

Super Seniors News **April 2014 Newsletter**

Dear Friends,

This issue of “Super Seniors News” will be dedicated to Cancer Awareness and National Humor Month. We will focus on why cancer increases with age and how diet and activity can help delay aging and fight cancer.

Sincerely,

Jacquelyn W. Gibson

Jacquelyn W. Gibson
Extension Faculty-FCS

HAPPY



PASSOVER!



The Family & Consumer Science Program and the 4-H Youth Development Program has a New Home!!

New Location: Amelia Earhart Park

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National Humor Month

April 2014 is the 38th Anniversary of National Humor Month!



National Humor Month was founded in 1976 by comedian and best selling author Larry Wilde, Director of the Carmel Institute of Humor. It is designed to heighten public awareness on how the joy and therapeutic value of laughter can improve health, boost morale, increase communication skills and enrich the quality of one's life.

According to Wilder, April which is often bleak and grim and taxes are due on the 15th, can be one of the most stressful times of the year. It is also the only month that begins with All Fool's day (April Fool's).

The idea of laughing and the use of humor as a tool to lift ailing spirits is growing. Scientific research now indicates the curative power laughter and it's ability to relieve debilitating stress and burnout may indeed be one of the great medical discoveries of our times. Laughter is an effective tool for promoting the healing process.

Humor is very personal. What you think is funny, someone else may not. However, it is very important to laugh and to get all they big laughs you can.

What is Cancer?



Cancer is the general name for a group of more than 100 diseases. Although there are many kinds of cancer, all cancers start because abnormal cells grow out of control.

Cancer cell growth is different from normal cell growth. Instead of dying, cancer cells continue to grow and form new, abnormal cells. Cancer cells can also invade (grow into) other tissues, something that normal cells cannot do. Growing out of control and invading other tissues are what makes a cell a cancer cell.

People can inherit abnormal DNA, but most DNA damage is caused by mistakes that happen while the normal cell is reproducing or by something in the environment. Sometimes the cause of the DNA damage maybe something obvious like cigarette smoking or sun exposure. But it's rare to know exactly what caused any one person's cancer.

Half of all men and one-third of all women in the Untied States will develop cancer during their lifetimes.

It's Never Too Late!!



Your risk for cancer increases as you age. By the time you reach 65, your risk is 10 times higher than someone younger. That's the bad news.

The good news: research is now showing that simple, healthy everyday steps like moving more, eating smart and staying lean offer you real protection—no matter what your age.

But thousands of older Americans still haven't heard this vital message or don't know how to get started. That's why the American Institute for Cancer and Research (AICR) has launched a new campaign to arm Americans over 50 with the

knowledge to take control of their health.

Join AICR's It's Never to Late to Lower Your Cancer Risk campaign by setting personal goals, and learning as much as you can to help you on your journey.

How Much Do You Know About Cancer?

AICR Cancer Awareness Quiz



1. Getting to and staying at a healthy weight decreases the risk of at least five different cancers.

True ___ False ___

2. Avoid snacking because it will increase insulin levels, which may increase risk for cancer,

True ___ False ___

3. Daily physical activity is important to lower the risk of cancer because it helps with weight control.

True ___ False ___

4. For cancer prevention, a person at a healthy weight only needs 30 minutes of physical activity three times a week, although more activity may play a role in reducing the risk of other diseases.

True ___ False ___

5. Eating the same vegetables and fruits daily will customize the phytochemicals to the antigens in my immune system and help lower cancer risk.

True ___ False ___

6. Drinking one glass of red wine daily, for a woman, and two glasses for a man (moderate levels) may play a role in preventing heart disease and cancer.

True ___ False ___

7. If I eat large amounts of red meat regularly I should double the amount of vegetables and fruit in order to neutralize any possible carcinogens.

True ___ False ___

8. Antioxidant supplements, such as EGCG, help prevent cancer.

True ____ False ____

9. About one-third of cancer cases in the United States could be prevented by eating a healthful diet, staying at a healthy weight, and engaging in regular physical activity.

True ____ False ____

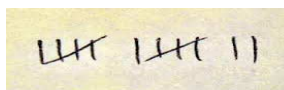


**How did you do?
Give yourself 2 points
for a correct answer.**

Answers:

