Breast Cancer: Exams, Early Detection Can Make a Difference

Breast Cancer Survivors, Paula Gomes, FSAP Director and Shawn Ware, Manager of Blomeyer Fitness Center want you to know that early detection is important in the fight against breast cancer.

Paula’s Story: Found Through a Mammogram
I received my diagnosis in December 2006, after my annual mammogram at Winship Cancer Institute (WCI). I often faced having additional diagnostic screenings after my routine mammogram due to calcifications in my breast tissue. I had no lumps, inflammation, or other symptoms of concern. I ate healthy, walked regularly and did not feel at risk for a major illness. However, the diagnostic mammograms led to an ultrasound and then biopsies due to a suspected tumor behind one of my calcifications. The estrogen positive tumor was flat, difficult to detect, and larger than expected, resulting in a mastectomy in January 2007, followed by chemotherapy, daily radiation treatment and hormonal therapy (Tamoxifen).

Once I completed treatment, I committed to establishing an intense exercise regimen and I joined Blomeyer in February 2008. Shawn supported my goal of a post-cancer fitness plan, and I began attending her Spin Classes. I found that the intense exercise helped to combat the fatigue and side effects from the cancer treatment. In October 2008, I participated in the Susan B. Komen 3-Day Breast Cancer Walk with the WCI Team. The 3-Day experience was an incredible 60-mile trek, which solidified my commitment to support others through education about the importance of early detection through preventive screenings.

Breast cancer is the second most common cancer among women in the United States. It is estimated that 1 in 8 U.S. women will be diagnosed with invasive breast cancer.

Monthly self examinations are good in checking or changes in the size, shape or feel of the breast. Mammograms are recommended annually for women at the age of 40. Consult with your doctor for the best methods of prevention.

Source: American Cancer Society, www.cancer.org

Shawn’s Story: Found Through Self Examination
Ironically in 2008, while serving as a Spin (cycling) Instructor, I was encouraging the class to support and/or participate in the 3-Day Breast Cancer Walk. I was also very excited to encourage Paula in achieving her goal of completing the 60-mile walk. In January 2009, while showering I felt a lump that did not feel normal. Little did I know that I would be diagnosed with breast cancer in February 2009. How could this happen? I am a vegetarian, exercise regularly, and don’t drink or smoke. I felt this couldn’t be happening. Three weeks later, I had a lumpectomy and was diagnosed with Triple Negative Breast Cancer, which does not respond to hormonal therapy. Thus, I faced an aggressive treatment protocol of 8 rounds of chemotherapy and 7.5 weeks of daily radiation.

Two weeks after completing radiation treatment, I participated in the October 2009 3-Day Breast Cancer Walk with the WCI Team. I walked for myself and convinced my dear friend Paula to walk with me. We walked in recognition of the many other survivors and supporters in our lives.

Early detection helped both of us to survive this disease. We have made a commitment to live healthy, help others and support research efforts to find a cure. Paula has over four years and I have over two years CANCER FREE!
Wellness and Lifestyle

Tests Important in Fighting Prostate Cancer

Prostate cancer is the most common cancer in men and is second only to lung cancer in the number of cancer deaths. This disease is rare in men under 50 but increases with advancing age. It is also more common in African-American males and men whose father, brother or son has had prostate cancer.

Although the signs of prostate cancer vary, some men may experience none or some of the following symptoms:
• Difficulty in starting urination
• Pain or burning during urination
• Blood in the urine or semen
• Pain in the back, hips or pelvis that doesn’t go away

There are several preventive measures that may reduce the risk of prostate cancer. Current studies are examining whether changes in diet and lifestyle can reduce occurrence of the disease. For example, high-fat diets are thought to be associated with increased risk, while consumption of a low-fat diet with adequate fruits and vegetables is believed to be good for prostate health.

There are two tests - the Prostate Specific Antigen (PSA) test and the Digital Rectal Exam (DRE) - that are commonly used among physicians for the early detection of prostate cancer. Not all medical experts agree that screening for prostate cancer is right for all men as it has potential risks as well as potential benefits. It is important to talk with your doctor about the nature and possibility of prostate cancer, as well as the benefits and risks of being screened before deciding that testing is right for you.

Emory Healthcare’s Department of Urology provides services related to prostate cancer prevention, management, and treatment, including a monthly prostate cancer support group for patients and families. The department can be contacted at 404-778-4898.

References:
Centers for Disease Control and Prevention; www.cdc.gov/cancer
National Cancer Institute; www.cancer.gov
American Cancer Society; www.cancer.org

Melissa Morgan, MS, ACSM-HFS

Nutrition for Cancer Prevention

There are many factors that contribute to cancer risk; genetics, environment and lifestyle. However, experts from the American Institute of Cancer Research (AICR) estimated that 1/3 of the 1.5 million cancers that occur every year in the U.S. could be prevented by making positive lifestyle choices around diet, physical activity and weight management. Eating a healthy diet, with an emphasis on plant-based foods like vegetables, fruit, whole grains and beans may reduce your cancer risk.

Vegetables and Fruit: You should eat at least 5 servings of veggies and fruits (combined) each day. These foods are rich in vitamins, minerals, fiber, carotenoids and other bioactive substances called phytochemicals; all of which have been linked to reduced risk of lung, esophageal, stomach and colorectal cancer.

Beans and Legumes: These foods are a great source of plant-based protein. Move toward a more plant-based diet by eating these as an alternative to meat. Those at risk for estrogen-responsive cancers (breast or endometrial) should exercise caution when eating soy beans; consume only moderate amounts of soy foods (soy milk, veggie patties etc.) and avoid concentrated sources of isolated or concentrated soy isoflavones such as powders, pills and supplements.

