

Wellness @Work

Winter 2010

Reducing Your Cancer Risk

The holidays are behind us and with them all the rich meals, elegant spreads, and decadent concoctions of chocolate and sugar. Your resolutions are made and hopefully remain in tact. A 2002 study estimates that about 50% of Americans make resolutions at the start of year, but 75% don't make it through the first week and even fewer will keep their goals for more than six months.

Weight and Cancer Risk
The American Institute for Cancer Research (AICR) found convincing evidence that carrying excess body fat is linked to an increased risk for many types of cancers.

Achieving a healthy weight relies heavily on balancing a healthful diet and regular physical activity. Small attainable goals are the keys to successfully reaching and maintaining a healthy weight.

Combine All Three
The choices we make every day affect our chances of getting cancer.

- ✓ How much we move.
- ✓ How much we weigh.
- ✓ What we eat.

AICR experts estimate 1/3 of cancers in the 1.4 million occurring every year in the U.S. could be prevented by following simple guidelines.

More Information...
You can rely on MED-1 to provide more information on preventing injuries and illness in your work environments because we see your employees every day and know how important health and safety is to you.

To find more tips and to download useful resources on reducing your cancer risk, visit www.aicr.org. Or contact Tammy Milligan at 616-459-1570 or tmilligan@med1services.com

AICR Cancer Prevention Guidelines

1. Be as lean as possible without becoming underweight.
2. Be physically active for at least 30 minutes every day.
3. Avoid sugary drinks. Limit consumption of energy-dense foods.
4. Eat more variety of vegetables, fruits, whole grains and legumes such as beans.
5. Limit consumption of red meats and avoid processed meats.
6. Limit alcoholic drinks to 2 for men and 1 for women a day.
7. Limit salty foods and food processed with sodium/salt.
8. Don't use supplements to protect against cancer.
9. Breastfeed babies for up to 6 months.
10. Don't smoke or chew tobacco.

Cancer survivors should also follow these recommendations.

MED-1 Services

Screenings

- Biometric
- Cholesterol
- Diabetes
- Colo-rectal cancer
- PSA

Specialized Programs

- Health risk appraisals
- Immunizations
- Smoking cessation
- Customized worksite programs
- Drug free worksite
- Special exams

Education

- CPR/First Aid training
- AED programs
- Wellness coaching
- Health fairs
- Wellness education

Incentive Programs

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Three Ways to Reduce Cancer Risk

A combination of a healthy diet, regular physical activity and healthy body weight can lower your risk of cancer.

How Much We Move.

Moving more helps you to feel healthier, manages your weight, and lowers your risk of cancer and other diseases. Aim to build some time into every day for fun activities that use up calories, tone your muscles, flex your joints and strengthen your body.

Laboratory studies help to explain why being overweight increases your cancer risk. The fat we store on our bodies is not an inert mass. Fat cells produce estrogen, which promotes cell growth. They also produce a variety of proteins that cause inflammation and insulin resistance, which in turn promote cell growth and cell reproduction. Fat at the waist is even more active in



producing these growth stimulants. So overweight people – particularly if they are apple-shaped – have high levels of substances circulating in their blood that stimulate cell

division. The more often cells divide, the more opportunity there is for cancer to develop.

Take the AICR quiz to see if there is enough physical activity in your life to promote good health.

How Much We Weigh.

Maintaining a healthy weight may be the single most important way to

protect against cancer. At a time when two-thirds of Americans are overweight or obese, making changes to lower your cancer risk by preventing weight gain is more important than ever.



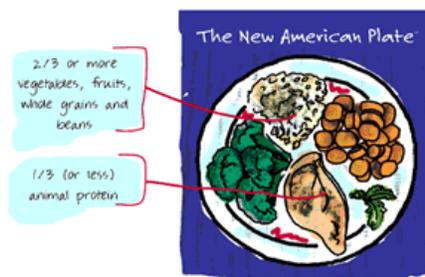
Most of us know when we gain weight. Clothes no longer fit. The mirror becomes an irritating reminder, and the scale is permanently hidden under the bed. But it's far too easy to overlook these warning signs and remain in the dark about your health risks.

Body Mass Index (BMI) is one common method used to measure body fat based on a person's weight and height. Staying within the healthy range throughout life is important for lowering your cancer risk. Use the AICR BMI Calculator to estimate your total body fat.

How Much We Eat.

The New American Plate is a fresh way of looking at what you eat every day. The goal is to create meals that lower your risk for cancer and other chronic diseases and manage your weight, at the same time. How does the New American Plate work?

It's simple. Look at your plate.



Think about the proportion of food on it and about the portion sizes you've been eating.

Aim for meals made up of 2/3 (or more) vegetables, fruits whole grains or beans and 1/3 (or less) animal protein.

If you are overweight, consider gradually reducing portion sizes. Controlling portion size at home and in restaurants makes a long-lasting difference in controlling your weight. The USDA's standard serving sizes help you assess the portions you eat. Use the AICR Serving Size Finder can help you identify the portion sizes for you.

Information courtesy of the American Institute for Cancer Research (www.aicr.org).



Wellness at Work is a informational publication provided by MED-1 Occupational Health System to facilitate health and wellness initiatives for employees.

For more information on any topics presented or to access additional copies of current or past issues, contact Tammie Milligan at 616.459.1570 or go to — www.med1services.com.