

In This Issue

- A Backyard Chef's Guide to Healthy Grilling
- The Dish on Buying Fish
- Fitting in Fitness 9 to 5

CLICK on this symbol throughout this e-newsletter for links to interactive simple solutions.



HealthyLiving



A Visionary Volunteer

In her 30-year volunteer history with the American Cancer Society, Phylecia Wilson has tackled issues both large and small. But Wilson may be best known for one effort above all: helping transform one man's idea into an international phenomenon known as the American Cancer Society Relay For Life®.

Relay For Life began in 1985 when Dr. Gordy Klatt, a surgeon from Tacoma, Washington, decided to circle a track for 24 hours to raise funds for the American Cancer Society. People took notice, and as the years passed, adopted his model into an overnight event where team members walk around a track to raise funds and awareness to help the American Cancer Society save lives from cancer.

Wilson crossed paths with Klatt at a meeting and was inspired by the idea of hosting a Relay in her own hometown. "I thought it would be exactly what our community needed," she says, and worked with colleagues to make it happen.

And she did, indeed, make it happen. As the chair of the Gwinnett County, Georgia, Relay For Life for its first 4 years, she helped give legs to an event that has since grown into the largest Relay in the nation. Last year, thousands of participants and cancer survivors gathered to take part in the Gwinnett Relay.

It's support like that that has transformed Relay into a global event – there are over 5,000 Relays in communities in the US and additional events in 19 countries around the world. This year marks the 25th year of Relay, and it's still going strong.

Given its success over the past quarter-century, what might Relay look like 25 years from now? Says Wilson, "I hope it's a celebration of life, and that we've found an end to all the suffering."

This year, join your community to celebrate the lives of people who have survived cancer, remember loved ones lost, and fight back against a disease that takes too much.



**CLICK
HERE** to
learn more
about Relay For
Life and how
you can help
save lives.

No Such Thing as Safe Tobacco

While they may not seem as bad for you, tobacco alternatives, such as cloves, bidis, and hookahs, actually carry many of the same health risks as cigarettes.

Clove cigarettes, or kreteks, contain 60%-70% tobacco and 30%-40% ground cloves, clove oil, and other additives. The chemicals in cloves have been linked to asthma and other lung diseases. And kreteks have been shown to deliver more nicotine, carbon monoxide, and tar than regular cigarettes.

Bidis, or “beedies,” are flavored, hand-rolled cigarettes imported mainly from India. They contain less tobacco than regular cigarettes, but deliver higher levels of nicotine, tar, and carbon monoxide. Bidi smokers have much higher risks of heart attacks, chronic bronchitis, and some cancers than non-smokers.

Hookah (or narghile) smoking, which started in the Middle East, is typically done in a group setting where people talk and spend time together as they pass the water pipe around. Hookah smoke

contains more toxins such as nicotine, carbon monoxide, tar, and other hazardous substances than cigarette smoke. It’s also possible to spread infectious diseases by sharing the pipe.

In short, there’s no such thing as safe tobacco. If you do smoke, try to quit.



CLICK HERE for help kicking the habit.



A Backyard Chef’s Guide to Healthy Grilling



Getting your family and friends together for a barbeque is one of the perks of the season, but backyard chefs should beware: some research suggests that cooking meats at very high temperatures creates chemicals (heterocyclic amines, or HAs) that might increase cancer risk.

To limit your exposure, try these healthy barbequing tips:

- Choose lean cuts of meat and trim any excess fat. Fat dripping onto hot coals causes smoke that contains potential carcinogens. Less fat means less smoke.
- Line the grill with foil and poke small holes in it so the fat can still drip off, but the amount of smoke coming back onto the meat is lower.
- Avoid charring meat or eating parts that are especially burned and black – they have the highest concentrations of HAs.
- Add colorful vegetables and fruit to the grill. Many of the chemicals that are created when meat is grilled are not formed during the grilling of vegetables or fruits, so you can enjoy grilled flavor worry-free. Red, yellow, and green peppers; yellow squash; mushrooms; red onions; pineapple – all of these grill well and make healthy additions to your plate.

Women: Stay Healthy with Regular Cancer Tests

For many women, juggling work, home, and family responsibilities means they have little time left to take care of themselves. However, keeping up-to-date on cancer screening tests could save lives. Encourage the women you care about to talk with their doctor or nurse about the following screening guidelines.

Breast: Women 40 and older should get a mammogram and a breast exam by a doctor or nurse every year. Women in their 20s and 30s should have a breast exam about every 3 years. Women who are at higher risk of breast cancer because of family history or other factors should talk to their doctor about when to

start screening and what other tests they may need.

Cervix: Testing for cervical cancer should begin 3 years after a woman begins having sex, but no later than age 21. Women should have a Pap test every year or a liquid-based Pap test every 2 years.

