



HEALTHY BCIT

Spring 2011

Learning About Cancer

Inside this issue:

Learning About Cancer	1
Eat to Beat Cancer	2
Protection & Early Detection	3
Is Your Check Engine Light On?	4
Colorectal Cancer-Not Me-Think Again	4

Daffodil History:

The Daffodil has served as a symbol of cancer awareness since the 1950s, when volunteers for the Society organized a fundraising tea in Toronto and used daffodils to decorate the tables as they thought it would create hope that cancer could be beaten.

Cancer is a disease that starts in our cells. Our bodies are made up of millions of cells, grouped together to form tissues and organs such as muscles, bones, lungs, and liver. Genes inside each cell order it to grow, work, reproduce, or die. Normally our cells obey these orders and we remain healthy. Sometimes the instructions get mixed up causing the cells to form lumps and tumours, or spread through the bloodstream and lymphatic system to other parts of the body.

Tumours can be either benign (non-cancerous) or malignant (cancerous). Benign tumour cells stay in one place and are not usually life threatening. Malignant tumours on the other hand are able to invade nearby tissues and spread to other parts of the body. Cancer cells that spread to other parts of the body are called metastases. The first sign that a malignant tumour has spread (metastasized) is often the swelling of nearby lymph nodes however cancer can metastasize to almost any part of the body. "It is important to find malignant tumours as early as possible." Canadian Cancer Society 2004.

According to Andre Picard, public health reporter at the Globe and Mail, 40% of women; and 45% of men die of cancer, and in that, 1 in 4 people die of cancer, with 5 to 10% of cancers being genetic. In addition, cancer continues to be one of the top 5 illnesses that affects the BCIT employee population in terms of disability and medical absences. The number one killer is lung cancer, mostly caused by smoking (tobacco and marijuana) and asbestos. It is never too late to stop smoking anything. Research shows that while there is no magic formula, 30 to 35% of all cancers can be prevented. This may be achieved by eating well, being active, maintaining a healthy body weight, limiting alcohol, reducing your exposure to ultraviolet rays (sun and tanning beds), knowing your body and following the safety instructions when using hazardous materials at home and work. Making small changes to your lifestyle on this front may make the difference.

NEWS & EVENTS

75% of the "That's It I Quit" Participants are still smoke free!! The next session will begin in the Fall of 2011

BC has among the best cancer survival rates in the world

Mark these dates in your calendar:

June 19-Walk For Prostate

October 6-Farmer's Market 10am-2pm

November 14 & 15 Mammography Screening. Information will be posted on how to book appointments at a later date.

Eat To Beat Cancer

We have become used to consuming processed foods as a part of our fast paced lifestyle. In reality, this is becoming cheap food not only because of cost but because of the additives that are included to preserve the product. If you can't pronounce it, why would you cook with it or eat it?

In a recent article in Canadian Living magazine, Dr. Richard Beliveau stated that "food is one of the greatest tools we have to fight cancer". It's planting season! What better time than now to experiment in our gardens by planting herbs and vegetables. Balcony and patio gardens are becoming popular. If space is an issue, grow some tomatoes with basil plants around the bottom of the stock and use organic pesticides.

As Summer is bountiful with fresh fruits and vegetables, it is important to remember that the actual nutritional values decrease the longer they are stored. To maximize nutrient values, buy local and eat within a few days. If you find you have over purchased, consider freezing fruits and vegetables. Often, frozen products retain more nutrients than fresh produce stored in your crispener. The same holds true for store-

bought frozen produce. There are many tips on learning how to master freezing produce on the web.

In Sally Errey's book, *Staying Alive Cancer Free Living*, she says that many cancers are preventable. Think cultural, think colour, think fresh. When planning your meals, add some purples. Local blueberries, red onions, blackberries, come to mind, reds and oranges also spruce up a plain plate, tomatoes, carrots, sweet potatoes, beets and yams. Spinach, swiss chard, collard greens and parsley will soon be appearing at local farmers markets.

"Food is one of the greatest tools we have to fight cancer"
Dr. Richard Beliveau

Add a handful of these greens to your daily salad. Eat whole grains and lentils. For a great sandwich filler make humus, using any kind of beans with garlic, a dash of olive oil, and spices, another great power food.

