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HealthyLiving

Giving Mom the Gift of Health

Flowers, perfume, a fancy brunch – all of these are lovely ways to celebrate Mother’s Day. But how about giving a gift that could mean enjoying more birthdays with the ladies you love? This year, along with sending Mother’s Day greetings, encourage the moms in your life to get up to date on cancer screening tests. The right screening tests can help find cancer early, when it’s easier to treat.

Review these guidelines and share them with the women in your life.

Women in their 20s and 30s:

- Women should have a breast exam by a doctor or nurse about every 3 years to look for breast cancer and should know how their breasts normally look and feel so they can report any changes to their doctor.
- All women should begin cervical cancer testing about 3 years after they begin having vaginal intercourse, but no later than age 21. Testing should be done every one to 2 years depending on the type of Pap test used. Starting at age 30, women can have a Pap test every 1 to 3 years depending on the type of test used and the results of previous tests.

Women in their 40s:

- Breast cancer testing for this age group should include a breast exam each year and a yearly mammograms starting at age 40 and continuing for as long as a woman is in good health.
- Women should continue with their regular Pap tests every 1 to 3 years.
- At menopause, all women should be informed about the risks and symptoms of endometrial cancer and should report any unexpected bleeding or spotting.

Women 50 and older:

- Women 50 and older should be tested for colon cancer. A doctor can help determine which recommended screening tests and methods are the best fit.
- Women over 50 should also get regular mammograms and cervical cancer screening tests.

Some women may want to start testing for cancer a little earlier depending on their family and medical history.

Helping mom find and get the right cancer screening tests can have a positive impact on her health. Isn’t that a gift worth giving?



CLICK HERE to learn more about the recommended cancer screening for the women in your life.

This year, along with sending Mother’s Day greetings, encourage the moms in your life to get up to date on cancer screening tests.



Family Play Time Pays Off

“Go play outside.” These words have been uttered to many a child lingering in the house on a warm and sunny day. The truth is that it’s good advice not just for kids, but for parents, too. By heading outdoors as a family, you can not only enjoy a breezy afternoon of fun, but also fit in some physical activity that’ll hardly feel like exercise.

Venture into the backyard to plant some flowers or start a vegetable garden. Or go out to a local park, and while you’re there, engage in some simple, all-ages games that will keep everyone moving. Throw a ball or Frisbee around. Challenge your kids to a running race. Play a game of

“Simon Says” that includes lots of active commands, such as hopping on one leg or doing jumping jacks. Or simply kick around a soccer ball and take turns being goalie. Even a brisk walk together can be a great way to get your heart rates up while you appreciate the warmer temperatures.

So go play outside. You’ll have quality time with your loved ones and enjoy the health benefits of staying active.



[CLICK HERE](#) to learn how staying active can help reduce your risk of cancer.



Secondhand Smoke Is No Joke

Most people know that smoking is hazardous to your health, but fewer may realize that simply being exposed to tobacco smoke can dramatically impact your well-being.

Secondhand smoke, also known as environmental tobacco smoke, is a combination of the smoke from

burning tobacco and the smoke exhaled by a person using tobacco. It contains the same nicotine and chemicals that are so harmful to smokers, and it has been shown to increase the risk of cancer and heart disease for individuals who are exposed to it, even if they don’t

smoke themselves. Worse, it contributes to lung infections, asthma, and other serious health issues in children, many of whom breathe high levels of secondhand smoke at home.

Being around cigarette smoke is more than a nuisance – it’s a health risk. There is no safe level of exposure to secondhand smoke. If you know someone who smokes, encourage them to quit. If you smoke, there are many resources available that can help you kick the habit for good.



[CLICK HERE](#) to find tools that can help you or a loved one stop smoking.



Benefits of a Workout Buddy

Exercising, like most things, is better done with a buddy. If you're lacking motivation or are having trouble sticking to a regular workout schedule, teaming up with a friend, partner, or spouse can help you keep your commitment to yourself and encourage you to work a little harder, too.

How many times have you talked yourself out of going to the gym? If you know someone else is counting on you to show up, you'll probably be more inclined to as well. Ask a buddy to save you a spot in class or meet you at the park for a jog.

Scared to try a new sport or class? Teaming up with someone who already knows the ropes can make a new experience less daunting.

Just plain bored with your workout? Let's face it: Having a friend to chat



with makes the miles go by more quickly, and can force you to step up your game in the process. You may be having too much fun to realize you're actually sweating!

