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HealthyLiving

Heed Early Warning Signs of Ovarian Cancer

Historically, ovarian cancer has been called the “silent killer” because symptoms often become apparent only when the cancer has spread and is harder to treat.

However, recent medical studies show symptoms often do exist for ovarian cancer, even in its early stages. The most common include bloating, pelvic or abdominal pain, trouble eating or feeling full quickly, and urinary symptoms, such as the need to go urgently or frequently.

Trouble is, these symptoms are relatively common and associated with a number of different health problems, from irritable bowel disease to urinary tract infections. In fact, they are more likely to be due to other, less serious problems.

But if you have these symptoms almost daily for more than a few weeks, report them to your health care professional right away.

When ovarian cancer is found early, while it is still confined to the ovary, about 94% of patients live longer than 5 years after diagnosis. About 20% of ovarian cancers are found at this early stage.

See a doctor if you have persistent symptoms, and get regular women’s health exams. While most early ovarian tumors are difficult or impossible for even the most skilled doctor to feel during a pelvic exam, an exam may help identify other cancers or gynecologic conditions. Women should discuss the need for these exams with their doctor.

To learn more about ovarian cancer, including other, less common symptoms of the disease, ***click here.***



Prostate Cancer: Should You Get Tested?



Researchers still don't know for sure whether prostate cancer screening saves lives. A recent US study showed no real difference in prostate cancer deaths between men who got tested for it and men who didn't. A recent European study found a small benefit, but it also found overtreatment was a big problem.

A lot of men are getting treated for prostate cancer when they don't need to be. Some prostate cancers grow very quickly, but many prostate cancers grow so slowly that they would never cause a man any problems at all, so treatment isn't really necessary.

Treatments for prostate cancer can have a lot of unpleasant side effects like incontinence

and impotence that really affect the quality of a man's life.

The American Cancer Society does not recommend routine screening at this time. Instead, men need to talk to a doctor about the pros and cons of screening, and then decide whether they want to be tested or not. Men at average risk should have this talk starting at age 50. Men at higher risk – African American men and men who have a first-degree relative (father, brother, or son) diagnosed with prostate cancer at an early age (younger than age 65) – should start earlier, at age 45.



[CLICK HERE](#) more about prostate cancer screening.

Train Like a Fighter

You may have watched an Ultimate Fighting Championship fight on TV once or twice. The fights may look like death matches, but the sport, which draws on mixed martial arts (MMA) traditions, is actually highly technical and provides vigorous workouts that incorporate cardio, strength, and flexibility.

Do you want to train like fighter? Mixed martial arts (MMA) classes are springing up in gyms across the county, as are centers that offer training in specific types of MMA, such as Brazilian Jiu-Jitsu, which focuses on grappling and ground fighting.

A typical MMA workout is designed to be both mentally and physically exhausting – the better to prepare you to win a fight. It incorporates a broad range of exercises, from squats to sprints, to drills designed to help you master moves.

Many people enjoy MMA workouts because they help them break out of boring treadmill routines and are based on learning skills, not focused on weight loss. And as an added perk: while you are getting fit, MMA workouts will teach you self-defense.



[CLICK HERE](#) for more workout ideas.

Build a Healthier Workstation

Sore back, creaking fingers, aching wrists? You may need to reconsider your desk setup. Spending 8 hours in front of a computer at a poorly-designed workstation can take a toll on your health, not to mention your productivity.

Here are some tips to minimize on-the-job strain:

If you're on the phone a lot, consider getting a headset. Holding a phone between your shoulder and your ear for long periods of time puts strain on your neck and back.

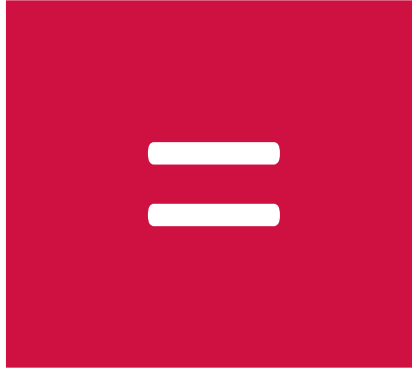
You should be sitting so that your trunk and upper legs make a 90-degree angle, and your feet should be flat against the floor. If you're

on the shorter side and your feet don't rest flat against the floor, consider getting a footrest. If your desk is at a fixed height, get an adjustable chair and add a keyboard tray.

Make sure you have a supportive and adjustable chair. Adjust the height of the backrest so it supports the curve of the back.

To avoid neck and eye strain, set up your computer monitor so that the top of the computer monitor screen is at or just below eye level.

And most important, get up and move around from time to time. Sitting puts a lot of strain on your back.



What's on Your Plate?

In today's cost-conscious society, we are interested in getting our money's worth, especially when it comes to our food. Unfortunately, our quest for bigger and cheaper portions can take a toll on our health. Larger waistlines lead to an increased risk for a number of health problems, including heart disease, diabetes, and cancer.

Keep portions in check with these handy size comparisons:

2-3 ounces of cooked, lean meat, poultry, or fish = a deck of cards

1 medium apple or orange = a tennis ball

1 cup chopped raw vegetables or fruit = baseball size

1 oz. cheese = 4 dice

½ cup pasta = a tennis ball

And remember, controlling portion size doesn't have to be all about measuring the food on your plate. You can also decrease the amount of food you eat by doing simple things, like placing your food in a small bowl before eating, sharing an entrée with a friend, or eating off of smaller plates.



