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HealthyLiving

What You Can Do about Breast Cancer

If you see pink everywhere you turn this month, here's why: October is National Breast Cancer Awareness Month, a time when survivors, advocates, and health organizations strive to raise awareness of the progress we're making together in fighting this disease – and the things women can do to help reduce their chances of having breast cancer or to find it early.

Since 1990, more and more women have been surviving breast cancer, largely because of early detection through mammography and improvements in treatment. However, breast cancer is still the second leading cause of cancer death in women, exceeded only by lung cancer.

Mammograms can find breast cancers earlier, when they are easier to treat and the chances of survival are higher. That's why the American Cancer Society recommends yearly mammograms and breast exams for women 40 and older. Mammograms aren't perfect, though. They may find things that aren't cancer, or they may miss some cancers. That's why it's also important to talk to your doctor if you notice any changes in your breasts.

And don't forget that in addition to getting a yearly mammogram, there are steps women can take to help reduce their risk of breast cancer:

- Eat a healthy diet to help control weight, since being overweight or obese may raise breast cancer risk.
- Get regular physical activity. Working out regularly helps keep your weight in check, and exercise may help control inflammation and other factors associated with cancer risk. The American Cancer Society recommends 30 minutes a day, 5 or more days a week. Forty-five to 60 minutes a day is even better for helping to reduce breast cancer risk.
- Limit the amount of alcohol you drink to no more than 1 drink per day. In studies, alcohol has been clearly linked to an increased risk of developing breast cancer.

If you're putting off getting your mammogram because you're scared or nervous, [watch](#) some real women talk about their experience.



CLICK HERE to learn more about the American Cancer Society's screening guidelines.

Trouble remembering to schedule your mammogram? Sign up for our [mammogram reminder tool](#).



Help Save Lives through Making Strides



Stop and imagine it – you wake up early, lace up your sneakers, and cross the start line. You're in a sea of people – some with smiles, others with tears – but all there with you, committed to creating a world with less breast cancer and more birthdays. The American Cancer Society is gearing up for the 2010 Making Strides Against Breast Cancer® walk and invites you to join us.

Making Strides walks are non-competitive and 3 to 5 miles in length. Since 1993, nearly six million walkers have raised more than \$400 million. In 2009 alone,

nearly 700,000 walkers across the country collected \$60 million to save lives from breast cancer. Celebrate survivors and make a difference by signing up to start a team, join a team, walk as an individual, donate to a walker, or volunteer your time at an event near you.

Together, we can make strides toward a world with more birthdays.



CLICK HERE to sign up for Making Strides today.



Fast and Healthy One-pot Dinners

With everything that's already on your plate each evening, putting a healthy dinner on the table can feel like a big challenge. Having the ingredients on hand for a few simple one-pot meals can help rescue you – and your waistline – from the drive-through. The ideas below are a breeze to prepare, and each one delivers some of the daily servings of vegetables and whole grains that can help you eat well and reduce your risk of cancer.

- Quick vegetable soup – Choose the veggies you like best, then pop them into a pot with some broth and herbs and bubble away. Serve with a slice of whole-grain bread.



- Easy pasta – Boil up some whole-wheat pasta, then add broccoli florets to the cooking water for the last few minutes of cooking. Drain the pasta, return it to the pot, and toss with your favorite low-fat pasta sauce.
- Simple stir-fry – Sauté cut-up chicken breast or tofu along with a few teaspoons of chopped fresh ginger and garlic. Add some sliced vegetables such as carrots, onion, or snow peas, cook until just tender, and serve your stir-fry with a side of brown rice.



CLICK HERE for more quick and healthy entrée ideas.

Staying Active on the Clock

If your job keeps you in front of a desk, it may feel like the only calories you burn are the ones you use moving the computer mouse. You know staying active is an important way to improve your health, but how can you fit in fitness during a busy workday?

The key is to look for simple ways to increase how much you move. In the morning, skip that prime parking spot and park far from the entrance so you have a chance for a short walk. Then, take the stairs to your workspace instead of the elevator. During your mid-morning coffee break, do a few minutes of simple stretches. At lunch, change into your walking shoes and invite a colleague to do a lap around the building or take a fast-paced walk through a park.

When you're back in the office, make a point to get up from your desk to chat with colleagues instead of sending them an email. Finally, when you see that bulletin board sign-up sheet for the company softball team or for a local charity run, add your name to the list. It'll give you a chance to stay active long after the workday is done.