Red and processed meat: Foods that fall into this category such as beef, pork, lamb, cold cuts, bacon and hot dogs should be limited. All are associated with increased risk of colorectal and prostate cancer. Carcinogens found in charred meat, fat content and substances used to process meat contribute to this risk.

Food choices and physical activity can also be used to manage weight. In the United States, overweight (a BMI ≥ 25) and obesity (a BMI ≥ 30) contribute to 14% to 20% of all cancer-related deaths (ACS, 2006). Remember to balance calorie intake with physical activity to maintain a healthy weight and reduce your risk of cancer.


Tara Cox, MPH, RD, Wellness Specialist
Baked Couscous with Summer Squash and Herbs

Makes: 6 servings (serving size: about 1 1/2 cups)

Ingredients:
1 (14-ounce) can fat-free, less-sodium chicken or vegetable broth, divided
3/4 cup uncooked couscous
Cooking spray
2 cups sliced yellow squash (about 2 small)
1/2 cup sliced green onions
2 tablespoons chopped fresh basil
1 tablespoon chopped fresh oregano
1 garlic clove, minced
1/4 cup (1 ounce) shredded fontina cheese
1/4 cup (1 ounce) grated Parmigiano-Reggiano cheese
1/4 cup egg substitute
1/4 teaspoon salt
1/4 teaspoon freshly ground black pepper

Directions:
Preheat oven to 400°.

Bring 1 cup broth to a boil in a medium saucepan; gradually stir in uncooked couscous. Remove from heat; cover and let stand 5 minutes. Fluff with a fork.

Black-Eyed Pea Salad

Makes 8 Servings

Ingredients:
2 (15.5 ounce) cans black-eyed peas, drained and rinsed
1 large tomato, chopped
1 medium red bell pepper, chopped
1 medium green bell pepper, chopped
1/2 red onion, diced
1 stalk celery, chopped
1 tablespoon chopped fresh parsley
3 tablespoons balsamic vinegar

2 tablespoons olive oil
Salt and pepper to taste

Directions:
In a medium bowl, toss together black-eyed peas, tomato, red bell pepper, green bell pepper, red onion, celery, and parsley.

In a small bowl, mix balsamic vinegar and olive oil. Season with salt and pepper. Toss into the vegetables. Cover, and chill in the refrigerator 8 hours, or overnight.

Nutrition Spotlight

Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add squash, onions, basil, oregano, and garlic; sauté 3 minutes or until squash is tender. Set aside.

Combine fontina and Parmigiano-Reggiano; set aside.

Combine couscous, squash mixture, and half of cheese mixture in a large bowl; stir in remaining chicken broth, egg substitute, salt, and pepper. Spoon mixture into an 8 x 8-inch baking dish lightly coated with cooking spray. Top with remaining cheese mixture. Bake at 400° for 35 minutes or until golden. Serve warm.

Nutrition per serving: Calories 140, Total Fat 3.5g, Saturated fat 2 g, Protein 8 g, Carbohydrate 20 g, Dietary Fiber 2 g, Cholesterol 9 mg, Iron 0.8 mg, Sodium 350 mg, Calcium 115 mg.

Nutrition Analysis by Tara Cox, MPH, RD, Wellness Specialist

Source: Cooking Light, JULY 2005 - www.cookinglight.com

Nutrition Spotlight

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Directions:
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In a small bowl, mix balsamic vinegar and olive oil. Season with salt and pepper. Toss into the vegetables. Cover, and chill in the refrigerator 8 hours, or overnight.

Nutrition per serving: Calories 160, Total Fat 4 g, Carbohydrates 23 g, Dietary Fiber 5 g, Protein 8 g, Cholesterol 0 mg, Sodium 200 mg

Nutrition Analysis by Tara Cox, MPH, RD, Wellness Specialist

Recipe Source: www.allrecipes.com
Wellness Calendar

BLOOD PRESSURE SCREENINGS

August 10
UTS Call Center, EUHM
550 Peachtree Street, 5th floor
Davis Fischer Bldg
1 p.m. - 2:30 p.m.

August 12
The Carter Center
Lower Commons Area
453 Freedom Pkwy
10:30 a.m. - 12 p.m.

Kirbo Building, Conference Room
1149 Ponce De Leon Ave
12:15 p.m. - 12:45 p.m.

WELLNESS FAIRS

August 3
Decatur Plaza, Room 131
101 W. Ponce De Leon
8:30 a.m. – 3 p.m.

Human Genetics Laboratory
2165 N. Decatur Road
8:30 a.m. – 1 p.m.

The Tobacco-free Task Force at Emory

The Tobacco-free Task Force at Emory was established to create a tobacco-free policy for the organization. The task-force worked to explore the feasibility of identifying issues and concerns associated with such a policy; address implementation steps needed to support a tobacco-free campus; market and provide resources to aid in cessation of the use of tobacco; identify prevention and education initiatives; and recommend practical approaches to sustain a tobacco-free environment.

To learn more about the Tobacco Free Task Force, or provide your feedback, visit www.tobaccofree.emory.edu.

Weight Watchers at Work®

Weight Watchers at 1599 Clifton Road: Tuesdays, 11:45 am-12:45 pm, Room 4A
Weight Watchers at Clinic A: Mondays, 12:15-1:15 pm, Brown Auditorium, Tunnel Level
Weight Watchers at the Math & Science Center: Tuesdays, 12:30-1:30 pm, Room N215

To register or for more information: contact Melissa Morgan, Wellness Specialist, melissa.morgan@emory.edu, or 404-727-4328.