COVER STORY

The Prostate Cancer Puzzle

The evolving guidelines for prostate cancer screening have become a breeding ground for heated controversies and conflicting opinions.

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The Food Pyramid for Nutrition Guidance: The Changes

Figuering out the food groups has actually become a bit more complicated in recent years. The original food pyramid has changed,” notes Randi Meyerson.

The food pyramid is a great guide to good nutrition. So if you're not eating the fruits and vegetables that you need, or think your diet is a little heavy in fat, take a glance at the bright stripes of the food pyramid—they'll help you keep on track to make sure you're achieving your nutritional goals.

The Prostate Cancer Puzzle Continued from cover

Even the most fundamental questions of prostate cancer screening, such as who should be screened and when should screening begin, are being discussed. While screening is clearly beneficial in taking out specific (or at least highly specific) blood tests, doctors are diagnosing prostate cancer sooner than ever before, and they are seeing many cancers that fall into a gray area where it is uncertain if treatment will save the patient’s life or just cause side effects. They are also feeding them to animals is sufficient to cause the disease,” says Dr. Coffey.

This cancer typically grows so slowly that transverse bone is often all that it can do, but the patients are the vast majority of elderly men who have died from other causes. But because these men would have died even with prostate cancer treatment, it raises the question of whether it is prudent to recommend mass prostate cancer screening. Should physicians base their decisions on clinical and physical and mental trauma as well as increasing health care costs without the benefit of saving lives? Not necessarily, it’s important not to forget that you can do things that are beneficial: a doctor agree that if prostate cancer is detected, there are several courses of action that a patient needs to consider. The three most common initial treatment plans are surgery, radiation therapy and surveillance.

The Prostate Cancer Nutrition Guidance: Portion Size

These guidelines make it seem easy enough, right? But you also have to follow those portion sizes, and you may have a big difference between what you think you consume and what you think you a healthy portion size is.

One-quarter cup equivalent of milk: one cup yogurt, one cup of milk, ½ ounce lean or fat-free natural cheese, or two ounces processed or packaged cheese

One-fourth cup equivalent of meat or beans: one-fourth cup cooked beans, one tablespoon peanut butter or other nut butter, one egg, one ounce cooked meat or chicken, or fish

One cup equivalent of oil: one teaspoon any vegetable oil, one tablespoon mayonnaise, or two tablespoons light salad dressing

A Guide to the Food Pyramid

A Guide to the Food Pyramid

The changes were made, she says, to make the food pyramid easier to use. “People can take a quick look and understand without going into too much detail,” says Meyerson. “The stripes on the pyramid are of varying width, and they represent that you need more of some foods and less of others. For instance, the food pyramid stripes are thicker for grains, fruits, and vegetables to emphasize their importance and thinner for oils and meats because they are to be eaten more sparingly. It’s important to remember though that the food pyramid is meant to be a guide to nutrition, not a set of hard and fast rules. ‘The pyramid is based on the average adult,’ says Meyerson. ‘It doesn’t take into consideration special dietary concerns or children.’

Whole-grain pitas, halved

Milk Group: 2 cups total for four servings each day, or a variety of low-fat or fat-free versions

Fruit Group: 2 cups total for four servings each day, or a variety of low-fat or fat-free versions

Beans and Meat Group: 5.5 ounces total for two or three servings each day. Lean meats, chicken, eggs, nuts, dried beans and peas, and fish.

Oils: six teaspoons or servings each day. Choose monounsaturated oils.

Discretionary Calories: a small amount. An allotment of 200 to 300 calories can be used on foods with fats or sugars, like dessert.

The food pyramid is a great guide to good nutrition. So if you're not eating the fruits and vegetables that you need, or think your diet is a little heavy in fat, take a glance at the bright stripes of the food pyramid—they'll help you keep on track to make sure you're achieving your nutritional goals.

“Patients should seek multiple opinions from different specialists and hear the best argument from each specialty,” suggests Stuart Hilden, MD, medical director of the Los Angeles Prostate Cancer Center at Cedars-Sinai Medical Center in Los Angeles. “And also discuss active surveillance options which allow the doctor to monitor the cancer closely without radiation or surgery."

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“Judging by what men told us, there is a genuine concern that mass prostate cancer screening could cause the disease,” says Dr. Coffey.

The Food Pyramid for Nutrition Guidance: A Snapshot

Here’s a breakdown of the food pyramid guidelines, which are composed of amounts in each category that you can assign to meals and snacks throughout the day:

Milk Group: 2 cups total for four servings each day. Choose a variety of low-fat or fat-free versions, including dark green and orange.

Vegetable Group: 2.5 cups total for four servings each day. Choose a variety of vegetables, including dark green and orange.

Fruit Group: 2 cups total for four servings each day, or a variety of low-fat or fat-free versions

Beans and Meat Group: 5.5 ounces total for two or three servings each day. Lean meats, chicken, eggs, nuts, dried beans and peas, and fish.