CLICK HERE for more fitness tips.

Halloween Treats That Aren't So Scary

When the neighborhood ghosts and goblins head out on Halloween night, there's no doubt that stomachaches and cavities are the real boogeymen on the block. Giving out treats that are big fun without being bad for you is a great way to help keep little ones from overindulging. This year, instead of chocolate, try these spirited giveaways:

- Small rubber balls – Kids will have a great time chasing these bouncy goodies and get some exercise, too.
- Halloween-themed pencils or markers – These treats encourage kids to exercise their creativity instead of their jaw muscles.
- Glowing light sticks or jewelry – More than just a toy, glow-in-the-dark items can help keep kids safe by making them more visible to cars along their trick-or-treating route.
- Temporary tattoos – Whether you choose pretty ones, tough-looking ones, or a batch with a Halloween theme, temporary tattoos have one thing in common: They all have zero calories.



Ready Yourself for a Thanksgiving Race Day

For many people, Thanksgiving Day brings a tradition that has nothing to do with pie. Instead, folks tie on their running shoes and take part in one of the nation's "Turkey Trots" – a fun 5- or 10-kilometer race held in the local community. These events are a great way to get active on Turkey Day, but they also provide a workable goal for people who'd like to make walking or running a healthy habit now.

There are many resources that offer specific training plans to help take you from the couch to the starting line, but the common theme is this: Work up to it. Start by walking or running on a

regular basis, and then add intervals of higher intensity. Take time to record your progress; a simple chart can help you see how your efforts are paying off and give you extra motivation to stick with your training.

Don't forget that a big part of your overall goal is simply to get moving and have fun. Even if you come in at the back of the pack on race day, you'll get the winning benefits of regular exercise.



CLICK HERE to learn more about how exercise can help lower your risk for cancer.

The Wide, Wide World of Whole Grains

The buzz word in healthy eating these days is whole grain, and for good reason: whole-grain foods generally have more fiber and nutrients than those that use refined or processed grains. However, the world of whole grains doesn't stop at a hearty loaf of bread or a bowl of steel-cut oatmeal. There are many nutritious and delicious grains that perform beautifully in the kitchen.

One often overlooked grain choice is quinoa (pronounced KEEN-wha). These quick-cooking seeds look like small dried split peas and work well boiled like rice or prepared pilaf-style. Quinoa is also rich in protein, making it a good addition to vegetarian entrees. Barley is another whole grain that deserves a spot on your shelf. Cooking it into soups adds fiber, and it can be slowly stirred to make a rich risotto-style dish, too. Another

versatile choice is bulgur, which is made from partially cooked and dried wheat kernels. Bulgur is a traditional ingredient in the light and flavorful Mediterranean parsley salad known as tabbouleh, but it can also be used as a straightforward side for a saucy main dish.

So when it comes to whole grain, think outside the oatmeal box. You're sure to find more grains to love.

Mushroom-barley Soup

2 tablespoons canola oil
3 carrots, chopped
2 garlic cloves, minced
2 celery stalks, chopped
1 onion, chopped
1 red bell pepper, seeded and chopped
6 cups sliced mushrooms (any variety)
8 cups reduced-sodium chicken broth or vegetable broth
1 cup quick-cooking or pearl barley
1 tablespoon reduced-sodium soy sauce

Use a variety of mushrooms, such as shiitake and baby portobellos, for added flavor and texture. Quick-cooking barley speeds things up. If using pearl barley, allow about 20 minutes of additional cooking time.

Barley will continue to absorb liquid upon standing, so add broth if necessary.

In a large stockpot over medium-high heat, add oil. Sauté the carrots, garlic, celery, onion, and bell pepper for 8 to 10 minutes, or until softened. Add mushrooms and sauté for 5 to 8 minutes, or until they give off most of their liquid.

Add broth and bring to a boil, stirring to combine. Add barley and stir to combine. Reduce the heat and simmer for 15 to 20 minutes, or until the barley is tender and the soup thickens, stirring occasionally. Stir in soy sauce.

Serves 6.
210 calories, 6.0 grams fat per serving.



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*The Great-American
Eat-Right Cookbook.*

In the Next Issue: • Handling the Holidays as a Caregiver • Time to Quit Smoking • Staying Healthy on the Road

Articles contributed by:
Amanda Dobbs and Rebecca V. Snowden.

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