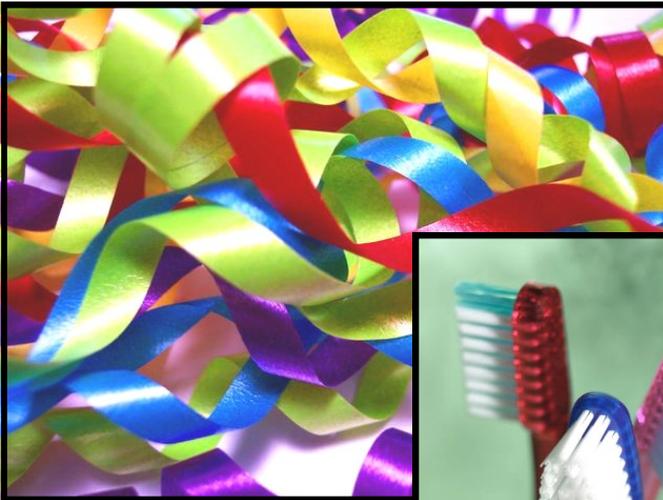


Week 12

CANCER PREVENTION, ORAL HEALTH, & CHILDHOOD OBESITY



Lowering Your Cancer Risk

Cancer is the 2nd leading cause of death in our country after heart disease. The type of cancer that causes the most deaths is lung cancer, followed by colon cancer. Lung cancer is caused by tobacco use and smoking including secondhand smoke. Colon cancer and many other types of cancer are linked to the following:

- Overweight and Obesity
- Not enough exercise
- Alcohol intake such as beer, wine, liquor, or spirits

According to the Centers for Disease Control and Prevention, better nutrition choices could reduce cancer related deaths in the U.S. by 1/3.

How can you lower the risk of getting cancer:

- Avoid tobacco and secondhand smoke
- Maintain a healthy weight with a BMI of 18.5 to 24.9
- Be physically active for 30 minutes or more daily
- Avoid or limit processed meats such as hot dogs, ham, bacon, sausage, lunch meats and cold cuts
- Avoid adding salt and keep sodium intake to 2000 mg or less daily
- Follow a plant-based way of eating, choosing mostly fruit, vegetables, and whole grains and reduce intake of animal-based proteins
- Breastfeed your children – science shows this helps lower your risk of developing breast cancer, the 7th most common cancer
- Get nutrients from foods not supplements - some research has demonstrated that people taking an individual Vitamin A supplement had higher rates of cancer than people not taking this supplement. Vitamin A is good for you, but is best utilized when it comes directly from food, specifically bright green and bright orange fruits and vegetables

If you have cancer and/or are undergoing treatment, you may have different dietary guidelines. You should consult with your healthcare provider and a registered dietitian for specific guidance.

If you do develop cancer, finding it early results in the best outcome. The best way to get a jump on cancer detection is to have regular medical screenings:

- Regularly check your skin for changes in moles - ask a family member to check your back and areas you cannot see. If you notice any changes in color, size, or outside edges, see your doctor
- Rectal exams yearly starting at age 18
- Colon cancer screening, including a colonoscopy which should start at age 50
- Monthly breast self-exam and mammograms starting at age 40 for women. (Men also get breast cancer, but is less common than in women)
- Annual pap tests starting at age 18 for women
- Prostate cancer screening starting at age 40 for men
- Monthly testicular self-exam for men

If you fall into any high-risk group, you may need to receive more frequent examinations or testing. Ask your healthcare provider to recommend the screening/testing schedule that is right for you.

Dental & Oral Health

The health of your teeth, gums, and mouth affects the health of the rest of your body. Tooth loss and gum disease can affect the way your body processes food. Brushing at least twice a day and flossing to remove bacteria between teeth keeps bacteria from destroying tooth enamel and creating gum problems. Using a fluoride mouthwash or rinse may also help prevent tooth decay. Toothbrushes should be replaced every 4 months, or more often when they begin to fray. Between meal snacks, sugary candies and chewing gum, should be limited. These expose teeth to more cavity-causing substances that can lead to cavities and gum disease.

Dental cleanings are recommended twice a year at minimum by the American Dental Association.

Gingivitis and Periodontitis: Gingivitis is inflammation of the gums. Periodontitis is a more serious infection of the tissues around and supporting the teeth. If not treated, this can lead to bone loss around the teeth. This infection can cause problems in other parts of the body and may increase the risk for heart disease, stroke, and even pneumonia.

The health of your mouth can affect or be affected by other diseases, for example:

Diabetes: People whose blood sugar is not well controlled are more likely to have cavities and other oral health problems. On the flip side, if someone has gum disease and diabetes, they may have a more difficult time controlling their blood sugar.