1. True: AICR's expert report found convincing evidence that excess body fat is a cause of 6 different cancers: colorectal, post-menopausal breast, endometrial, pancreatic, kidney and esophageal. Carrying excess body fat causes more than 100,000 cancer cases each year in the United States.
2. False: IF you enjoy snacking, eating between meals can help increase your intake of fruits and vegetables. In order to avoid weight gain, limit intake of high-fat and high-calorie snacks.
3. True: AICR recommends at least 30 minutes of daily moderate physical activity.
4. False: AICR's recommendation for 30 minutes of daily moderate physical activity is based on research that shows exercise plays a role in weight control and fights cancer independent of weight. Get in the habit of being active, slowly. It's almost spring: just do it.
5. False: Ah...no. Variety is key. Each vegetable and fruit contains a unique phytochemical profile that may work in different ways to prevent cancer. Researchers continue to identify phytochemicals and how they work in the body.
6. False: Although some research suggests that moderate amounts of alcohol lower the risk of heart disease, there is no amount of alcohol that prevents cancer. Even small amount of alcohol are linked with increased risk of cancer. (AICR guidelines suggested not drinking if you have not started. If you do drink, drink moderate amounts.)
7. False: Don't eat large amounts of red meat. The AICR expert report found that eating more than 18 ounces of red meat per week increases the risk of colorectal cancer. The compounds in plant-based foods may help stop possible carcinogens from becoming cancerous, but there is no clear research linking these foods stopping the possible cancer-effects from red meat. AICR recommends that the food on your plate be composed of over 2/3 plant foods and less than 1/3 animal foods; this will help ensure that you keep your meat intake low while enjoying satisfying and potentially protective meals.
8. False: Although research still continues, the body of evidence to date has found that supplements do not help prevent cancer and cannot take the place of a healthy diet. If you want EGCG drink tea, which contains many other possible protective substances. Also count on vegetables, fruits, whole grains and beans as important sources of antioxidants and other protective compounds.
9. True: Along with screenings, there is a lot that individuals can do to prevent cancer. Want to get started? Visit AICR's Reduce Your Cancer Risk.

Tally your score and see how you compare.



0-6 points: Ok, room for improvement. The average American probably has you beat when it comes to knowledge about the cancer-lifestyle link at least. The good news: there's plenty to learn and you can turn to AICR materials to help.

8-12 points: Good start, nothing to hang your head over. You know about the same as the survey respondents, which is OK, but it means there's a lot more to understand when it comes to cancer prevention.

14-18 points: Excellent, treat yourself to an extra apple. You likely know more about the cancer-lifestyle link than the average American, so feel free to brag a bit. You're also likely a regular eNews reader, and we hope you spread the word.

Source: <http://www.aicr.org>

A Healthy Diet and Physical Activity Can Help Prevent Cancer



Making healthy life choices, ones that can help protect against cancer along with other health problems, is easier to do than you think. A good starting point is to follow the American Institute for Cancer Research (AICR) Guidelines for Cancer Prevention:

- Choose mostly plant foods, limit red meat and avoid process meat.
- Be physically active every day in any way for 30 minutes or more.
- Aim to be a healthy weight throughout life.

And always remember . . .

. . . Do not smoke or chew tobacco.

Lets look at the dietary guidelines:

Choose Mostly Plant Foods, Limit Red Meat and Processed Meat



- *For good health, AICR recommends that we base all of our meals on plant foods. When preparing a meal aim to fill at least two-thirds of your plate with vegetables, fruits whole grains and beans.*

Research shows that vegetables and fruits probably protect against a range of cancers.

- *Limit Consumption of Red Meats (such as beef, pork and lamb) and Avoid Processed Meat.*

To reduce your cancer risk, eat no more than 18 oz. (cooked weight) per week of red meats, like beef, pork and lamb and avoid processed meat such as ham, bacon, pastrami, salami, hot dogs and sausages.

When meat is preserved by smoking, curing or salting, or by the addition of preservatives, cancer causing substances (carcinogens) can be formed. The substances can damage cells in the body, leading to the development of cancer.

- *Limit Consumption of Salty Foods and Foods Processed with Salt (sodium)*

Consuming too much salt can be harmful to our health, increasing our risk of stomach cancer as well as high blood pressure. Studies have shown that high salt intake can damage the lining of the stomach. This is one way in which it might increase the risk of stomach cancer.

Our daily intake of salt should be less than 2,300 milligrams. We actually need less than this. The 2010 Dietary Guidelines recommend an intake of 1,500 mg for Americans 51 years or older.

- *Avoid Sugary Drinks. Limit Consumption of energy Dense foods (particularly processed foods high in added sugar, low in fiber, or high in fat)*

Choosing healthfoods and drinks instead of those that are high in refined carbohydrates and often in added sugar and fat (energy-dense foods) can help us avoid overweight.

Consuming sugary drinks contribute to weight gain. Sugary drinks include: soft drinks like colas and juice flavored drinks. We should try to avoid these drinks because of their high caloric content. Water is the best alternative.

- *If consumed at all, Limit Alcoholic Drinks to 2 for Men and 1 for Women a Day.*

The evidence that all types of alcoholic drinks increase the risk of a number of cancers is now stronger than it was in the 1990's.

