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**In This Issue:** • Stay Safe in the Sun • Texts Help Teens Quit Smoking • Fun and Healthy Summer Cookouts

# HealthyLiving

## New Screening Guidelines for Cervical Cancer

During the past few decades, screening has reduced deaths from cervical cancer, as doctors have been able to find cancer early and treat it, or prevent it from ever developing. Researchers continue to find out more about what causes cervical cancer, and the best ways to screen for it.

There are 2 types of tests used for cervical cancer screening.

- The Pap test can find early cell changes and treat them before they become cancer. The Pap test can also find cervical cancer early, when it's easier to treat.
- The HPV (human papilloma virus) test finds certain infections that can lead to cell changes and cancer. HPV infections are very common, and most go away by themselves and don't cause these problems. The HPV test may be used along with a Pap test, or to help doctors decide how to treat women who have an abnormal Pap test.

The American Cancer Society regularly reviews the science and updates screening recommendations when new evidence suggests that a change may be needed. Earlier this year, the latest recommendations for women who have never had cervical cancer were released. They are:

- All women should begin cervical cancer screening at age 21.
- Women between the ages of 21 and 29 should have a Pap test every 3 years. They should not be tested for HPV unless it is needed after an abnormal Pap test result.
- Women between the ages of 30 and 65 should have both a Pap test and an HPV test every 5 years. This is the preferred approach, but it is also OK to have a Pap test alone every 3 years.
- Women over age 65 who have had regular screenings with normal results should not be screened for cervical cancer. Women who have been diagnosed with cervical pre-cancer should continue to be screened.
- Women who have had their uterus and cervix removed in a hysterectomy and have no history of cervical cancer or pre-cancer should not be screened.
- Women who have had the HPV vaccine should still follow the screening recommendations for their age group.
- Women who are at high risk for cervical cancer may need to be screened more often. Women at high risk might include those with HIV infection, organ transplant, or exposure to the drug DES. They should talk with their doctor or nurse.

In short, the American Cancer Society no longer recommends that women get a Pap test every year, because it generally takes much longer than that, 10 to 20 years, for cervical cancer to develop and overly frequent screening could lead to procedures that are not needed.



**CLICK HERE** for comprehensive information about cervical cancer from the American Cancer Society.

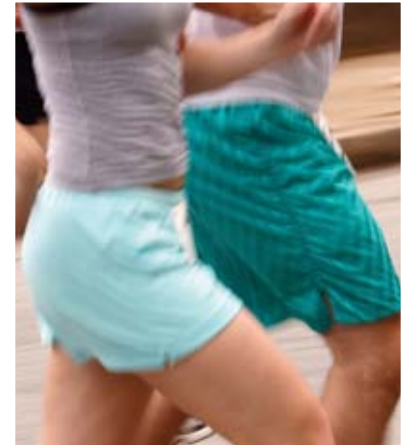
## Jogging for Health

Regular physical activity and keeping a healthy weight are two proven ways to help reduce your risk of cancer and other chronic diseases. If you're looking for a new exercise to keep you active, consider jogging.

This slow form of running has been around since humans had to hunt and gather, but it took off as exercise in the 1970s. A great thing about jogging is that it requires very little money to get started and stay with it: All you need are good shoes and a place to move, like a sidewalk, track, or treadmill.

Once you've discussed your exercise plan with your doctor, set a strategy. Start slow, beginning with a brisk walk, then build in jogging 5 to 10 minutes at a time. Once you can do that more easily, gradually add more time. If you experience pain or discomfort while jogging, slow down or walk for a few minutes,

then start jogging again. If you need a little help moving, listen to some of your favorite fast-paced songs. Before you know it, you'll be off and running.



[CLICK HERE](#) to learn more about staying healthy and lowering your cancer risk through diet and exercise.

## Healthier Summer Cookouts



With the weather getting warmer and the days getting longer, it's the perfect time to plan a cookout with family and friends. But grilling food at high temperatures creates chemicals that may raise your

cancer risk. There's evidence that the smoke created when fat drips onto hot coals can raise your cancer risk, too. And fatty grilled meats are often high in calories, especially if eaten with sauces and dressings.

American Cancer Society nutrition expert Colleen Doyle, MS, RD, shares these tips for healthier grilling.

- Clean char from your grill before cooking and remove any charred bits from your food before eating.

- Pre-cook meat in the microwave so it doesn't have to sit on the grill as long.
- Select leaner cuts of meat and trim visible fat to reduce calories and the smoke created by the drippings.
- Load the grill with more chicken, fish, and vegetables, and cut back on ground beef, pork, sausage, and hot dogs.
- Line the grill with foil poked with holes. The fat will drip off, but the smoke won't reach the meat.
- Balance the grilled meat with fruits and vegetables, on their own, or in salads, side dishes, and desserts.

Serve your family and friends water and other calorie-free beverages. And get everybody up and active with volleyball, badminton, kickball, and other games. Don't forget the sunscreen!



[CLICK HERE](#) to watch a podcast of our nutrition expert offering more healthy tips for your summer cookouts and picnics.

## Soap and Sensibility

It's a simple act, but washing your hands frequently with soap and water plays a big role in keeping you healthy. It kills germs and keeps you from spreading illness.