AIDS: People with AIDS often have mouth sores which can increase their risk for other oral health problems.

Pregnancy: Having periodontal or gum disease can increase the chance of having a premature delivery or low birth weight baby.

Babies should have their gums wiped with a soft wet cloth or gauze after each feeding. Don't allow a child to fall asleep with a bottle of anything but water and clean young children's teeth before bed or nap time. Toothpaste and brushes are available that are specifically for young children. Parents and caregivers should make sure the child is not using more paste than recommended. It is important for children keep their "baby " teeth until the permanent ones arrive. These baby teeth hold the space for permanent teeth, keeping them from turning or being "crooked".

Oral cancer affects over 35,000 Americans a year and over 25% die from it. African-Americans are at a higher risk of oral cancer and more likely to die from it. The risk of oral cancer increases if you are 40 years of age and older, smoke or use tobacco, or drink alcohol. A dentist can screen you for oral cancer during a regular exam. Oral cancer starts as a tiny white or red spot in your mouth or on your gums, lips, tongue, soft or hard palate. It often goes unnoticed. Take care of teeth and gums by visiting a dentist regularly for checkups and professional cleanings, and talk about any health changes you may have had or any medications you take, including over the counter medicines.

Eating a lot of fruit & vegetables can decrease your risk of oral cancer.

Source: American Dental Association www.ada.org

Brushing after eating is always best, but if you can't brush, drink water and chew sugarless gum after meals and snacks. This helps remove food that can create bacteria.

Childhood Obesity Prevention

Overweight and obesity are epidemics in young people in our country. Approximately 1 child in 3 is overweight. Often overweight young people grow up to become overweight or obese adults. Many children and teenagers have health problems that used to be seen only in adults, such as high blood pressure and type II diabetes, previously known as “adult onset diabetes”. Overweight and obesity, along with lack of physical activity and poor nutrition, is causing serious health problems with long-term consequences in children.

Unfortunately, many children do not “out-grow” being overweight. When children get “pudgy” or “plump”, they need to be more active and make healthier food choices before they become obese. A child’s medical provider can ensure that there are not other medical problems occurring.



Many of us have children, grandchildren or are around family members, neighbors or friends with children. Setting a good example and encouraging positive health choices may help the children in your life avoid obesity and its complications.

Some things you can do with kids to promote good health:

- Limit screen time (TV, video, phone, games and computer) to 2 hours or less per day.
- Encourage active play, whether outside or inside, for at least 1 ½ to 2 hours daily.
- Encourage walking or bike riding instead of riding in cars for trips less than 1 mile.
- Encourage kids to try new activities. If they don’t like basketball or football, they may like lacrosse, soccer, playing tag, dancing, or jump rope.
- Go outside and play with them. Challenging kids to a competition with the adults always gets them moving. Show them you are trying to be healthy and fit, too.
- Give active games for birthdays & holidays instead of video or computer games (i.e. Twister, Hullabaloo, balls and bats, kid’s exercise videos, YMCA membership, passes to community pool, dance lessons, hula hoops, jump ropes, bikes, skates, etc.).
- Limit “junk” food, including fast food, chips, cookies, ice cream, and candies, to no more than 3 times a week - one time counts as 1 serving. Try to have adults limit this type of food in the household.
- Encourage fruit & vegetable consumption - at least 2 cups a day for everyone in the household. Concentrate on the bright orange and dark green vegetables
- Encourage drinking water only (except for 2 to 3 cups of fat free or low fat milk) per day
- Discourage juices, even 100% fruit juice - this is very high in calories with little to no fiber.
- Encourage kids to help measure and recognize food portions. This is a great way to improve math skills and makes them more aware of what they are actually eating.
- Limit meats to 6 to 8 ounces daily for each person in the household and increase vegetable servings
- Choose lean meats, seafood, and skinless poultry as protein - try vegetarian meals as an option using beans or just vegetables.
- Use whole grains, such as brown or wild rice and whole wheat pasta, breads, and cereals.
- Limit or avoid added sugars and fats, such as dressings, sauces, gravies and oils.
- Start a mini home garden - children will be more interested in trying vegetables if they helped grow them.
- Have children help prepare and cook foods - they are more likely to try what they helped cook.
- Encourage family meals. Eat together with the TV off!

Overweight or obese children are often teased by other children and have low self-esteem. Keep this in mind when talking with a child and/or their caregivers. Let them know how much you want them to be healthy and enjoy life.

Optional:

Reflection and Test your Knowledge questions.



