

Helpful Hints for Everyday Cancer Prevention



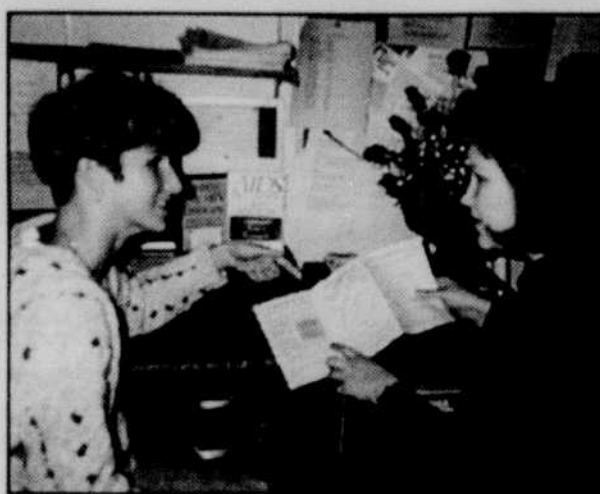
By Kelsey Lockhart

Let's play a word game. I'll give you the word and you tell me the first thing that comes to your mind. Broccoli... How about Brussels sprouts? Or spinach?

"Gross, sick, yuck!" would most likely be the response of an average American child. But university students know better. Not only are these foods good supplements to a diet, but studies have proven that they also help in the prevention of cancer. Since 1984, the concern for cancer has bordered on paranoia. Unfortunately, media's main focus has been on ways to acquire cancer, not how to avoid it. Since cures for cancer are often dubious, the next best thing to do is to learn some easy everyday steps to evade this deadly disease. The initial and crucial step is to get past the attitude that "everything I do or eat will cause cancer!" In fact, Dr. Jeffrey Bland, director of Nutritional Analysis Laboratory in Mountain View, Ca., argues that roughly 35% of all cancer cases can be prevented simply by the foods we eat.

Vitamins are essential

In her article "How to Fight Cancer with your Fork," Melanie Roffers lists vitamins A, C, and E, as well as selenium, fiber, and grain products as examples of the types of nutrients that can help in reducing your cancer risk. Beta-carotene, better known as vitamin A, builds up epithelial cells in the skin and linings of the lungs, stomach, intestines, and colon. Studies indicate



Kristen Olmos and Tatiana Isotov counsel students on issues such as nutrition, HIV, and cholesterol. Call the Student Health Center at 346-4456 for more information.

that foods rich in vitamin A, such as carrots and squash, help prevent cancer. Vitamin C, another vitamin essential in avoiding cancer, can be found in citrus fruits, green peppers, cantaloupe, and broccoli.

Due to their increased need for vitamins, smokers have to be especially careful. Vitamin C counteracts the toxic effect of chemicals found in tobacco products. Accordingly, smokers need even more vitamin C than non-smokers. Vitamin E and selenium provide a means to prevent oxidation, which turn fats and oils

rancid. While smoking is the leading cause for lung cancer, fats and oils are thought to be a major dietary cause of cancer of the breast and colon—the 2nd and 3rd highest cancer killers. Vitamin E also protects from damage caused by free radicals. Free-radicals disrupt enzyme action and components of the cell's inherent cancer prevention apparatus. Like the combination of vitamin E and selenium, most cancer preventative nutrients cooperate in order to be more effective.

Nature helps

Nature combines all of these anti-cancer nutrients in our daily fruits and vegetables. Manufactured supplemental vitamins do not tend to be as effective. Another reason to eat whole foods is to obtain fiber, which is the final ingredient of your cancer preventative recipe. Fiber is particularly effective in the prevention of colorectal cancer. Indigestible foods such as fiber create bulk in the bowel which eliminates some carcinogens.

Following these simple guidelines will lead you down the road in helping to limit your cancer risks. Now what do you think about spinach?

To find more information, including recipes to prepare these friendly veggies, please feel free to contact the Health Education Office in the Student Health Center (346-4456) or the American Cancer Society (484-2211).

Health Shorts

At any point in my life I am either "dieting" or "off my diet". Can you tell me the most effective way for me to lose weight and keep it off?

