combination meal. Many restaurants honor requests, so don't be afraid to be assertive, ask menu questions and make special requests to meet your nutritional needs.

**Control portions.** Many restaurants serve huge portions, sometimes enough for two or three people. Order menu items that contain fewer calories and eat a smaller portion. Bring leftovers home for another meal. Or, order an appetizer in place of an entrée and add a small salad.

## Eating

**Eat slowly.** It takes about 20 minutes for your brain to get the message from your stomach that you are no longer hungry. Fast eaters often are overeaters, while slow eaters tend to eat less and are still satisfied.

<http://www.eatright.org/resource/health/weight-loss/eating-out/eating-out>