Cornell University recently researched 'humble foods' and found that eating apples with the skin inhibited the production of colon cancer cells! Other humble foods include brown rice, whole grains, lentils, wild rice, barley, and old fashioned oatmeal. Lucky we live in Canada; we grow all of these foods!

Check out this link for more information: <http://www.stayingalivecookbook.com/>

Top cancer fighting foods are:

Citrus Fruit-citrus boasts some of the strongest anticancer potential of all plants.

Cruciferous Vegetables-includes broccoli, brussel sprouts, cabbage, cauliflower, and kale.

Soy-Edamame beans are a great choice a few times a week.

Berries-reach for strawberries, raspberries, blackberries and blueberries several times a week.

Tomatoes-contains high levels of lycopene.

Green and black teas-has the highest proportion of anticancer molecules of all foods.

Spices, Oils, & Herbs-Oregano, cinnamon, olive oil, parsley, flax seed (ground), tumeric, garlic, rosemary. Consider heating your spices up first (toasting them) in a little oil before adding the rest of your ingredients. This enhances the flavours!

Key takeaways:

- Always have a full fruit bowl on your counter!
- Don't eat anything your great grandmother wouldn't recognize.
- Avoid foods with health claims

Spinach Salad with Orange Sesame Dressing

1 bunch fresh spinach (about 6 cups of leaves)
1 red or yellow bell pepper, cut into strips
1/4 to 1/2 cup thinly sliced red onion
1 orange, peeled and sliced into thin rounds
1 Tbsp sesame seeds
2 Tbsp seasoned rice vinegar
1 Tbsp orange juice concentrate
1 Tbsp water

Trim stems & wash spinach leaves. Dry, then tear into bite-size pieces. Place in a salad bowl along with the pepper, onion, and orange slices.

Toast the sesame seeds in oven for 10 minutes. Transfer to a blender and grind them into a powder. Add the vinegar, orange juice concentrate, and water and blend to mix. Pour over the salad and toss just before serving. Serves 4-6

Recipe from *Eat Right, Live Longer*, by Neal Barnard, MD.

Protection & Early Detection of Skin Cancer

With the Summer approaching, (finally) there is nothing that feels better than being kissed by the Sun! However we continue to read warnings about just how safe is sun exposure. At a recent workshop, Dr. Jason Rivers from the Dermatology faculty at UBC stated that 1 in 7 people in Canada will get skin cancer. Those individuals who choose to bronze their skin using tanning equipment, such as tanning beds, are receiving 5 times the exposure to ultraviolet (UV) light than that natural sun, hence increasing their chances for skin cancer. He also commented that the UV from non natural sources is a carcinogen. Skin cancer has become one of the most common types of cancer and it accounts for about half of all cancer diagnoses.

Skin cancer can take 20 or more years to develop. Many forms grow slowly, but some melanomas may grow quickly. If found in the early stages it's treatable, and the way to find it early is by doing a self-examination - 10 minutes could save your life.

Examine your head and face using one or two mirrors. Move your hair to examine your scalp. Have a look at your hands, including your nails. Check your elbows, arms and underarms. Look closely on your neck, chest and torso – check under your breasts if you are a woman. Using a second mirror examine the back of your neck and shoulders, as well as your upper arms, legs, back, and behind. Sit down and examine your lower legs and feet, including nails, heels, and soles. Use a small mirror to check your genitals. This should take no more than 5 or 10 minutes.

(Source http://www.skincancerguide.ca/prevention/self_examination.html)



A good rule of thumb—On Your Birthday, Check Your Birthday Suit!

The good news is that skin cancer is one of the most preventable types of cancer.

