

Take Charge!



Providing information and ideas for City employees and their families on how to improve health and wellness

July 2009 This issue > Colon Cancer Testing • City Events • Protect Your Skin • Cancer-Fighting Food



Age 50 or Over? Get Tested for Colon Cancer

Early testing is critically important for the detection and prevention of colon cancer.

- Survival rates for colon cancer are higher if the cancer is detected early.
- Colon cancer usually begins with a precancerous polyp which, if detected early and removed, eliminates the chance of that polyp turning into cancer.
- People 50 and older should be tested for colon cancer, regardless of whether their family has a history of the disease.
- If people got tested when they should, the colon cancer death rate could be cut in half.

You can get ahead of colon cancer with proper testing. Set up an appointment with your doctor to see if this is appropriate for you.

For more information about colon cancer prevention, call the American Cancer Society at 1-800-227-2345 or visit www.cancer.org.

Featured City Benefit



Tobacco use is the most preventable cause of death. Smoking is directly responsible for nearly 30% of all cancer deaths.

If you're ready to think about quitting, call Free and clear at **1-866-784-8454**. This free quit smoking program is available to all benefits-eligible City employees and their dependents age 18 and over.

City Wellness Events

Mammography Screening

July 27-31 8:00 AM – 4:00 PM



The Swedish Mobile mammography unit will be parked in front of City Hall, 600 4th Avenue between Cherry & James.

Register **by July 15** if prior mammography films must be obtained. You will be billed for any in-network co-pay or co-insurance.

Schedule an Appointment:

<https://ehealth.swedish.org/mammappointment>

To cancel or reschedule: 206-320-2285

Lunchtime Presentations

Fun in the Sun: Protect Your Skin

July 1 and July 14
12 noon – 1:00 PM
Seattle Municipal Tower, Room 4050

Meeting the Challenges of Cancer

July 9 and July 22
12 noon – 1:00 PM
Seattle Municipal Tower, Room 4050

Stress Management

July 22
1:00 PM – 2:00 PM
South Service Center

July 23
1:00 PM – 2:00 PM
North Service Center, Bldg A Auditorium

Protect Your Skin



Use multiple methods to fully protect your skin when exposed to the sun for long periods – sunscreen is not enough.

- Stay out of the sun 10 a.m. to 4 p.m.
- Wear protective clothing:
 - Wide-brimmed hats
 - Tightly-woven fabric
 - Dark clothing with dyes added; absorbs UV radiation
 - Loose-fitting with long-sleeves
 - Fabric with sun protection factor (SPF).
- Wear sunscreen with an SPF of 15 or higher, all year long on both cloudy and clear days.
- Apply sunscreen that blocks both UVA and UVB radiation to all exposed skin. Apply 30 minutes before going in the sun; reapply every 2 hours and after swimming, exercising, or sweating.
- Wear wraparound sunglasses that block at least 99% of UVA and UVB radiation.
- Be careful when you are on sand, snow, or water; surfaces reflect 85% of the sun's rays.
- Avoid artificial sources of UVA radiation, such as sunlamps and tanning booths.

Information provided courtesy of Group Health.

Maintain Your Weight Loss

- Eat breakfast every day.
- Limit TV watching to ten hours/week or less.
- Weigh yourself regularly.
- Keep a food and activity journal.
- Increase activity.
 - Walk up escalators.
 - Park further from your destination.
- Get support from friends and family.

From Center for Disease Control's *Healthy Weight – It's not a Diet, it's a Lifestyle*

Go to www.eatingwell.com for tips on healthy cooking, nutrition tools, and recipes.

Eat Cancer-Fighting Food

According to the WebMD article, *Top Cancer-Fighting Foods*, when it comes to a diet rich in cancer-fighting substances, it should consist mostly of plant-based food, and little saturated fat. Try adding the following cancer-fighting agents.



- **Folate-Rich Food:** orange juice, most cereals, spinach or romaine lettuce, peanuts, oranges, asparagus, brussel sprouts
- **Vitamin D:** milk, cod, shrimp, Chinook salmon, eggs. Safe sun exposure (about 10 minutes per day during non-peak hours) will increase your vitamin D levels
- **Tea:** hot or cold green tea has high amounts of cancer-fighting flavanoids
- **Cruciferous Vegetables:** members of the cabbage family such as kale, turnip greens, cabbage, cauliflower, broccoli, brussel sprouts
- **Curcumin:** main ingredient in curry powder
- **Ginger:** try adding ginger to your soup or sauce. Eat candied ginger on occasion.



General Information: *Take Charge!* is a general guide to healthy behavior. Contact your health care professional for any of your health concerns.