

NUTRITION NEWS

WRITTEN BY: SHANNON DAVIS, MS, RD, CDN

LAYOUT BY: JACQUELINE MURPHY

OCTOBER 2021

Breast Cancer Awareness Month



INSIDE THIS ISSUE:

NUTRITION AND BREAST CANCER	2
EAT BETTER, EAT TOGETHER	3
BUTTER-SCOTCH APPLE DUMPLINGS	4

According to the American Cancer Society, breast cancer is the most common cancer among American women, with the exception of skin cancers. About 12% (or 1 in 8 women) will develop breast cancer at some point during their lifetime.

Although female breast cancer has been on the rise for decades, incidence rates actually began to drop in the year 2000. This was thought to be linked to the decreased use of hormone therapy after menopause. Studies had shown that the use of hormone therapy correlated to a rise in the incidence of both breast cancers and heart disease.

Breast cancer is the second leading cause of death in women. Lung cancer is the only cancer that exceeds these rates. Death rates from breast cancer have been declining since 1989, with the largest decreases in women under the age of 50. These decreases stem from a combination of earlier detection and improved treatment options.

Women should perform monthly breast exams on themselves. A clinical breast exam from a doctor

or nurse should be performed at least annually. Depending on your medical history and age, mammograms should also be done routinely to aid in early detection.

As with other cancers, your lifestyle can be a factor. Smoking, alcohol, diet, and your weight can all play a key role in your risk of developing breast cancer. Making small changes to your daily life can have large impacts on your health.

Research also continues on optimal treatments for those diagnosed with breast cancer. But prevention remains the goal. Studies are suggesting that some dietary supplements may even reduce your risk.



Monthly Exercise

Soup Can Arm Raises:

1. Place a soup can in each hand.
2. Sit in a chair and raise hands above head and back down.

Then repeat 8 times



As you now know, there is a link between nutrition and certain types of cancers. Breast cancer is one of the cancers that have showed the strongest link between nutrition and the development of the disease. So how can you reduce your risk?

The following lifestyle changes have been shown to decrease your risk of breast cancer even in high risk women.

-Limit alcohol: the more alcohol you drink, the greater your risk of developing breast cancer. The general recommendation is to limit yourself to less than 1 drink per day.

-Don't smoke: accumulating evidence suggests a link between smoking and breast cancer risk, especially in premenopausal women.

-Control your weight: being overweight or obese increases the risk of breast cancer. This is especially true if obesity occurs later in life, particularly after menopause.

Many of my patients question the role that soy plays in developing breast cancer. A recent study found that soy foods lower the risk of breast cancer. The greatest benefit appears to be in premenopausal women. The American Institute for Cancer Research notes that 1-2 servings of soy foods daily do not increase and may actually decrease your breast cancer risk. A serving of soy is any of the following: 1/3 cup soy nuts, 1/2 cup edamame, or 1 cup soy milk.

Soy foods can be nutritious. They are considered a complete protein and are good sources of calcium, manganese, and selenium.

There has also been speculation that a Mediterranean diet can prevent breast cancer. It has long been recognized that this type of diet can protect against heart disease. Women in Mediterranean countries generally have lower rates of breast cancer when compared with women in Europe and the United States.

The Mediterranean diet incorporates the basics of healthy eating (increased fruits, vegetables, and grains) while emphasizing the importance of certain types of fats. Here are some other key points:

- ♦ Eating primarily plant-based foods, such as fruits, vegetables, whole grains, legumes, and nuts
- ♦ Replacing butter with healthy fats such as olive oil and canola oil
- ♦ Using herbs and spices instead of salt to flavor foods
- ♦ Limiting red meat to no more than a few times a month
- ♦ Eating fish and poultry at least twice a week
- ♦ Enjoying meals with family and friends
- ♦ Drinking red wine in moderation (optional)
- ♦ Getting plenty of exercise

Also remember to choose low fat dairy options to incorporate into the diet. Again, because this diet is a moderate diet rich in fruits and vegetables, it is easy to see why this diet may promote your overall wellbeing and healthiest you.



In addition to being Breast Cancer Awareness Month, October is also Eat Better, Eat Together Month. What a great endorsement for our congregate dining sites.

