



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



CLICK HERE to learn about cancer in the family and how it affects your risk.

- In This Issue:**
- Update Your Family Cancer History
 - Dance Your Way to Fitness
 - Make a Healthier Turkey Dressing

HealthyLiving

Update Your Family Cancer History

This year when the family gets together for Thanksgiving, consider discussing any changes in your family's health history, including cancer.

A study published in the *Journal of the American Medical Association* says updating your history every 5 to 10 years could reveal the need for earlier or additional cancer screening tests. Most cancer screening tests find cancer early, when it is easier to treat, but a few tests lead to treatments that prevent cancer.

What to Tell the Doctor

Doctors often ask for a family cancer history the first time you visit, but don't always continue to ask whether anything has changed. You should tell the doctor when someone in your family has been diagnosed with cancer, what type of cancer, and age at diagnosis. This means first-degree relatives – parents, siblings and children, and second-degree relatives – grandparents, aunts, and uncles. If others in your family have had cancer, you may have a higher risk yourself for that type of cancer, and that could influence when you should start screening and how often to get tested.

Why It Matters

Researchers gathered information from about 11,000 people with a personal or family history of cancer. They looked at changes in family history that would qualify those people for earlier and more intense screening for colorectal, breast, or prostate cancer based on American Cancer Society guidelines.

The researchers found a 5 percent chance that a person's colorectal cancer screening recommendation would change between ages 30 and 50 based on family history, and that 4 percent of women would become candidates for additional breast screening. The change in recommendation for prostate cancer screening was less clear, mostly because the guidelines for prostate screening are less clear. Even so, an informed decision about whether to be tested still depends partly on an accurate, up-to-date family history.

Even if your doctor doesn't ask for the information, it makes sense to let him or her know anytime a first- or second-degree relative is diagnosed with cancer.

Don't Just Sit There!

Most people know that physical activity is good for you, but many don't realize that sitting too long is unhealthy, no matter how much exercise you get each day.

American Cancer Society researchers asked more than 100,000 people how much time they spent sitting and how much time they spent exercising. And then they followed them for many years. Men who sat more than 6 hours a day were 18 percent more likely to die than those who sat less than 3 hours a day. And the results were even more dramatic for women. Those who sat more than 6 hours a day were 37 percent more likely to die than those who sat less than 3 hours a day. This was true regardless of physical activity level.

Another study, by researchers at Massachusetts General Hospital, shows that women who sit for long periods of time every day are more likely to develop pulmonary embolism, a life-threatening blood clot in their lungs. Nurses who sat for more than 41 hours a week outside of work were 2 to 3 times more likely to develop this condition than those who sat for less than 10 hours a week outside of work.

If you tend to sit too long, try setting a reminder on your cell phone or in your email calendar to take a short walk every hour or two. If you watch a lot of TV, do jumping jacks or march in place during commercials.



[CLICK HERE](#) for more ideas to help you fit small amounts of activity into your busy day.

Hospice Care: A Focus on Quality of Life

Talking about and preparing for end-of-life decisions can be difficult and emotional. Patients and their families have to make many heart-wrenching choices, including who will care for the patient at the end, and how care will be given. One option is hospice.

Hospice is a philosophy of care that accepts death as the final stage of life. It provides humane and compassionate care for people with 6 months or less to live so that they may be as alert, pain-free, and comfortable as possible. Hospice care is sometimes covered by insurance, Medicare, or Medicaid. Some programs charge according to how much the patient can pay.

The patient, the family, and the patient's medical team decide together

when hospice care should begin. Many families wait too long before beginning hospice care, thinking this means that they're giving up. But that's not true: If treatment is working, the patient can be taken out of hospice. Using hospice at home is most common, but it can also happen in a hospital, nursing home, or private hospice setting. Hospice allows the patient and his or her loved ones to focus on quality of life – treating the symptoms of the disease including pain, spiritual help if they want it, and time with family and friends – so that they can make the best of each day.



[CLICK HERE](#) to learn more about hospice care and get help finding a hospice provider.





Dance Yourself Fit

Don't wait for the next wedding or bar mitzvah to break out your dance moves. Dancing is a great form of exercise that works your heart and can help improve your balance and flexibility. Plus, it's fun! Getting out on the dance floor is a great way to reconnect with your partner or enjoy an evening out with friends.