[CLICK HERE](#) for more healthy eating tips.

When to Buy Organic

Every time you visit your local grocery store, you are likely faced with a decision: organic or conventional?

You may want to "go organic" to reduce your exposure to pesticides or toxins or because you're concerned about environmental impact. Or maybe you think organic foods just taste better. Whatever your reason, though, you've probably noticed organic foods are often more expensive than standard fare.

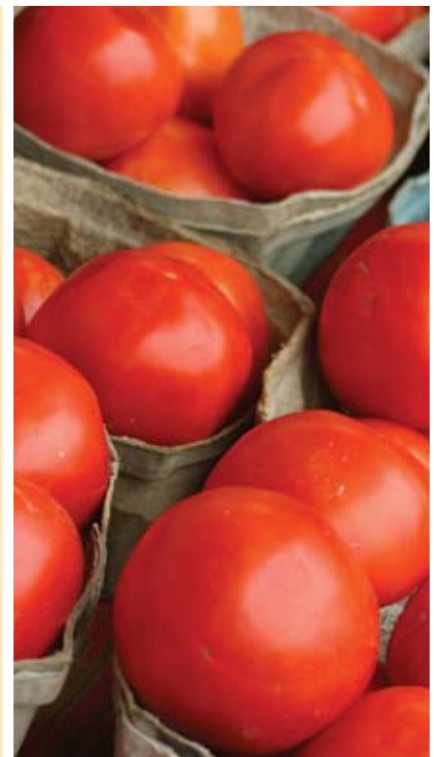
It is possible to eat organic *and* stick to your budget by prioritizing your organic choices. Here's a rule of thumb: buy organic if you

plan to eat the skin. Foods with edible skins – apples, grapes, strawberries, lettuce, and tomatoes – tend to absorb more pesticides. Foods like bananas, onions, and pineapples have very little pesticide residue to begin with, so buying organic might not make much difference.

No matter what you choose, be sure the food in your grocery cart fits into an overall healthy diet that helps you stay well.



[CLICK HERE](#) for more healthy-living tips.



Greek Chicken with Tomatoes, Peppers, Olives, and Feta

To make Greek seasoning salt, combine:

2 teaspoons of garlic salt,
2 teaspoons of lemon pepper,
2 teaspoons of oregano, and
2 teaspoons of dried mint

Ingredients:

4 boneless, skinless chicken breast halves, cut into bite-sized pieces
1/4 cup flour
8 teaspoons Greek seasoning salt, divided
1 teaspoon olive oil
1 large onion, sliced lengthwise
1 green pepper, cored, seeded, and sliced lengthwise into strips
3 Roma tomatoes, cut into eighths
3 tablespoons Kalamata olives, chopped
3 tablespoons feta cheese, crumbled

Lemon, mint, and a garnish of crumbled feta cheese bring the flavors of Greece to this easy chicken dish.

Dredge chicken in flour mixed with 4 teaspoons of Greek seasoning. Heat oil in a large skillet over medium heat and add chicken, sautéing for 3 to 4 minutes until cooked through. Remove chicken from pan and set aside.

Add onion to skillet and sauté until tender, about 2 minutes. Add bell pepper and cook another 2 minutes. Return chicken to skillet and cook 1 to 2 minutes, sprinkling with remaining Greek seasoning. Mix in tomatoes.

Remove from heat, transfer to serving dish, and sprinkle with olives and feta cheese.

Serves 8. Approximate per serving: 210 calories; 9.5 grams of fat



CLICK HERE to order The American Cancer Society's cookbook, *Celebrate! Healthy Entertaining for Any Occasion*.

Lots to Love About Olives



They crown Dagwood's giant sandwiches and decorate many a martini, but olives are much more than just a colorful garnish. These savory fruits and their byproduct, olive oil, are quickly becoming kitchen staples.

On their own, olives make a tasty appetizer or dinner party nosh. There are dozens of varieties, from enormous green orbs to tiny black olives no bigger than a chickpea. Look for jarred brands in the condiment aisle of your supermarket or check out the deli; some stores now have olive bars that offer many exotic kinds. Each olive type has a unique flavor, so try more than one.

And let's not forget the olive oil. High in monounsaturated fat (the good kind), olive oil adds flavor to dishes in a way regular vegetable oils can't. Light olive oil has the

mildest flavor. Extra virgin olive oil has the strongest and is well-suited to salad dressings and sauces where you really want that distinct aroma.

Olive oil can be used in just about any preparation, and is also good drizzled on pasta or veggies. Just remember to watch your portions. Even though olive oil is a healthy fat, it's still a fat, with about 120 calories per tablespoon. That's true even of the light variety; the term light refers to the oil's color and flavor, not its calorie count.

Olives originated in the Mediterranean and feature prominently in cuisine from that part of the world. Our recipe for Greek Chicken with Tomatoes, Olives, and Feta is just one delicious example.

In the Next Issue: • Mammograms: The Importance of Getting Screened • How to Get More Fiber in Your Diet • Alternatives to Halloween Candy

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