Washing your hands before, during, and after preparing food makes it less likely you and your family and guests will get food poisoning. You should also wash your hands before eating; when you care for someone who is sick or injured; after using the toilet or changing diapers; after blowing your nose, coughing, or sneezing; after touching or caring for animals; and after touching garbage.

Believe it or not, there is a "right" way to wash your hands so that you can kill the most sickness-causing viruses and bacteria. First, wet your hands with clean running water. Then, add soap and rub all over your hands, between your fingers, and under your nails to make a good lather. Continue this for 20 seconds (many people sing the "Happy Birthday" song twice as a timer). Finally, rinse your hands well and air dry or use a clean towel.

If your hands aren't visibly dirty, and you can't get to water, use a hand sanitizer that contains at least 60% alcohol.



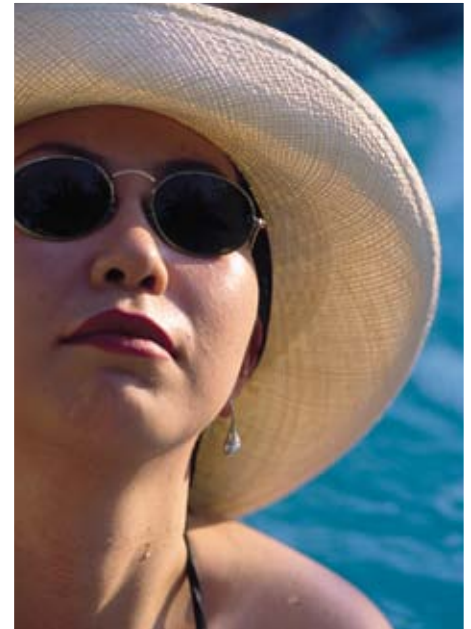
## 'Don't Fry Day' Friday, May 25

May 25, 2012, the Friday before Memorial Day, has been designated "Don't Fry Day" by the National Council on Skin Cancer Prevention. It's a reminder to take care of your skin as the weather gets warmer and the sun gets stronger.

Most skin cancer is likely caused by too much exposure to ultraviolet (UV) rays from the sun or tanning beds. The American Cancer Society recommends taking these steps to stay sun-safe:

- **Cover up:** When you are out in the sun, wear clothing and a wide-brimmed hat to protect as much skin as possible. Protect your eyes with sunglasses that block at least 99% of UV light.
- **Use sunscreen with a sun protection factor (SPF) of at least 15:** Be sure to reapply at least every 2 hours, as well as after swimming or sweating.
- **Seek shade:** Limit your direct exposure to the sun, especially between the hours of 10 a.m. and 4 p.m., when UV rays are strongest.

- **Avoid tanning beds and sunlamps:** Both can cause serious long-term skin damage and contribute to skin cancer.



[CLICK HERE](#) for more tips on staying safe in the sun.

## Quit-smoking Txts 4 Teens

The National Cancer Institute (NCI) is now using teenagers' favorite method of communication – the text message – to help them stop smoking. Smokefree TXT is a free service that provides round-the-clock encouragement and advice. Teens can sign up by texting "QUIT" to iQUIT (47848) and selecting a date to stop smoking.

According to the NCI, nearly 20% of teens currently smoke, and most will continue smoking into adulthood unless efforts are made to help them quit now. Half of those who keep smoking will die from smoking-related diseases. Research has shown that automated

text messages can be effective in helping some smokers quit.

Smokefree TXT times its messages to the teen's selected quit date and continues to send supportive texts for up to 6 weeks. Samples of text messages include, "It's been 9 days since u gave up smoking. How are ya feelin today? Text back: COOL, EH, or SUCKY."



[CLICK HERE](#) for the American Cancer Society's *Guide to Quitting Smoking* for more tips on how to quit and stay smoke-free.

## Grill a Better Burger



For many of us, there's just something about hamburgers on the grill that makes a cookout a cookout. But limiting how much red meat we eat is important to help lower our risk of developing heart disease and several types of cancer. So what's a red-blooded American to do? Here's one suggestion: Try our recipe for *Salad Burgers on the Grill* from the *American Cancer Society's Healthy Eating Cookbook*. Each serving contains only 2 ounces of ground beef, and serves up healthy spinach and garbanzo beans, all in one satisfying patty on a bun. For an even healthier burger, make that bun whole-wheat.

## Salad Burgers on the Grill

*8 ounces extra-lean ground beef*  
*1 cup spinach, finely chopped*  
*1 cup garbanzo beans, mashed*  
*¼ cup chopped onion*  
*1 egg*  
*Salt and pepper to taste*

Combine all ingredients in a bowl and mix until thoroughly blended. Separate the mixture into four even portions and form into round patties. Refrigerate for at least one hour before grilling. Grill patties until done throughout, turning once. Makes 4 servings.

*Approximately 345 calories and 13 grams of fat per serving with bun.*



**CLICK HERE** to order this and other great books from the American Cancer Society bookstore.



**In the Next Issue:** • Prepare Your Kids for Summer Camp • What to Say to Someone Who Has Cancer • Cooking with Peppers: Sweet, Hot, Spicy

Articles contributed by Stacy Simon and Becky Slemons.

To sign up for this e-newsletter, please **CLICK HERE**. To learn more about American Cancer Society programs, services, and upcoming events, please call 1-800-227-2345 or visit [cancer.org](http://cancer.org).



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