

WELLNESS MINUTE

October 2019



BREAST
CANCER:
UNDERSTANDING
THE RISKS

FALL
EXERCISE
TIPS

FALL
HARVEST
SALAD

BREAST CANCER: UNDERSTANDING THE RISKS

October is breast cancer awareness month! Since 1 out of 8 women will develop it, focusing on prevention is essential.

There are certain risk factors that you cannot change like getting older, genes, family history, race/ethnicity, and others. Let's take a closer look at the ones you can change.

DRINKING ALCOHOL: Women who have 2-3 drinks per day have a 20% higher risk compared to women who don't drink alcohol. The American Cancer Society recommends that women limit alcohol to 1 drink per day.

OVERWEIGHT OR OBESITY: The risk may be higher for women who became overweight as adults, for those who store weight in their belly as opposed to hips/thighs, and for overweight or obese women who are post-menopausal. However, being overweight before menopause is still a risk factor for a certain type, triple negative breast cancer.

INACTIVITY: Being physically active reduces the risk. The American Cancer Society recommends that women get 150 minutes a week of moderate activity or 75 minutes per week of intense exercise.

NOT HAVING CHILDREN: Women who have not had children or who have their first child after the age of 30 have a slightly higher risk of breast cancer. The exception to this is triple negative breast cancer in which pregnancy increases the risk.

NOT BREASTFEEDING: Since breastfeeding reduces the number of lifetime menstrual cycles, nursing can reduce the risk of breast cancer, especially if done for 1 ½ years or longer (which can be with one or multiple children).



HORMONAL MEDICATIONS: The birth control pill, the birth control shot (Depo-Provera), as well as IUDs, patches, and vaginal rings that contain hormones can also increase the risk of breast cancer. Using hormone replacement therapy to relieve symptoms of menopause has also been found to increase the risk. The decision to use hormonal birth control or hormonal replacement therapy should be discussed with your doctor in order to weigh the risks and benefits.

BREAST IMPLANTS: A specific type of breast cancer has been associated with the use of implants.

Clearly, some lifestyle risk factors are related to daily habits, such as diet and exercise, while others involve more complex decisions. It's important to know the facts in order to make informed decisions whether they are about lifestyle or reproductive health choices.

Source:
<https://www.cancer.org/cancer/breast-cancer/risk-and-prevention/lifestyle-related-breast-cancer-risk-factors.html>

Fall Exercise Tips

As the weather starts to cool and the days get shorter, you may be tempted to skip your workouts. Instead of getting off track, look at the seasonal changes as an opportunity to change your routine. Here are a few tips for switching up your exercise in a way that may work better for the Fall season.

EXERCISE EARLIER. The earlier sunset may tempt you to go straight home instead of hitting the gym after work. Getting into a morning exercise routine is a great idea and ensures you get it done early in the day, which is a great feeling and allows you to relax later.

EXERCISE AT HOME. If you are struggling to make it to the gym before or after work, consider working out at home. There are lots of great DVDs or videos online that offer great routines. It may not be as energizing as working out with other people or offer the equipment at your gym, but it's convenient and better than not exercising at all.

GO FOR A WEEKEND HIKE. Fall is a great time to get outdoors since the weather is cooler, yet not too cold (depending on where you live). The beautiful foliage and being in nature provide added incentives.

DRESS FOR SUCCESS. Be sure to double up by dressing in layers that will keep you warm as the weather cools, especially if you're walking or running outdoors.

Source:

<https://www.livestrong.com/article/98340-10-tips-fall-fitness/?slide=11>



Fall Harvest Salad

This hearty and delicious salad offers plenty of antioxidant rich veggies and fruit that reduce the risk of cancer.

Makes 4 servings.

Ingredients:

Salad ingredients:

- 1 lb. cubed butternut squash
- ½ lb. Brussels sprouts, cut in half
- 1 tbsp. extra virgin olive oil, divided
- Salt and pepper to taste
- 1 tsp. fresh rosemary, chopped
- 6 oz. bag pre-chopped kale
- 4 whole garlic cloves, peeled
- 1 can chickpeas, rinsed
- 8 oz. bag fresh spinach
- 2 oz. soft goat cheese
- ¼ cup pomegranate seeds
- 1 small ripe avocado, thinly sliced
- 4 lemon wedges

Dressing ingredients:

- ¼ cup olive oil
- ¼ cup apple cider vinegar
- 1 tsp. Dijon mustard
- 1 tbsp. maple syrup
- Dash of salt and pepper

Directions

Preheat oven to 400 degrees F.

Drizzle half the olive oil over the butternut squash and Brussels sprouts. Season with salt and pepper and spread evenly on a baking sheet. Roast for 30 minutes.

While the vegetables are cooking, prepare the toppings and make the vinaigrette by whisking together the ingredients.

Season, kale, garlic, and chickpeas with remaining olive oil.

Once the vegetables have roasted for 30 minutes, remove from oven and stir thoroughly.

Add chickpeas and kale and return to the oven for another 20 minutes or until chickpeas are lightly toasted and kale is crispy.

Divide spinach among 4 bowls and toss each with 1 tbsp. dressing.

Top with roasted vegetables, a sprinkle of goat cheese, pomegranate seeds, sliced avocado, and garnish with a lemon wedge.

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6 FOODS FOR CANCER PREVENTION

Food is medicine! Here are 6 foods with natural cancer-fighting properties to include in your diet.

Garlic contains sulfur compounds that may help to repair DNA and kill cancer cells.

Broccoli and other cruciferous veggies like **cauliflower, cabbage, and kale** produce protective enzymes that are detoxifying.

Tomatoes when cooked or processed into sauce contain lycopene, an antioxidant that has been shown to reduce the risk of prostate cancer, and may also be protective against breast and lung cancer.

Strawberries and other berries are packed with antioxidants like vitamin C and other protective phytochemicals.

Carrots are high in beta-carotene that may protect cells from being damaged by toxins.

Spinach and other leafy greens contain carotenoids that help prevent free radical damage. They are also rich in protective fiber and folate.

