

# NUTRITION NEWS

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## Breast Cancer Awareness Month

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October is National Breast Cancer Awareness Month. We know more about this disease than ever before. And we are continuing to learn more and more every day.

According to the CDC (Centers for Disease Control) breast cancer is the most common cancer in women, regardless of your race or ethnicity (except for skin cancers.) And according to the American Cancer Society, the estimates for breast cancer in 2023 are as follows:

- \* An estimated 297,790 new cases of invasive breast cancer were diagnosed in women and 2,800 new cases were diagnosed in men.
- \* The five year survival rate for breast cancer is 99% localized disease, 86% for regional disease, and 30% for distant-stage disease.
- \* Female gender is the biggest risk factor for breast cancer, with about 99% of cases occurring in women.

Breast cancer is the second leading cause of cancer death in women.

Only lung cancer kills more women annually.

Death rates from breast cancer dropped between the years of 1989 and 2007. Since 2007 however, breast cancer death rates have stayed relatively stable in women under the age of 50. The death rates have continued to decrease in women over the age of 50. This is thought to be due to earlier detection thanks in part to routine screening. Better treatment options have also played a role in the decrease in death rates.

Research continues to focus on improving treatment for those diagnosed with breast cancer. It is also looking at ways to reduce the risk of developing the disease, including hormone therapy drugs, dietary supplements, and statins (used to treat cholesterol).

As most of you know, there is a link between nutrition and certain types of cancers. Breast cancer is one of the cancers that has showed the strongest link between nutrition and the devel-

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### Monthly Exercise Shoulder Blade Squeeze

- Sit Straight in chair
- Rest hands in lap
- Squeeze shoulders blades towards each other
- Keep shoulders down and not hunched upwards
- Hold for three seconds and release
- Do 10-12 repetitions

opment 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 one 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 people 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 does 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 a good source of calcium, manganese, and selenium.

There is also speculation that a Mediterranean diet can prevent breast cancer. It has long been recognized that they 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 friends and family
- ◊ Drinking red wine in moderation (optional)
- ◊ Getting plenty of exercise

Also remember to choose low fat dairy options to incorporate into this diet.

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 alone in public.

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 of their meals alone. Many of our seniors live in apartments– come down to our meal sites! Parkside Court, Midtown, Scott House, Rock-

ton 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're doing it!










Malnutrition in the elderly is becoming more and more common and has lasting impacts. If you are malnourished, the health ramifications are 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!



## BREAST SELF EXAM

» The American Cancer Society recommends having annual mammograms at age 45, but women who are at least 40 years old should be given the choice of having a yearly mammogram.

		
ONCE A MONTH, 2-3 DAYS AFTER PERIODS	EXAMINE BREAST AND ARMPIT WITH RAISED ARM	USE FINGERPADS WITH MESSAGE OIL OR SHOWER GEL
		
UP AND DOWN	WEDGES	CIRCLES
		
EXAMINE BREASTS IN THE MIRROR FOR LUMPS OR SIGN DIMPLING...	...CHANGE IN SKIN COLOR OR TEXTURE...	...NIPPLE DEFORMATION, COLOR CHANGE OR LEAKS OF ANY FLUID

**wellness360**

\*If you find a lump or notice any changes, contact your doctor about scheduling an appointment to discuss your concerns.

**Come Learn about Scams, Elder Abuse & Financial Exploitation**

Presented by: Herkimer County Office for the Aging NY Connects & Sheriff's Department & Vera House

Please come and learn about ways to protect yourself & others from scams, elder abuse, neglect and financial exploitation.

**Tuesday, October 15, 2024**

London Towers  
100 West Main Street  
Ilion, NY 13357  
1:30 PM

**LUNCH WILL BE PROVIDED**

Please call or email to RSVP  
315-867-1371  
lkeansel@herkimercounty.org

**HEAP**

Applications have been mailed out for anyone who received HEAP 2023-2024 season. Please mail your applications back as soon as possible.

If you did **NOT** receive HEAP 2023-2024 season you **MUST** wait for open enrollment which begins **November 1, 2024**

Call the HEAP office to be placed on mailing list or with any questions

**315 867-1195**



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It's fall, and the apples are abundant! Here are some recipes for you to try!

**Apple Bread**

3/4 cup white sugar

2 large eggs

1/2 cup vegetable oil

2 tsp vanilla extract

2 cups all purpose flour

1 1/2 tsp ground cinnamon

1 tsp kosher salt

1 tsp baking powder

1/2 tsp baking soda

2 cups apples, peeled and chopped into 1/4 inch cubes

Preheat the oven to 350 degrees. Grease a 9 x 5 inch loaf pan.

Whisk sugar, eggs, vegetable oil, and vanilla extract in a large mixing bowl until well combined.

Whisk flour, cinnamon, salt, baking powder, and baking soda together in a medium bowl until well combined; add to sugar mixture and stir until just combined. Stir in apples until evenly combined. Spoon batter into the prepared loaf pan.

Bake in the preheated oven for 45 minutes. Cover loaf pan with aluminum foil; continue baking until a toothpick inserted into the center comes out clean, about 15 minutes more.

Cool briefly in the pan before removing to cool completely on a wire rack.