

NUTRITION NEWS

WRITTEN BY: SHANNON DAVIS, RD, CDN

LAYOUT BY: LAEKEN FOX

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Breast Cancer Awareness Month

October is Breast Cancer Awareness Month. Here are some sobering statistics about breast cancer:

- * After skin cancer, breast cancer is the most common cancer diagnosed in women in the United States
- * Breast cancer can occur in both men and women
- * In the United States, one in eight women will be diagnosed with breast cancer in their lifetime
- * Breast cancer is the second leading cause of death among women in the United States

Through the past few years, research funding for breast cancer has been substantial and has contributed to advances in the treatment of this disease. Survival rates are increasing and deaths are declining, due in part to early detection, more personalized treatment plans, and an overall better understanding of the disease process.

While breast cancer can afflict anyone, there are certain risk factors that may increase your chances of developing the disease. Having one or more of the following does not mean that you will get breast cancer; but the following list is associated with an increased risk of getting the disease.

- ◆ Being female
- ◆ Increased age
- ◆ Personal history of breast cancer
- ◆ Family history of breast cancer
- ◆ Inherited genes that increase cancer risk
- ◆ Radiation exposure
- ◆ Obesity
- ◆ Beginning your period at a younger age
- ◆ Beginning menopause at an older age
- ◆ Having never been pregnant
- ◆ Drinking alcohol

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Monthly Exercise:

Toe Taps

This exercise strengthens your lower legs and improves circulation. Sit in a chair. While keeping heels on the ground, lift the toes off the ground high enough so that the muscles of the shin are felt working. Do 20 reps.

Obesity was listed on the previous page as a risk factor for breast cancer. Being obese can actually increase your risk of developing a number of different cancers. Specifically, consuming a diet high in fat can increase your risk of developing certain cancers.

A healthy diet should consist of no more than 30% of your daily calories coming from fats. But what does this actually mean when reading food labels? If you are consuming 2000 calories a day (which is fairly typical intake for the average adult), no more than 600 of these calories should come from fats. This roughly translates to consuming between 65 and 70 grams of fat per day.

In addition to decreasing your fat intake, adding fruits and vegetables can also be beneficial. As we have discussed in the past, fruits and vegetables are great sources of antioxidants, which can play a role in the prevention of certain types of cancer. They also provide additional fiber.

If you or a loved one are actively going through treatment for breast cancer (or any other cancer) you may find it difficult to consume adequate calories and protein. There are a few tips to keep in mind to help maintain a good weight and promote a strong immune system.

- If large meals are overwhelming, try to consume 6 smaller meals throughout the day. You may actually be sneaking in some additional calories and protein by doing this.
- Try adding one supplement each day. This does not have to be Ensure or Boost. You can use Carnation Instant Breakfast made with 2% milk or even a homemade milkshake. Do not replace a meal with the supplement. Try to use it in addition

to your regular meal consumption. Try making it in the morning and then sipping on it throughout the day.

- Make sure you are drinking enough. Although you may feel like it is difficult to force yourself to drink, it is easy to become dehydrated during treatment, especially if diarrhea is a side effect. Allowing yourself to become dehydrated can make you feel nauseous, which sets up a vicious cycle of poor eating, drinking, and malaise.
- When you do eat, try to consume nutrient dense foods. This means consuming foods that a lot of nutrition in a small amount. Items such as eggs, peanut butter, cottage cheese, yogurt, and even ice cream can give you significant amounts of calories, protein, and fat in just a small serving.
- Remember that your physician can prescribe medications that may help alleviate your symptoms and can also help stimulate your appetite. There are a number of different medications that can combat nausea. And if you still have a sluggish appetite, there are appetite stimulants that may be beneficial.

Most cancer centers now have a registered dietitian as part of their treatment team. Do not be afraid to request an appointment. Being prepared for some of the side effects of treatment can be helpful in minimizing their effects on your well being.



Obesity and the risk of breast cancer may also be influenced by the location of the extra body fat. It is thought that excess body fat around the belly is most likely to increase your risk of breast cancer. Obesity and breast cancer may also be linked to the period in time when a woman gains her excess weight. Weight gain during your adult life, mostly between the ages of 18 and 50-60 years of age have been consistently associated with a higher risk of breast cancer after menopause. Overweight and obese women not only have a higher risk of being diagnosed with breast cancer, but they also have a higher incidence of a recurrence after initial diagnosis.

The American Cancer Society recommends the following regarding a healthy diet and cancer prevention.

- ◆ Choose appropriate portion sizes of whatever food you eat.
- ◆ Limit your intake of sugar sweetened beverages.
- ◆ Limit your intake of processed meats, including bacon, sausage, lunch meats, and hot dogs.
- ◆ Choose fish and poultry instead of red meat.
- ◆ When using red meat, choose lean cuts and eat smaller portions.
- ◆ Prepare meat, poultry, and fish by baking, broiling, or poaching. Avoid frying and charbroiling.
- ◆ Eat at least 2 1/2 cups of fruits and vegetables every day.
- ◆ Limit your use of creamy sauces, dressings, and dips with fruits and vegetables.
- ◆ Choose whole grains instead of refined grain products.
- ◆ If you drink alcohol, limit the amount.

Maintaining a healthy weight is not the only way to decrease your risk of breast cancer. Even in high risk women, the following recommendations may significantly reduce your risk of getting breast cancer.

- Limit alcohol– the more alcohol you drink, the greater your risk of breast cancer. This includes beer, wine, and liquor. Limit your self to no more than one drink per day.
- Don't smoke– the link between smoking and breast cancer is quite strong. Quitting smoking is one of the best decisions you can make to benefit your overall health.
- Be physically active– a combination of aerobic activity and strength training is ideal. Not only can this help you maintain a healthy weight, it can improve your joint health and respiratory system.
- Limit dose and duration of hormone therapy. Combination hormone therapy for longer than 3-5 years increases your risk of breast cancer. If you decide that the benefits of short term therapy outweigh the risks, use the lowest dose that is still effective.
- Avoid exposure to radiation and environmental pollution. Medical imaging, including CT scans, use high doses of radiation. Reduce your exposure by only having tests that are deemed medically necessary.



October is the perfect time to try baking or cooking with pumpkin. Try these delicious scones with a cup of chai tea!

Pumpkin Scones

Dough:

4 cups all purpose flour

3/4 cup white sugar

3 tbs white sugar

2 tbs baking powder

1 tsp salt

1 tsp ground cinnamon

1 tsp ground nutmeg



1/2 tsp ground cloves

1/2 tsp ground ginger

3/4 cup cold butter

1 cup canned pumpkin

2 large eggs

6 tbs milk

Icing:

1 (16 ounce) package confectioner's sugar

1/4 cup milk

1/2 tsp ground cinnamon

1/4 tsp ground nutmeg

1 pinch ground cloves

1 pinch ground ginger

Preheat oven to 425 degrees. Line a baking sheet with parchment paper. Combine flour, sugar, baking powder, salt, cinnamon, nutmeg, cloves and ginger in a food processor. Add butter 1 tbs at a time; mix until dough is crumbly.

Whisk pumpkin, eggs, and milk together in a bowl. Fold pumpkin mixture into dough in the food processor; blend until a dough forms.

Shape dough into a ball and pat out on a lightly floured surface. Split the dough in half repeatedly to make 12 equal portions. Shape into triangles and place on baking sheet. Bake until light brown, about 15 minutes. Cool.

Combine icing ingredients in a bowl and mix until smooth.

Drizzle icing over scones.

Let dry before serving, about 1 hour.



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'

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