Here are some tips to reduce the chances of acquiring harmful UV rays:

- **Use a good sunscreen**-30 SPF or higher and water resistant if possible
- **Apply sunscreen 15-30 minutes before going outside**-it needs time to be absorbed into the skin. For an adult, at least one ounce is recommended during each application.
- **When you think you have enough sunscreen on**-if you are outside in the sun, add more and reapply every 2 hours especially if you have been sweating or swimming.
- **Wear protective clothing**-wide brimmed hat, sunglasses (with 100% UV protection), tightly woven light fabrics that offer protection without making you feel hot. Treat yourself to a cool white linen shirt and pants. How chic!
- **If you like the sun kissed look**-use the self tanning products offered through Jergens, Avon, etc. and use it under your sunscreen. A cheater, safe way of getting the look!
- **Limit your daily exposure**-the worst sunrays are between 11 am to 3 pm.
- **Cloudy days**-they are just as harmful as sunny days. Lather up!
- **If you use daily moisturizers and face creams**-chose products year round that include 15 SPF.

When you cannot get outside to safely absorb vitamin D, take 1000mg of D3 daily. A daily dose is sufficient. Vitamin D3 is particularly useful during the dreary days of winter. Dr. Rivers states that there are studies that support this. For those of you who do not know, vitamin D is cheap!

Gents, is your "Check Engine" light On?

Gentlemen when was the last time you "checked your engine?" In a recent article in the Vancouver Sun, Dr. Len Gross, a director at the Prostate Cancer Foundation BC, says it is estimated that only half of men over 50 get tested—either with a digital rectal exam or with a prostate-specific antigen, or PSA, blood test. In his view, this is chalked up to one word, "denial". Many men think that they will not be impacted, they eat well, they feel fine, and they are invincible. Prostate cancer accounts for more than one-quarter of all male cancers with Prostate Cancer Canada (PCC) stating prostate cancer will be more common than colorectal and lung cancer combined. One in three people can expect to be diagnosed with cancer and this is expected to rise to one in two in a single generation. Why? Because we live longer. In 1900 the average life expectancy for men was around 45 years. Today, the male baby has a life expectancy of about 80 years. What this meant was that men used to die before they could develop cancer, including prostate cancer. And aside from an aging population, there are more of us today, so the incidence of cancer is on the rise.

There are no known causes for the disease. The research conducted by PCC shows that a diet low in fats and high in leafy greens reduces the risk and of course not smoking is the best way to avoid the likelihood of cancer. Check out the prostatecancer.ca to take the diet and lifestyle quiz and assess your risk of prostate cancer.

Prostate cancer is detected through the controversial PSA test, which is a simple blood test that assesses levels of protein in the blood. It may also be detected through the digital rectal exam, which checks abnormalities in the texture of the prostate. PCC recommends that men get their "baseline" PSA score at age 40 and discuss their risks with their doctor. Starting at age 50, include this as part of your regular annual check-up, if the baseline test showed no cause for concern. While a single PSA score is not illustrative, its important to monitor PSA velocity. Suspect PSA readings could lead to a trans-rectal ultrasound and possible biopsy, the only conclusive test for any cancer. So what is holding you back, if you are 40+ book your appointment today. You have lots to live for!

Colorectal Cancer - not me. Think again

Have you seen the recent ads on television where the people are photocopying their derrieres? This messaging is to create awareness of colon cancer. Colorectal cancer, cancer of the colon or rectum, is the second-leading cause of cancer death in Canada. The disease surpasses both breast and prostate cancer in mortality. An estimated 21,500 Canadians were diagnosed with the colorectal cancer last year, and approximately 8,900 died from it. An almost equal number of men and women are affected by colorectal cancer. One in 14 men and one in 16 women are expected to develop the disease during their lifetime. One in 28 men and one in 31 women will die from it. This cancer is highly preventable and curable when detected early. For those of you age 50+, add this to your annual check-up list to discuss with your doctor. Source: <http://www.colorectal-cancer.ca/en/just-the-facts/colorectal/>

HEAR YE HEAR YE!!!

Audiometric Testing Draw

February's Winner-Jeff Dewhurst

March's Winner-Pat Cumming

April's Winner-Jan Grigoruk

CONGRATULATIONS!!! We had over 80 Participants!!

To enter into our reader's draw to be held on June 30th

Name one cancer fighting food.

Send your answer along with your name and local to:

wendy_mcleod@bcit.ca

Please put "**I'm a Reader**" in the subject line.

GOOD LUCK!!!!