



# Healthy workplace Your monthly Anthem wellness newsletter

## October is Breast Cancer Awareness Month

In the United States (U.S.), breast cancer is the second leading cause of cancer death in women, exceeded only by lung cancer. Here are the facts:

- Approximately 1 in 8 (12%) women in the US will develop invasive breast cancer during their lifetime.
- Breast cancer may be the attributable cause of approximately 1 in 36 (about 3%) women's deaths.

Fortunately, as a result of early detection and improved treatment options; it's become an increasingly survivable disease. Currently, there are approximately 2.5 million female breast cancer survivors in the U.S.

## What is Breast Cancer?

Cell growth and death are common processes that occur in a healthy body. However, when the process malfunctions, more cell growth than death can occur. When cells grow out of control in the breast, a malignant or cancerous tumor can form. Most breast cancer cells grow in the milk glands and ducts and some cancer cells may spread to surrounding tissues. With invasive cancer the cancerous cells have spread from the lobules and ducts to surrounding tissue and potentially to other parts of the body. In noninvasive cancer

(*carcinoma in situ*), the cancerous cells have stayed where they originated and have not spread to surrounding tissues.

## Risk Factors

Every woman should know how to lower their risk of developing breast cancer. Some common risk factors such as gender, age, and family history cannot be changed. However, there are some lifestyle related risk factors that can be changed. Common risk factors for development of breast cancer include:

- Gender
- Age
- Family History
- Race/Ethnicity
- Having a first child after age 35
- Onset of menopause after age 55
- Use of birth control pills
- Frequency of alcohol use
- [Use of hormone replacement therapy](#)
- Being overweight or obese
- Lack of physical activity

**Did you know!** About 5-10% of breast cancers can be linked to gene mutations (abnormal changes) inherited from one's mother or father. Mutations of the **BRCA1 and BRCA2 genes** are the most common. On average, women with a BRCA1 mutation have a 55-65% lifetime risk of developing breast cancer. For women with a BRCA2 mutation, the risk is 45%.

## Know Your Normal

Different people have different warning signs for breast cancer. Some people have no signs or symptoms and may only find out they have breast cancer during a routine mammogram. We all have different breasts – different sizes, shapes, and with various types of lumps that may come and go. What's standard for you may not be your friend's "normal," but what's most important are *changes*. If you notice any of these symptoms that don't go away after 2-3 weeks, see your doctor.

### Common Warning Signs of Potential Breast Cancer

- **Lump, hard knot or thickening inside the breast or underarm area**
- **Thickening or swelling of part of the breast**
- **Irritation or dimpling of breast skin**
- **Itchy, scaly, sore or rash on the nipple**
- **Inversion of the nipple and/or pain in the nipple area**
- **Nipple discharge other than breast milk, including blood**
- **Change in the size or the shape of the breast**

## Prevention

- **Know your risk:** Talk to your doctor and talk to your family to find out if anyone in your family had breast cancer.
- **Get screened:** Talk to your doctor about how often you should have a mammogram and clinical breast exam. Perform regular breast self-exams. [Click here](#) to learn how to do a breast-self exam.
- **Know what is normal for you.** Learn how your

breasts normally look and feel and report any changes to your doctor.

- **Make healthy lifestyle choices**
  - Maintain a healthy weight
  - Exercise regularly
  - Limit alcohol

## Breast Cancer Screening Guidelines

Anthem encourages members to get the tests they need, when they need them. Your Anthem plan includes benefits for preventative screenings such as mammograms, and annual physical exams.

The American Cancer Society recommends the following guidelines for finding breast cancer early:

- Women age 40 and older should have a mammogram every year and should continue to do so for as long as they are in good health.
- Women in their 20's and 30's should have a breast exam by a health professional every three years.
- Women should know how their breasts normally feel and report any breast changes promptly to their health care provider. Breast- self-examination (BSE) is an option for women starting in their 20s.

According to the American Cancer Society, some women – because of family history, a genetic tendency, or certain other factors – should be screened with MRIs along with mammograms. (The number of women who fall into this category is small: less than 2% of all women in the United States.) Talk with a doctor about your history and whether you should have other tests or start testing at an earlier age. [Click here](#) to learn more about mammograms and breast exams.

## Diet & Exercise

There are no foods or dietary supplements to act as a “magic pill” to prevent breast cancer from returning. The National Cancer Institute (NCI) guidelines for cancer prevention can be used to decrease the chance of a breast cancer recurrence.

### NCI Recommended Guidelines:

- **Increasing intake of fruits, vegetables and whole grains**
- **Decrease fat intake to < 30 percent of calories**
- **Choosing foods and beverages in amounts that help achieve and maintain a healthy weight**
- **Minimizing intake of cured, pickled and smoked food**
- **Achieve and maintain a healthy weight.**
- **Drink no more than one drink per day for women or two per day for men.**

Recent studies suggest that 30 to 60 minutes per day of moderate- to high-intensity physical activity is associated with a reduction in breast cancer risk. There is a clear link between obesity and breast cancer because of the excess estrogen produced by excess fatty tissue. Women who increase their physical activity after menopause may also experience reduced risk compared with inactive women. Additionally, evidence shows a decrease in risk of breast cancer as the frequency and duration of physical activity increase.