Dance schools offer classes in everything from Argentine

tango to Zumba. You can also check out your local community or recreation center. Even gyms have gotten in on the action, teaching hip hop, salsa, belly dance, African tribal dance, and more.

If your inner Patrick Swayze isn't quite ready for a public debut, pop in a dance exercise DVD at home. There are literally thousands on the market, set

to music to suit every taste. Zydeco, anyone?

Of course, you can always just push back the living room furniture and turn on your favorite tunes. Have Grandpa show you the jitterbug, or teach the kids the hustle. Who knows – you may learn some new moves just in time for the next family celebration!

Make a Lean and Delicious Thanksgiving Dressing

You can enjoy a Thanksgiving turkey dinner with all the trimmings and still cut down on fat and calories with these ideas from the nutrition experts at the American Cancer Society:

- Cook dressing on the side rather than stuffing the turkey to cut fat.
- Replace pan drippings and butter with chicken broth, or replace at least half with chicken broth.
- Replace cornbread or white bread cubes with whole wheat to add fiber and nutrients. Or use half and half.
- If your recipe calls for rice, use brown instead of white.
- If your recipe calls for sautéed onions, celery, or other

vegetables, use cooking spray instead of butter.

- Avoid high-fat sausage or other meats altogether.
- Add dried fruits or fresh apple pieces for nutrients and fiber.
- Add nuts and toast them for more flavor, so you don't use as much. They provide healthy fats, but are still high in calories.

Enjoy the meal by having a small portion of every dish. Then get everyone together and go for a walk!



[CLICK HERE](#) for healthy recipes you can enjoy any time of year.

Pregnant? It's Not Too Late to Stop Smoking

If you're pregnant and a smoker, one of the most important things you can do to protect your baby's health is to quit smoking. Smoking during pregnancy slows the baby's growth. One in 5 babies born to smoking mothers has low birth weight, and small babies are more likely to have serious health problems.

But British research shows that quitting once you get pregnant can be a big help to the baby. Babies born to women who stopped smoking even several weeks into the pregnancy averaged 7½ pounds, the same size as babies born to women who never smoked. But women who kept smoking while pregnant had smaller babies.

The study did not look at other health problems. But previous research tells us that smoking during pregnancy also increases the risks of early delivery, miscarriage, birth defects, and sudden infant death syndrome.

Of course, the best thing is to quit before you get pregnant – and stay quit after your baby is born. Use this year's **Great American Smokeout**® on November 17 as the day you kick the habit for good.



[CLICK HERE](#) for tips and strategies to help you quit smoking.

Squash Provides “Gourd” Nutrition



Squashes are a fall favorite: versatile, succulent, and affordable because they're in season. Did you know that pumpkins belong to the squash family? Low in fat and loaded with vitamin A and fiber, pumpkins are good for more than just autumn décor – they're also delicious! Pumpkins can be prepared in a variety of ways for each course of the meal, not just dessert. They can be boiled, baked, puréed, and more. And don't forget to roast the seeds for a low-fat crunchy snack. One healthy and scrumptious way to use pumpkin is in our recipe for pumpkin oat muffins from the American Cancer Society's *Healthy Eating Cookbook*.

Pumpkin Oat Muffins

6 cups oat flake cereal
2 teaspoons salt
1 cup sugar
5 cups whole-wheat flour
5 teaspoons baking soda
1 tablespoon dried ground ginger
1 tablespoon cinnamon
1 cup golden raisins
2 eggs, beaten
1 15-ounce can pumpkin
2 teaspoons vanilla
1 quart low-fat buttermilk
 $\frac{3}{4}$ cup canola oil

Preheat oven to 400°. In a large bowl, mix together cereal, salt, sugar, flour, baking soda, ginger, and cinnamon. Stir in raisins. In a separate bowl, combine eggs, pumpkin, vanilla, buttermilk, and oil and stir until blended. Mix wet ingredients with dry until batter just holds together. Do not overmix. Bake in cup-lined muffin pans for 17 minutes. Makes 40 muffins.



[CLICK HERE](#) to order this and other great books from the American Cancer Society bookstore.



In the Next Issue: • Healthy Holiday Eating • Winter Weather Workouts • Give a Health-Related Gift

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.



[CLICK HERE](#) to donate to the American Cancer Society.

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