What Fruits and Vegetables Can Do For You

Choosing a variety of fruits and vegetables everyday will do more than keep you from getting bored; it will help protect you from a whole host of diseases. Each fruit and vegetable family has its own unique disease-proofing and health-protecting properties. By making sure that you regularly eat from each category, you're giving yourself the widest health protection possible.

Citrus fruits: Phytonutrients in oranges, tangerines, and grapefruit may help the body resist cancer-causing chemicals called carcinogens, prevent harmful blood clotting, and avoid blindness.

Grapes: Red, Concord, and other deeply pigmented grapes especially may help fight against cancer-causing chemicals, protect DNA in cells, and prevent harmful blood clots that trigger heart attacks and strokes.

Cabbage family: Broccoli, cauliflower, Brussels sprouts, kale, bok choy, collards, turnips, mustard greens, kohlrabi, and watercress may lower the risk of hormone-related cancers, help to protect DNA, and boost the body's ability to fight off cancer.

Deep-yellow and orange fruits and vegetables and leafy greens: Phytonutrients in apricots, persimmons, cantaloupe, sweet potatoes, pumpkins, and carrots may help protect against cancer, the buildup of fatty plaque in arteries, blood clots, and loss of eyesight. Spinach, kale, and dark leafy greens have similar health benefits.

Tomatoes, eggplant: Tomatoes and eggplant may prevent carcinogens from forming, shield cells from cancer-causing chemicals, and neutralize cancer-causing free radicals. Tomato products such as ketchup, tomato sauce, and salsa may reduce prostate cancer and heart attack risk.

Onions, garlic, leeks, chives: This class of vegetables may help the body produce less cholesterol, block cancer-causing chemicals, control cancer cells, and eliminate other toxic chemicals that enter the body.

Fresh, frozen, canned, dried, juiced: Frozen fruits and vegetables contain nutrients similar to freshly harvested produce. Other processed fruits and vegetables retain most of their nutrients fiber, and phytochemical value. Steaming and microwaving help maintain the vitamin C and folate content of vegetables.

Soybeans, tofu, soy milk, dried beans: Phytochemicals in soybeans may block hormone-related cancers, stimulate the immune system, and slow tumor growth, especially in the colon. Beans that contain fiber, iron, protein, and folate—a B-vitamin that builds blood cells—help prevent neural tube defects, and may prevent heart attacks.



Get Screened!

There's good news on the cancer front.

We know more now than ever before about how the disease develops and what contributes to cancer risk. We have better weapons for fighting the disease with new technologies for early detection, more options for diagnosis and treatment and improved therapies.

Early detection through screening is key.

It's estimated that screening can reduce breast cancer death by as much as 25 percent. Pre-cancerous growths can be detected early and removed, stopping the disease in its tracks.

You have the power to take control of your health and catch many cancers before they start, or at their earliest, most treatable stages. Be familiar with warning signs and symptoms, get regular check-ups and perform self-exams.

Know your family history.

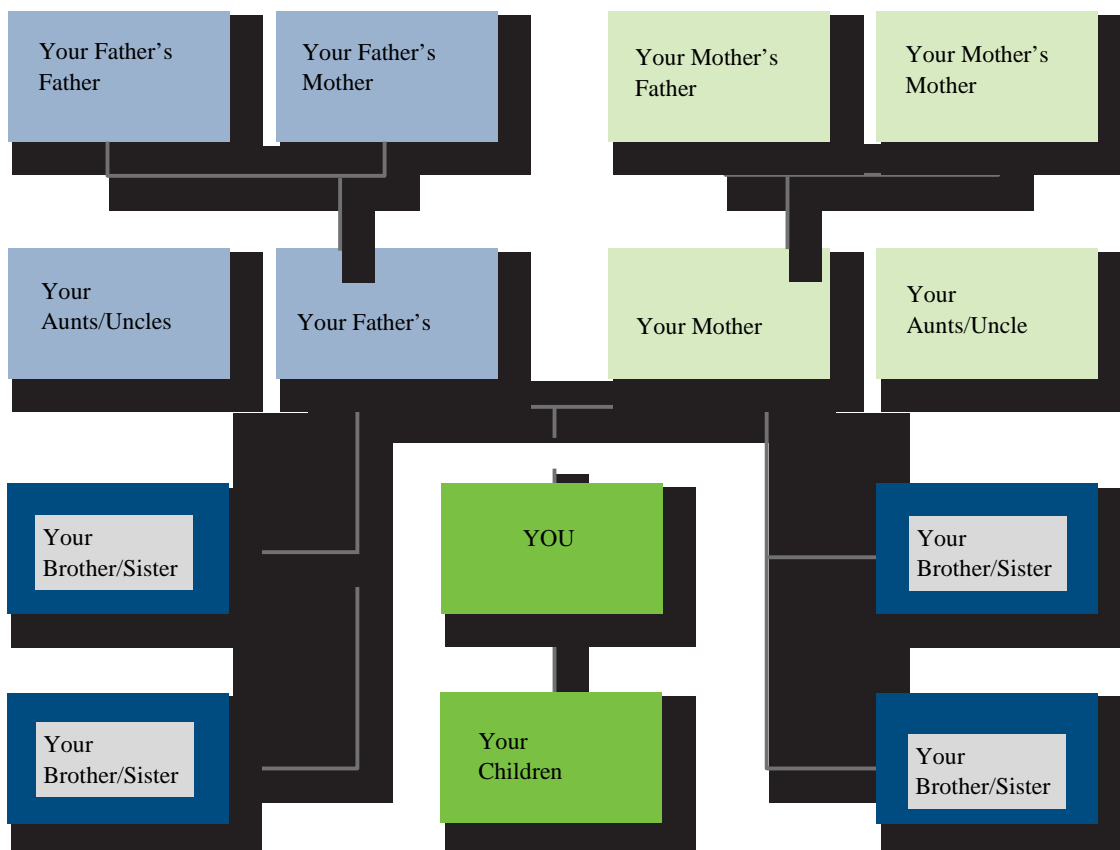
Find out if you are at higher risk for some cancers because of your family history or your lifestyle. You may need earlier or more frequent screening, so it's important to ask your health care professional which tests may be right for you.