Reflection: After reviewing this week's lesson, think about the topic discussed and how it relates to you

1. What is at least 1 habit you could improve or change to help lower your risk of cancer?
2. Think about your current oral care. Do you think you are doing enough to prevent tooth decay and gum disease?
3. Think about your childhood. Were you considered overweight for your age? If yes, do you believe that your childhood weight may have a negative effect on your adult weight?
4. If you have children, are they overweight? If yes, can you think of some things you can do to help them control their weight?

Test your knowledge

1. Name at least 3 things you can do to lower your risk of cancer?
2. What can you do to prevent tooth decay?
3. What can you do to reduce your risk of oral cancer?

**Do you have any specific questions or need advice?
Click the button below to "Ask the Dietitian"**



End of Session II - Post-Test

1. Stretching before and after exercise: (circle all that apply)
 - a. Warms up muscles
 - b. Relaxes muscles
 - c. Reduces injury risk
 - d. All of the above
2. What is the #1 killer of all Americans?
 - a. Diabetes
 - b. Cancer
 - c. Car Accidents
 - d. Heart disease
3. Which are signs and symptoms of a heart attack?
 - a. Headache
 - b. Indigestion
 - c. Shortness of breath
 - d. All of the above
4. To prevent overeating at a party, choose a healthy snack to eat before leaving home:
 - a. one donut
 - b. small order fries
 - c. piece of fruit
 - d. 10-12 almonds
5. Increasing physical activity may do which of the following? Circle all that apply.
 - a. make you taller
 - b. relieve stress
 - c. reduce energy level
 - d. reduce risk of diabetes
6. Which is a benefit of drinking water?
 - a. makes you hungry
 - b. fills you up and reduces hunger
 - c. raises glucose
 - d. reduces cholesterol
7. Name something that can lower risk of getting cancer. (circle all that apply)
 - a. Limit salt and sodium
 - b. Exercise more
 - c. Avoid processed meats
 - d. Breastfeed babies
8. What are some ways to reduce risk for childhood obesity. (circle all that apply)
 - a. Limit computer & TV time
 - b. Increase protein (meat) servings
 - c. Encourage active play time
 - d. Substitute soda for water
9. What disease can be effected by poor dental health?
 - a. Kidney Disease
 - b. Diabetes
 - c. Appendicitis
 - d. Gout
10. How often should you weigh yourself when you are trying to maintain your weight?
 - a. Every day
 - b. Once in the morning, once at night
 - c. Once a week
 - d. Once a month

Compare this to the pre-test at the beginning of Session 2

End of Session II - Post-Test

If you missed any of the answers, review your lessons.
The answers are in your lesson materials!

1. Stretching before and after exercise: (circle all that apply)
 - a. Warms up muscles
 - b. Relaxes muscles
 - c. Reduces injury risk
 - d. **All of the above (lesson 8)**
2. What is the #1 killer of all Americans?
 - a. Diabetes
 - b. Cancer
 - c. Car Accidents
 - d. **Heart disease (lesson 11)**
3. Which are signs and symptoms of a heart attack?
 - a. Headache
 - b. **Indigestion (lesson 11)**
 - c. **Shortness of breath**
 - d. All of the above
4. To prevent overeating at a party, choose a healthy snack to eat before leaving home:
 - a. one donut
 - b. small order fries
 - c. **piece of fruit**
 - d. **10-12 almonds (lesson 9)**
5. Increasing physical activity may do which of the following? Circle all that apply.
 - a. make you taller
 - b. **relieve stress**
 - c. reduce energy level
 - d. **reduce risk of diabetes (lesson 7)**
6. Which is a benefit of drinking water?
 - a. makes you hungry
 - b. **fills you up and reduces hunger**
 - c. raises glucose **(lesson 7)**
 - d. reduces cholesterol
7. Name something that can lower risk of getting cancer. (circle all that apply)
 - a. **Limit salt and sodium**
 - b. **Exercise more**
 - c. **Avoid processed meats**
 - d. **Breastfeed babies (lesson12)**
8. What are some ways to reduce risk for childhood obesity? (circle all that apply)
 - a. **Limit computer & TV time**
 - b. Increase protein (meat) servings
 - c. **Encourage active play time**
 - d. **Substitute soda for water (lesson12)**
9. What disease can be effected by poor dental health?
 - a. Kidney Disease
 - b. **Diabetes (lesson 12)**
 - c. Appendicitis
 - d. Gout
10. How often should you weigh yourself when you are trying to maintain your weight?
 - a. Every day
 - b. Once in the morning, once at night
 - c. **Once a week (lesson 10)**
 - d. Once a month