

## Protect Yourself

*The dangers of sun exposure are real! According to the American Cancer Society and the U.S. Environmental Protection Agency, here's how you can take action today to protect yourself:*

### 1. Check Yourself!

Early detection is the key to reducing the risks of skin cancer. The best way to do this is by performing regular skin checks on yourself.

- Stand in a well-lit room in front a full length mirror; use a hand-held mirror for hard to see areas.
- Look for new growths, spots, bumps, patches or sores that don't heal after 2 to 3 months.
- Learn the pattern of moles, blemishes, freckles and other marks on your skin, so you'll know if something changes.
- Perform a self-check once a month.
- See your doctor if you have questions, find any trouble spots or notice any unusual changes.

### 2. Beware The Midday Sun:

Seek shade to limit sun exposure between 10 a.m. and 4 p.m., when the sun's rays are the strongest. If you are unsure about the sun's intensity, use the shadow test: if your shadow is shorter than you, the sun's rays are the strongest, and protection from the sun is most important.

### 3. Wear Sunglasses:

To greatly reduce the risk of cataracts and other eye damages, wear sunglasses with lenses that provide 99% - 100% protection for both UVA and UVB rays. Check the label before buying! Those labeled "cosmetic" only block about 70% of UV rays.

### 4. Dress Smart:

A wide-brimmed hat, tightly woven long-sleeve shirts and long pants are a good way to protect your skin.

### 5. Always Use Sunscreen:

Choose a broad spectrum sunscreen that protects against both UVA and UVB rays and has a Sun Protection Factor (SPF) rated at least 30 or higher. Roughly 1 ounce of sunscreen (about a palm full) should be used to cover the arms, legs, neck and face of the average adult. For best results, most sunscreens must be reapplied at least every 2 hours and even more often if you are swimming or sweating. Products labeled "waterproof" may provide protection for at least 80 minutes even when you are swimming or sweating.

### 6. Heads Up Vacationers!

Beachgoers and snow enthusiasts should know that water, sand, snow and other highly reflective surfaces can double your UV exposure; be sure to wear sunscreen!

### 7. Stay Out of the Tanning Bed:

Many people believe the UV rays of tanning beds are harmless. This is not true. Like true sun rays, the light from tanning beds and sunlamps will damage skin and unprotected eyes. Tanning lamps give out both UVA and UVB rays that can cause long-term skin damage and contribute to skin cancer.

### 8. Check Your Local UV Index:

The U.S. Environmental Protection Agency issues a UV Index daily for your city or town; check it before heading outdoors.

## QuickTakes

### Cancer Fast Facts

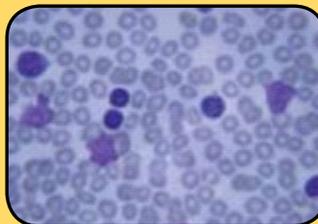
*Diet choices can affect Cancer risk — learn which foods fight cancer and which may promote it.*

#### What Is Cancer?

- Cancer is a family of diseases characterized by the uncontrolled growth of abnormal cells.
- Cells continue to reproduce until they form a mass of tissue, or tumor. When Cancer cells gain access to the circulatory system, they can become deadly.

#### Steps To Reduce Your Risk

- A diet rich in fruits, vegetables and whole grains, and limited in red meat, processed foods and calories, may reduce your Cancer risks.
- An active lifestyle offers general protection against Cancer, primarily because it helps prevent obesity, which is a common risk factor.
- Replacing saturated and hydrogenated fats in the diet with monounsaturated fats and fats rich in omega-3 fatty acids may also offer some protection.



# What Can You Do?

Cancer refers to a broad group of diseases in which body cells become abnormal, grow out of control and/or become malignant (harmful). Followed closely behind Heart Disease, Cancer is the second leading killer, accounting for more than one-quarter of deaths in the United States. Current estimates say that about 1 in 3 of all American women and nearly 1 in 2 of all American men will develop some kind of Cancer in their lifetime. The most common forms are: Cancer of the skin, lungs, colon and rectum, breasts, prostate, urinary tract and uterus.

Exactly what causes all Cancers has not yet been found. Evidence suggests that Cancer could result from complex interactions of viruses, a person's genetic makeup, their immune status and their exposure to other risk factors.

However, measures can be taken to lower the risks for certain forms of Cancer. Here are some ways you can change your diet and lifestyle to lower your risk:

- Reduce the intake of total dietary fat to no more than 30% of total calories, and reduce the intake of saturated fat to less than 10% of total calories.
- Eat more fruits, vegetables and whole grains, *especially*:
  - Broccoli and other cabbage-family vegetables, including cabbage and brussels sprouts. These contain cancer-fighting antioxidants.

- Deep yellow-orange fruits and vegetables such as cantaloupe, peaches, tomatoes, carrots, sweet potatoes and squash, and very dark-green vegetables like spinach, greens and broccoli for their beta-carotene and cancer-fighting chemical content.
- Strawberries, citrus fruits, broccoli and green peppers for Vitamin C.
- Whole-grain breads, cereals, fresh fruits and vegetables, and legumes for their dietary fiber content.
- Do not smoke or use tobacco products and avoid inhaling secondhand smoke.
- Limit your exposure to the sun's ultraviolet (UV) rays, sun lamps and tanning booths.
- Reduce stress. Emotional stress may weaken the immune system, which fights off stray cancer cells.



## Since You Asked...

*Is eating fish really healthier than eating beef or pork? You bet! Several studies have found that Heart Disease death rates are lowest among people who eat fish, but not red meat.*

## Vegetable Gumbo

Makes: 6 servings | 30-60 minutes

**If you like, cook some shrimp or spicy, low-fat turkey sausage to add to the gumbo.**

### Ingredients:

Cooking spray  
1 small onion, *chopped*  
1 rib of celery, *tough strings peeled and sliced*  
1 clove of garlic, *chopped*  
1 10-oz can of tomatoes with green chilies, *drained*  
2 cups frozen corn kernels  
1 cup sliced okra (fresh or frozen)  
1 potato, *peeled and cubed*  
3 cups low-sodium vegetable broth  
Salt & freshly ground black pepper to taste  
Hot sauce to taste

### Nutritional Information (per serving):

82 Calories; 0.3g Fat; 0g Saturated Fat; 3g Protein;  
19g Carbohydrates; 3.4g Fiber; 25mg Sodium

### Preparation:

1. Spray soup pot with cooking spray. Add onions and celery; cook for 2 minutes. Stir in garlic and cook for 15 seconds.
2. Stir in tomatoes, corn, okra and potato. Add vegetable broth and bring to a boil. Reduce heat to a simmer. Continue cooking until potatoes are soft and gumbo has thickened, about 30 minutes.
3. Season to taste with salt, pepper and plenty of hot sauce.



**Make Ahead Tip:** *The gumbo may be prepared in advance and stored in the refrigerator for up to 3 days or in the freezer for 1 month.*