To help determine your risk, **complete this family medical history chart** and share it with your health care professional and other family members.

Know Your Family History Worksheet

FATHER'S FAMILY

MOTHER'S FAMILY



You may be at greater risk for some cancers if you have a personal or family history of cancer or certain diseases. To help determine your risk, complete this family medical history chart and share it with your health care professional and other family members.

For each blood relative, mark in the box if they have had cancer, the type of cancer they had and at what age they had it. This will help you and your health care professional decide which cancer screenings you may need and when to begin them.

Share this information with your health care professional to see when you should begin cancer screening.

Get immunized.

Cancer prevention includes being immunized for certain types of cancer. Ask your health care professional about such vaccines.

Health-e-Recipes

Pep Up Your Pasta

Whole-wheat rigatoni and colorful red peppers are the stars of this simple pasta sauté. Whole grains are rich in fiber, a nutrient important for lowering risk of certain cancers, particularly colorectal. The subtle sweetness of the red peppers is balanced by cherry tomatoes and spinach, adding potent phytochemicals. These natural plant compounds may help protect cells from the types of damage that may lead to cancer.

Rigatoni with Red Peppers

12 oz. rigatoni, whole-wheat preferred
 1 Tbsp. extra virgin olive oil
 1 large red onion, coarsely chopped
 2 medium red bell peppers, deseeded and sliced into 1/2-inch strips
 1 cup cherry tomatoes, halved
 Salt and freshly ground black pepper
 10 oz. fresh spinach leaves
 1/2 cup Parmesan cheese, divided
 1/2 cup coarsely chopped fresh basil

Cook rigatoni according to package directions for *al dente*. Drain pasta, reserving 1/2 cup water. Return pasta to pot to keep warm.

While pasta cooks, in skillet heat oil over high heat. Stir in onion, peppers and tomatoes. Add salt and pepper, to taste. Sauté, stirring occasionally. After 5 minutes, add spinach and continue to sauté until vegetables are tender and spinach is wilted, about 5 more minutes.



Add vegetables, reserved pasta water and 1/4 cup of Parmesan cheese to pasta and gently toss to combine.

To serve, top pasta with basil and remainder of Parmesan cheese.

Makes 6 servings.

Per 1 1/2 cup serving: 282 calories, 6 g total fat (2 g saturated fat), 49 g carbohydrate, 14 g protein, 2 g dietary fiber, 171 mg sodium

Southwestern Bean Salad

1 can (about 15 oz.) no-salt-added black beans*
 1 cup no-salt-added canned corn kernels
 1 cup chopped green, red or yellow bell pepper
 1 cup chopped carrots
 3/4 cup mild tomato salsa
 1 Tbsp. olive oil

Open can of beans and can of corn. Over the sink, empty both cans into a strainer and rinse thoroughly. Let water drain from strainer. Put the beans and corn into a large salad bowl. Add chopped pepper, chopped carrots, olive oil and salsa. Mix together with a large spoon and serve.



*If you don't have low-sodium beans, rinse regular beans thoroughly in a colander and drain before using to significantly decrease sodium content.

Makes 6 servings.

Per serving: 125 calories, 3 g fat (<1 g sat fat), 22 g carbohydrates, 6 g protein, 5 g fiber, 211 mg sodium.

Source: American Institute for Cancer Research