## Bright Pink's Cancer Fighting Food List

### Fruit

- Mixed Berries  
(Strawberries, Raspberries, Blueberries)
- Tropical Fruits  
(Papaya, Kiwi)
- Grapefruit
- Oranges
- Grapes
- Lemons
- Apples
- Figs
- Tomatoes



### Proteins

- Beans
- Cod
- Chinook Salmon
- Lean Chicken or Turkey
- Eggs
- Mixed Nuts (unsalted)



### Grains

- Lentils
- Brown Rice
- Whole Grain Bread
- Oatmeal



### Beverages

- Green Tea
- Pomegranate Juice
- Skim Milk



### Spices

- Flax Seeds
- Turmeric



### Vegetables

- Brussels Sprouts
- Kale
- Swiss Chard
- Turnip Greens
- Cabbage
- Cauliflower
- Broccoli
- Carrots
- Sweet Potatoes
- Bok Choy
- Avocado
- Garlic
- Mushrooms
- Squash
- Asparagus



## Soy: Good or Bad?

There is a lot of confusion about the effect of soy on breast cancer. Soy foods (such as tofu, tempeh, edamame, miso, many veggie burgers, and other products made with soy flour) contain high amounts of estrogen-like chemicals called isoflavones. Isoflavones have chemical structures similar to the estrogen found in women's bodies, which is where the term phytoestrogen originated. However, phytoestrogens are not the same as female estrogens. Soy foods do not contain estrogen, but according to the American Cancer Society while isoflavones may act like estrogen, they also have anti-estrogen properties. Furthermore, according to a recent article by Jason Machowsky, MS, RD, CSCS, a significant review of several studies looking at soy intake and breast cancer risk revealed modest, yet significant, protective effects between soy intake and breast cancer risk. It appears that women consuming a diet that includes a moderate amount of unprocessed or minimally processed soy products (ie, edamame, tofu, and miso) are most likely safe from harm and may even gain some health benefit.



## Free Cancer Support Resources

We aim to improve and measure the health of Anthem members and communities regarding cancer. The following websites help people with cancer and their loved ones understand cancer, manage their lives through treatment and recovery, and find the emotional support they need.

- [Journey Forward](#) is a cancer survivorship care plan; educates on preventive focus of late term effects of cancer.
- [Help for Cancer Caregivers](#) is an interactive web tool; educates on how to reduce distress for caregivers.
- [Cancer Survival Toolbox](#) includes skill building resources that helps individual navigate from beginning of cancer diagnosis and forward (bulk order of CDs can be placed without charge).
- [Self-Care During Cancer Treatment](#) mobile app in Apple App Store and Google
- [15-40 Connection](#). 15-40 Connection is helping improve cancer survival rates for 15-40 year olds through cancer self-awareness and the advantage of earlier cancer detection

## DocTalk Webinars

DocTalk is presented by our medical directors who share their knowledge and expertise on various health topics. Check out the 2015 topics.

- October 13th- Cancer prevention and screenings

Registration is limited. Sign up today for one or all of the webinars. They're free for Anthem members. Go to [doctalk.webex.com](http://doctalk.webex.com).



## Healthy Recipe of the Month!



### Kale Caesar Quinoa Salad with Roasted Chicken

Skip the croutons and add toasted walnuts for a bit of heart-healthy crunch.

**Makes:** Serves 4 (serving size: 1 1/2 cups)

**Total Time:** 23 minutes

### Ingredients

- 2 tablespoons hot water
- 2 tablespoons canola or olive mayonnaise
- 1 1/2 tablespoons olive oil
- 1 tablespoon fresh lemon juice
- 1/2 teaspoon anchovy paste
- 1/4 teaspoon freshly ground black pepper
- 1 garlic clove, grated
- 1.5 ounces shaved Parmesan cheese, divided (about 6 tablespoons)
- 5 cups thinly sliced stemmed Lacinato kale
- 1 1/2 cups cooked quinoa
- 1 1/2 cups chopped skinless, boneless rotisserie chicken

### Preparation

Combine first 7 ingredients in a bowl, stirring well with a whisk. Stir in 3 tablespoons Parmesan cheese. Add kale, quinoa, and chicken; toss to coat. Top with remaining 3 tablespoons Parmesan cheese and walnuts.

### Nutrition Facts

**Calories** 344 , **Fat** 16.3 g, **Sat-fat** 3.3 g, **Mono-fat** 6.9 g, **Protein** 27gm, **Carbohydrate** 25 g, **Fiber** 4 g, **Cholesterol** 61 mg, **Sodium** 487 mg

### Making Strides Against Breast Cancer

Making strides Against Breast Cancer is the American Cancer Society's nationwide series of walking events to raise funds and awareness to end breast cancer. Nationwide each walk is a powerful and inspiring opportunity to unite as a community to honor breast cancer survivors, raise awareness about what we can do to stay well, and raise money to help fight the disease with breast cancer research, information and services, and access mammograms for women.

Look for a walk near you on [MakingStrides.org](http://MakingStrides.org) and create a team to join you in the 3-5 mile walk.

### Learn more about breast cancer resources:

- [BreastCancer.org](http://BreastCancer.org)
- [Webmd.com/breast-cancer](http://Webmd.com/breast-cancer)
- [SusanGKomen.org](http://SusanGKomen.org)
- [National Cancer Institute](http://NationalCancerInstitute)
- [Nutrition411.org](http://Nutrition411.org)
- [Cancer.org](http://Cancer.org)