The benefits of eating with a companion or a group are well documented, as are the detriments to eating alone. People who eat alone often consume inadequate protein, calories, and fluids. Their meals may be less balanced as it is harder to prepare a large meal for one person. Dining out in restaurants also becomes less frequent and more difficult as many people do not want to be seen dining in public alone.

Many of our social situations involve food. If you are planning a get-together, reach out to your neighbor who may be used to eating most of their meals alone. Many of our seniors live in apartments— come down to our meal sites! Parkside Court, Mid-Town, Scott House, Rockton Plaza, and London Towers are all conveniently located in senior housing developments. But that doesn't mean that you have to live there to take advantage of our congregate sites. Drive over for a meal or two and appreciate not only a nutritious meal, but some good company as well.

If you meet some friends in similar social situations, you may be able to make arrangements to eat an evening meal with them as well. Use a community room at a local senior housing complex to eat with a group. Or make a plan to have dinner with one other friend and share the cooking! One of you can bring the entrée while the other brings a side, and then you can make a plan to do the opposite the next time.

I mentioned the benefits to the elderly of eating with others. Here are some of the specific advantages to eating in a group, with family, or even with one other companion.

According to research, in social settings, seniors tend to eat more and make better food choices when with others. While alone, it may be easier to turn to a frozen, overly processed meal. A warm environment that fosters conversation can also augment intake. Because eating with others tends to take longer, hydration may also improve. If you are lingering over a table, it is easy to sip on a beverage while hardly noticing that you are doing it!

Malnutrition in the elderly is becoming more and more common and has lasting impacts. If you are malnourished, the ramifications to your health can be far reaching. Healing a fractured hip takes longer when you have poor intake. Fighting off a nasty winter cold or the flu becomes more difficult if you are malnourished. And poor nutrition can also play a role in one's mental status. Eating a well balanced diet can help keep your memory sharp, your faculties intact, and your cognition working at its highest level.

Bringing someone a meal is a wonderful thing to do— sitting down to share in that meal with them can have lasting effects that you may not even be aware of!



This month's recipe is just for fun! Fall baking can be a nice tradition, and the apples are plentiful this time of year!

Butterscotch Apple Dumplings

- 3 cups flour
- 4 tsp baking powder
- 1 tsp salt
- 3 tbs white sugar
- 1/2 cup shortening
- 1 cup milk
- 4 apples— peeled, cored, and halved
- 1/2 cup white sugar

- 1 tsp ground cinnamon
- 1/8 tsp ground nutmeg
- 3/4 cup packed brown sugar
- 1/3 cup butter
- 1 pinch salt
- 2 cups boiling water

Preheat oven to 375 degrees. Grease a 13x9 inch baking pan. Combine 1/2 cup of the white sugar with the ground cinnamon and the ground nutmeg; set aside.

Measure sifted flour, add baking powder, salt, and 3 tbs sugar, and sift again. Cut shortening into sifted ingredients until mixture looks like coarse meal. Add milk, mixing until a soft dough is formed.

Knead dough on lightly floured board half a minute. Divide dough in half. Roll each half to a 1/8 inch thickness. Cut eight 5 inch squares out of the dough. Place an apple half on each square. Sprinkle each with 1 tbs of the sugar spice mixture. Moisten edges of dough and bring corners up over apples, pressing edges together. Place covered apples in the prepared baking pan with joined edges either on top or underneath the apples.

Mix together brown sugar, butter, salt, and water; bring to a boil. Pour over dumplings in pan. Bake at 375 for 45-50 minutes or until apples are tender. Serve warm. The brown sugar mixture forms a butterscotch sauce around the dumplings.



HEAP

If you received HEAP last year but have not yet received an application for this year, please call our Office at 867-1195.

If you did not receive HEAP last year but want to apply this year, please call our Office at 867-1195.

**HERKIMER COUNTY
OFFICE FOR THE AGING**

109 Mary St., Herkimer, NY 13350
 Phone: 315-867-1121
 Fax: 315-867-1448
 Email: hcofa@herkimercounty.org
 Web: www.herkimercounty.org; then 'departments' then 'Office for the Aging'

Funding for this newsletter is from the NYS Office for the Aging & Herkimer County