Keeping weight off is much more difficult than actually losing it. Even though everyone's experience with weight loss is different, many factors are common among those who are successful; regular physical activity, support from family and friends, focus on positive changes, internal motivation, positive self-esteem, and

decreased fat and calorie intake. People who set unrealistic goals and have negative feelings such as depression, anger and/or frustration relating to weight loss tend to have weight regain. The harsh realization is that in order to lose weight and keep it off certain lifestyle behavior changes must be made. Gradual, rather than drastic, changes will increase your likelihood of success and self-confidence.

I've been trying to use the Food Guide Pyramid to help me choose food groups and serving sizes. What I'm having a problem with is knowing whether or not I'm actually getting too much or too little of any one particular food based on the serving sizes.

How much cheese are you actually putting in your sandwich, 2 ounces or half a pound? That's a challenge for most people. To help train your eye in estimating portion sizes, get an inexpensive kitchen scale and a set of

measuring cups and spoons. Use them to learn what 1/2 cup rice, yogurt, or cereal looks like, and to determine if you've been using a teaspoon or a tablespoon of salad dressing, margarine, or cooking oil. Will you need to do this indefinitely? No. But do it until you can measure foods somewhat accurately by eye.

A fat is a fat is a fat

And by any name contains the same amount of calories (9 per gram). One teaspoon of either butter, margarine, shortening, lard, chicken fat, olive oil, or soybean (soy) oil contains roughly 5 grams of fat or 45 calories.

Sleep Mysteries Revealed

The Health Education Program offers a variety of free health workshops each term at the Student Health Center. The recent "Sleep Workshop" helped reveal some of the mysteries of sleep as well as offered the following tips on how to improve the quality of one's sleep.

1) Stick to a regular daily schedule

of going to bed and getting up at the same time.

2) Be consistent about taking naps; either take them daily or not at all.

3) Exercise regularly in the morning or early afternoon but do not engage in rigorous physical activity right before bedtime.

4) Avoid caffeine after about 4 p.m.

5) Avoid alcohol after the dinner. Alcohol actually disrupts sleep and causes early morning awakenings rather than promoting sleep.

6) Do not eat a large meal just before going to bed.

7) Engage in relaxation before going to bed. Create a bedtime ritual that encourages relaxation (e.g. taking a bath, reading a novel, meditation or listening to music) before you hit the sack.

Sleeping pills taken for several weeks can actually increase the severity of insomnia in the long run. If you are concerned about your sleeping habits, speak to a practitioner at the Student Health Center rather than self medicating with sleeping pills. Call 346-4441 to make an appointment.

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Resources

CONFLICT RESOLUTION

University Counseling Center

13th Street at Agate 346-3227

UO Crisis Center Hotline 346-4488 24 hours a day

Sexual Assault Support Services 484-9795

U of O Mediation Program

EMU Room 318 346-4240

Office of Student Advocacy

EMU Room 318 346-3722

Women's Resource and Referral Center

EMU Suite 3 346-4095

ACADEMIC CONCERNS

Office of Academic Advising and Student Services

164 Oregon Hall 346-3211

Career Planning and Placement

244 Hendricks Hall 346-3235

Center for Academic Learning Services

68 PLC 346-3226

HARASSMENT AND DISCRIMINATION CONCERNS

Office of Affirmative Action and Equal Opportunity

474 Oregon Hall 346-3123

Office of Public Safety Straub Hall 346-5444

Student Conduct Coordinator

364 Oregon Hall 346-1141

Coordinator Gay, Lesbian, Bisexual Concerns

346-1142

Lesbian Gay Bisexual Alliance 346-3360

FINANCIAL CONCERNS

Office of Student Financial Aid

260 Oregon Hall 346-3221

Student Employment Office

12 Hendricks Hall 346-3214

PHYSICAL AILMENTS

Student Health Center 13th Street at Agate 346-4441

HEALTH INFORMATION

Health Education Program 346-4456

Physical Therapy and Sports Medicine 346-4101

Slocum Sports Medicine

Lab 346-4107

SPORTS AND ACTIVITIES

Club Sports 346-3733

Recreation and

Intramurals 346-4113