Colon: Testing can find precancerous polyps that can be removed – catching colon cancer before it starts. Women should be tested for colon cancer beginning at age 50, or earlier if they have a family history of the disease or certain other risk factors. Talk to your doctor about your history and ask which tests are right for you.



CLICK HERE for more information about cancer prevention and early detection.

Be Sun Smart on “Don’t Fry Day”

Spending time outdoors is part of a healthy, active life. But whether you enjoy tennis, hiking, or gardening, take some precautions when you’re out in the sun.

Most skin cancers are caused by too much exposure to ultraviolet (UV) rays. Much of this exposure comes from the sun, but some may come from manmade sources, such as tanning beds.

The good news is that there is a lot you can do to protect yourself. For starters, celebrate the National Council on Skin Cancer Prevention’s first annual “Don’t Fry Day,” co-sponsored by the American Cancer Society, on May 22, 2009, by practicing sun safety:

Cover up. When you are out in the sun, wear clothing to protect as much skin as possible.

Slather on sunscreen. Experts recommend products with an SPF of at least 15.

Wearing a hat with wide brim is ideal to protect your neck, ears, eyes, forehead, nose, and scalp.

Invest in a pair of **wrap-around sunglasses** with at least 99% UV absorption to block damaging UVA and UVB light.

If you notice any new spots on your skin, or changes to spots, show them to your doctor.



CLICK HERE for more sun safety tips.



Fitting in Fitness 9 to 5

We spend more than half our waking hours on the job, according to Healthy People 2010, a national health promotion and disease prevention initiative. And most of that time, sadly, is spent sitting at our desks. It’s no wonder many of us go home with sore backs, dry eyes, and creaking finger joints, not to mention extra pounds.

The American Cancer Society recommends adults get at least 30 minutes of moderate-to-vigorous activity on at least 5 days per week. Incorporating small bursts of activity in your day is good for you, too. Consider these simple solutions:

- Use stairs rather than an elevator.
- Change up your commute. Walk or bike part of the way, if possible.

- Head outside for a walk during lunch with your workmates, family, or friends.
- Walk to visit co-workers instead of sending an email.
- Keep a dumbbell at your desk and fit in reps while on the phone.
- Wear a pedometer every day and challenge yourself to increase your step count.
- Stand up every half hour to stretch or walk around a bit.

It doesn’t matter what you do, just get moving!



CLICK HERE for more get-active tips.

Easy Fish Fillets

- 1 pound fish fillets
- 1 can tomatoes, drained and coarsely chopped
- Salt and pepper to taste
- ¼ cup parsley, chopped
- ¼ cup fine fresh breadcrumbs
- 2 tablespoons green onion with top, minced
- 1 tablespoon corn oil margarine
- 2 cloves garlic, minced

Spoon half the tomatoes into a large micro-wave-safe dish. Arrange fillets in a single layer in prepared dish and sprinkle with salt and pepper. Cover with remaining tomatoes. Combine parsley, crumbs, green onion, margarine, and garlic in a small bowl and mix well. Sprinkle mixture over tomatoes. Cover loosely and microwave on High for 9 to 12 minutes or until fish is opaque. Let stand for 3 minutes before serving.

Makes 4 servings.

Approximate per serving: 183 calories, 5 grams of fat



CLICK HERE to order
The American Cancer Society's
Healthy Eating Cookbook.



The Dish on Buying Fish

For centuries, mankind has been casting nets into the water to deliver delicacies to the dinner table. Indeed, fish can be a tasty and nutritious food choice. But whether you plan to cook up deep pink salmon filets or pearly white cod, knowing how to choose and store your fresh fish can make all the difference in the healthfulness of what you serve.

Fish should smell fresh, not fishy or like ammonia, and whole fish should have clear eyes and bright red, slime-free gills. The flesh of fresh fish should spring back when you press it. When shopping for fish fillets, avoid those with darkened or dry edges, any yellow or greenish discoloration, and any that have spots that seem dry or mushy.

Store your fish safely on ice or place it in the fridge or freezer soon after you buy it. Seafood that will be used with two days after purchase can be stored in the refrigerator; any fish that won't be used within that time frame should be wrapped tightly and frozen.



In the Next Issue

- **Caregivers: Is it Depression or Just the Blues?**
- **Know Your Health File: Tips for Managing Medical Records**
- **Health Reminders for Men**

Articles contributed by: Amanda Dobbs, Rebecca Viksnins Snowden, and Scott Thompson.

All content for *HealthyLiving* is provided by the American Cancer Society.

To sign up for this e-newsletter, please **CLICK HERE** to access acsworkplacesolutions.com. To learn more about American Cancer Society programs, services, and upcoming events, please call 1-800-227-2345 or visit cancer.org.



CLICK HERE to
donate to the American
Cancer Society.