

Inside Out

Cancer Prevention

By L.B. Sandy Rock, MD, MPH—CSC Hanford Occupational Health Risk Communicator

April is Cancer Awareness month and who wouldn't want to know more about how to prevent a life-threatening disease that will affect one in four people in the U.S.? Here is some basic information on both primary and secondary prevention of the cancers common in the American population. **Primary prevention** is the term given to those actions that keep a disease from occurring in the first place; **secondary prevention** is the term used to identify those methods of detecting diseases early, so that they don't become serious or life-threatening.

What we know: Cancer cells develop when damage to the genetic material in a cell—DNA—occurs either spontaneously or due to some environmental factor. Millions of cells in our bodies suffer DNA damage every day; normally, the cells' protective mechanisms either repair the damage or destroy the cell so it doesn't grow wildly and uncontrolled—a reasonable definition of cancer cells. The role of genetics in this process has been well studied and continues to be the focus of much research; not as clear, but becoming more widely accepted, is the role of environment—substances in our diets, in drinking water, in the air we breathe, and from our lifestyle choices that can cause that DNA damage. The American Cancer Society notes, "Damage to the genes that control cell growth can be either inherited or acquired during life. Physical activity,

weight control, and diet might delay or prevent the development of cancer in people with an increased genetic risk for cancer. The interaction between diet and genetic factors is an important and complex topic, and a great deal of research is underway in this area." This is why there are strong recommendations for lifestyle change for cancer prevention.

Other factors under our control that contribute to cancer occurrence include alcohol use; obesity; lack of physical activity; certain viruses (such as hepatitis B and C; HIV; HPV—the "wart" virus); sunlight; certain chemicals and other substances; and certain hormones. What can you do? Limit alcohol use; maintain a healthy weight; increase exercise; practice safe sex; use sunblock and reduce sunlight exposure; ask your healthcare professional (HCP) about medication choices and avoid contact with toxic substances. Not under our control but an important factor (remember: genetics) is family history; while you cannot control it, you should know your family history of cancer and inform your HCP so that you receive proper and diligent screening.

What we don't know: which of the many environmental substances—including chemicals, ionizing radiation, viruses, medications—that can damage DNA are more likely to cause cancer. Research concludes that many of the factors that determine the development of can-

cer are dietary and therefore under our control. What can we do? If you are overweight or obese, lose weight. Eat fewer processed foods, less fatty meats and more fiber. Consider organic food choices (reducing intake of agricultural chemicals). Consume more fruits and vegetables—loaded with antioxidants that many medical scientists believe improve DNA-repair mechanisms. Stay hydrated (i.e. drink more water) as cells work more efficiently when they have water.

A few words on cancer screening: Just do it! Methods for screening for cancer are improving, but no method works unless you get it done. Be sure you follow the [American Cancer Society](#) recommendations and receive your age- and gender-specific checkups for early cancer or pre-cancer detection.

Make this year the year you take control of your health. We at CSC Hanford Occupational Health Services are always pleased to help you. Please contact us if you have questions about anything you have read in this article. It's your health: Own It!



ATTENTION TEAM LEADS, INDUSTRIAL HYGIENISTS, AND SAFETY REPS!

Do you or your work group need a back safety refresher? CSC Hanford Occupational Health Services will be hosting a 2-hour workshop to identify workplace hazards to prevent injury and discuss body mechanics that reduce strain. You will learn simple exercises and stretches to prevent and manage back pain, using the WorkFit modules and individual instruction.

The workshop will be held at HAMMER on Thursday, April 21st, from 2-4PM in room 12. Space is limited to 20 participants, so please RSVP to [Laura Eddy](#) at 376-9040 by April 14th.