In addition to pairing up at the gym, consider registering for a 5K race with a friend, or form a group to participate in a charity walk or run, such as the American Cancer Society Relay For Life®.



[CLICK HERE](#) to learn more about Relay For Life.

A Healthy Switch

It's important to eat right: Eating well can help you feel better, lose weight, and reduce your risk of cancer. Even small changes can make a big difference, and swapping a healthy "this" for an unhealthy "that" isn't hard to do. Here are a few easy substitutions that can put you on the right track to better eating and better health.

- Rather than reaching for the heavy cream for a soup recipe, stir in a puree of cooked potatoes, onion, and celery, or opt for a broth-based soup instead.
- When you're baking muffins, cookies, or cakes, switch out up to half of the white flour for whole-wheat flour. Add moisture with applesauce and dried fruits instead of fat.
- When making tuna and chicken salad, try substituting a bit of plain, low-fat yogurt for the mayo.
- Cut back on butter and oil in your favorite recipes, and add flavor by using herbs and spices instead.



[CLICK HERE](#) to see more simple ways you can cut fat and calories.

Is It Skin Cancer? What to Look for

More than 1 million skin cancers are diagnosed each year in the United States. The good news is that you can do a lot to protect yourself and your family from skin cancer, or to catch it early enough so that it can be treated effectively.

As part of a routine cancer-related checkup, your doctor should check your skin carefully. It's also important to check your own skin on a regular basis. Look at your skin in a well-lit room in front of a full-length mirror. Use a hand-held mirror to look at areas that are hard to see.

Look for areas that are flat, firm, and pale or small, raised, pink or red, translucent, shiny, waxy areas that may bleed after a minor injury. Take note of any lumps, especially those with a rough, scaly, or crusted surface. Be on the lookout for new spots or spots that are changing in size, shape, or color, as well as any spots that look different from all of the other spots on your skin.

If you have any of these warning signs, have your skin checked by a doctor. And

when you're out in the sun, be sure to protect your skin by covering up and wearing sunscreen. On May 28, 2010, celebrate the National Council on Skin Cancer Prevention's annual "Don't Fry Day," co-sponsored by the American Cancer Society, by practicing sun safety.



[CLICK HERE](#) for more information about skin cancer early detection and prevention.



Black Beans and Rice with Papaya and Red Onion

Papaya: A Tropical Treat

When it comes to delivering the taste of the tropics, few things fit the bill as well as the papaya. While it can be found in most grocery stores, this large, melon-like fruit, also called a pawpaw, instantly transports you to sunny climates and serves as a surprisingly versatile ingredient in a host of recipes.

The coral-colored flesh of the ripe papaya is usually eaten raw, and sliced or diced it can add bright color and an unmistakable sweet flavor to fruit salads. Add it to onions and hot peppers for a tasty fruit salsa that's perfect for topping grilled chicken or fish. Unripe green papayas also can be used raw in salads or cooked into curries or stews. Try using the mild, peppery seeds of the papaya for a garnish.

Papayas offer more than just tropical flavor, too. Rich in an enzyme called papain, papaya plants are used to make meat tenderizers and can be found in some medicines, often as an aid for digestion.

However you consume it, the power of the papaya is worth exploring. It'll certainly be a tasty trip!

The small, shiny, grayish seeds of the papaya can be eaten. They are mild and peppery in taste. Try them on top of this dish or in a salad.

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| 1 red onion, chopped finely, divided in half | ¼ teaspoon allspice |
| 1 teaspoon olive oil | ¼ teaspoon garlic salt |
| 1 15-ounce can black beans, drained | 2 cups fat-free chicken broth |
| 1 15-ounce can black beans, undrained | 1 cup brown rice |
| ½ teaspoon ginger | 1 small papaya, peeled, seeded, and diced |
| | 2 scallions, chopped |

Heat oil in saucepan over medium-high heat, and sauté half of the onion until tender. Add beans, ginger, allspice, and garlic salt and bring to a boil.

Reduce heat and simmer 20 minutes, mashing half of the beans with a fork after 10 minutes to thicken.

In another medium saucepan, bring chicken broth to a boil and add rice. Reduce heat and simmer 45 minutes.

Transfer rice to a serving dish; spoon beans over rice. Top with papaya, red onion, and scallions.

Serves 8.



[CLICK HERE](#) to order the *Celebrate! Healthy Entertaining for Any Occasion* cookbook.

In the Next Issue: • Plan an "Active" Vacation • Healthier Smoothies • Be a Healthier Cancer Survivor



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