WATCH FOR UPCOMING EVENTS:

- April**
[Nutrition Challenge \(starts 4th-28th\)](#)
[Site Health Fairs \(14th\)](#)
[Weight Loss Convoy \(Ongoing\)](#)
[Workfit Leader Training \(8th\)](#)

- May**
[Site Health Fairs \(12th\)](#)
[Weight Loss Convoy \(Ongoing\)](#)
[Workfit Leader Training \(6th\)](#)



Select a link or visit our website: www.hanford.gov/amh

Complete Your Health Risk Assessment



CSC Hanford Occupational Health Services is dedicated to promoting a healthy lifestyle for the benefit of Hanford employees. We also want to know how we can provide health-related services and education that is most useful to you. We offers a secure, confidential, web-based Health Risk Assessment (HRA) for Hanford Employees. The Personal Wellness Profile (PWP) by Wellsorce can be accessed on our website under the Health Education and Wellness tab at <http://www.hanford.gov/amh/page.cfm/HealthRiskAppraisal>.

What is an HRA?

An HRA is an interactive questionnaire designed to identify your health risks and provide you with recommendations and resources for healthy lifestyle changes. The HRA can help you understand how everyday health habits and your family history can affect your health.

Why should I take a health risk assessment?

Understanding your health risks is the first step you can take to leading a stronger, healthier life. You can use the information from your assessment to guide you to resources available both at CSC Hanford Occupational Health Services and in the local community to help make positive health changes. You can take the assessment once per year and use it to identify changes in your health over time.

Is my information private?

Yes. The information you give and the results you get are for your use to help you make future decisions regarding your health. Results are never shared with coworkers or employers.

What kinds of questions will the HRA ask?

The HRA will ask questions about your overall health lifestyle including medical history, nutrition, sleep and exercise habits, tobacco and alcohol use, and safety practices such as seat belt use. You'll receive a

more accurate Personal Profile if you provide your weight, blood pressure, LDL and HDL cholesterol levels, blood sugar and triglyceride levels.

What does the HRA provide to me?

Upon completion of the assessment, you will receive a report highlighting what you are doing well and areas that are of higher risk and opportunities for improvement. The report includes:

- An overall wellness score
- Health age
- Risk ratings for major health factors
- Graphical comparison wellness scores
- Recommendations for health improvement
- Next steps guidance for making lifestyle changes

If you have any questions about the HRA or would like to schedule a visit with our Health Educators to go over your results, contact Health Education at 376 -3939.



Invite CSC Hanford Occupational Health Services to be a guest at your next work group meeting.

APRIL FEATURED PRESENTATION:
"Cancer Prevention"

FOR PRESENTATION INFORMATION CONTACT: 372-0407 OR SANDY_ROCK@RL.GOV

Healthy Recipes

Mouth-Watering Stuffed Mushrooms



Serves: 12

Ingredients:

- 12 whole fresh mushrooms
- 1 tablespoon Extra Virgin Olive Oil
- 1 tablespoon minced garlic
- 1 (8 ounce) package Fat Free cream cheese, softened
- 1/4 cup grated Parmesan cheese
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon onion powder
- 1/4 teaspoon ground cayenne pepper

Preparation:

1. Preheat oven to 350 degrees F (175 degrees C). Spray a baking sheet with cooking spray. Clean mushrooms with a damp paper towel. Carefully break off stems. Chop stems extremely fine, discarding tough end of stems.
2. Heat oil in a large skillet over medium heat. Add garlic and chopped mushroom stems to the skillet. Fry until any moisture has disappeared, taking care not to burn garlic. Set aside to cool.
3. When garlic and mushroom mixture is no longer hot, stir in cream cheese, Parmesan cheese, black pepper, onion powder and cayenne pepper. Mixture should be very thick. Using a little spoon, fill each mushroom cap with a generous amount of stuffing. Arrange the mushroom caps on prepared cookie sheet.
4. Bake for 20 minutes in the preheated oven, or until the mushrooms are piping hot and liquid starts to form under caps.

PER SERVING:	
Calories	42.4
Total Fat	2.1 g
Cholesterol	3.2 mg
Sodium	142.7 mg
Carbohydrate	1.9 g
Dietary fiber	.2 g
Protein	4.2 g

For more: [Healthy Recipes](#)