Oils: six teaspoons or servings each day. Choose monounsaturated oils.

Discretionary Calories: a small amount. An allotment of 200 to 300 calories can be used on foods with fats or sugars, like dessert.

Use this guide to know what the right serving size is and make sure you’re eating only the calories you need each day.

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**Tips to Keep Hectic Homes Healthy**

With families getting back to their busy routines of school, work, sports, and family activities, parents need to work extra hard to cultivate healthy habits in their children.

**National Nutrition Month**

Recognize that color and variety encourage eating. You can use this to your advantage when you are trying to pack a healthy lunch. For example, instead of bag of baby carrots, mix carrots with broccoli florets and red bell pepper strips, and don’t forget to include a dip. Try cutting up a variety of fruits such as apples, pears, and oranges, and serve them in fun containers. Don’t be afraid to get creative. Sip a little lemon juice over fruits and veggies to keep them fresh and crisp. Getting your children involved in the selection and preparation of their school lunch is another great way to ensure healthy eating. And when it comes to packing to school lunch, an insulated lunch bag with a color pack is the saddest way to go.

**What tips do you have for parents trying to provide their children with a well-balanced and healthy lifestyle?**

A multitude of brightly colored fruits and vegetables into your child’s diet at an early age. Children need at least five servings of fruits and vegetables each day and need a minimum amount of one cup of each nutrient. Some of the healthiest choices include berries, cherries, red grapes, mangoes, apples, sweet potatoes, spinach, Brussels sprouts, tomatoes, carrots and broccoli. And never let your child skip breakfast, it is one of the most important meals of the day.

Making a conscious effort to limit television in a big city is one of the most effective ways of improving your family’s health. The more television you watch, the more fat, calories, sugar, and sodium they tend to consume. One effective way to cut down the television is to take the television out of your children’s room.

Teenagers are in the prime of their lives and need a lot of exercise to eat and enjoy the foods they have experienced with their own senses. And last, but not least, make sure to talk to your children about the benefits of eating fruits and vegetables.

**What can parents do to make healthier lunches for their kids during the school year?**

- Include the healthy starches such as corn, beans, brown rice, and whole wheat products and white and whole wheat cereals, flours and grains meals as often as possible. Studies show this traditional health-enhancing eating style is attractive to kids and helps them prepare more nutritious foods.
- Children need to eat and enjoy the foods they have experienced with their own senses. And last, but not least, make sure to talk to your children about the benefits of eating fruits and vegetables.

**What health care reform means for cancer prevention**

_This number was voted to support Cancer Prevention._

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**Deirdre Burton, President and CEO of Prevent Cancer Foundation**

_What is the impact of health care reform on cancer prevention?_ The Affordable Care Act includes a provision that requires all health plans to cover preventive services without cost-sharing. This will make it easier for people to get the screenings and vaccines they need to prevent cancer.

_What is the biggest challenge for cancer prevention?_ The biggest challenge is getting people to pay attention to cancer prevention and making it a priority. It’s important that people understand the importance of getting screened regularly and knowing their risk for cancer.

_What is the most important thing people can do to prevent cancer?_ The most important thing people can do to prevent cancer is to get regular screenings and vaccines. The Affordable Care Act makes it easier for people to get these services, so it’s important that people take advantage of this opportunity.

_What is the role of Prevent Cancer Foundation in the fight against cancer?_ Prevent Cancer Foundation is a national, non-profit organization that works to raise awareness about the importance of cancer prevention. We work to educate people about the risks of cancer and the importance of early detection.

_What is the future of cancer prevention?_ The future of cancer prevention is bright. With the Affordable Care Act and other important legislation, we are seeing a significant increase in the number of people getting screened and vaccinated. This is a great time to take action and make a difference in the fight against cancer.
Already these health advisors have successfully held, resulting in 23 CAA-certified health advisors. CAA program within the Hispanic community. (Promotoras de salud) who are active in the Hispanic faith-based materials and train on human papilloma virus (HPV) infection, including its transmission and its relationship to cervical cancer. As a long-standing member of the board, Harold initiated that the Foundation follow the “prudent man rule” and invest the money wisely. “He helped the Board build investments to the point where we had a solid foothold and we could survive in dark economic times,” says Carolyn. Harold succumbed to leukemia on July 21. “He was a curator of national treasures in the White House and the State Department,” notes Carolyn. “But in my view, he was a national treasure himself.”

Prevent Cancer Foundation Grant Bolsters Cervical Cancer Education Prevent Cancer Foundation, “_with Love We Learn,” a culturally sensitive educational program focusing on Hispanic families and addressing concerns about human papilloma virus (HPV) infection, including its transmission and its relationship to cervical cancer. To help promote awareness about cervical cancer screening and HPV risks, the Foundation funded a two-year grant benefiting CAA to help them develop multi-media educational materials and train providers (including health advisors) who are active in the Hispanic faith-based communities. These advisors can then conduct the CAA program within the Hispanic community. Two “train-the-trainers” workshops have been held, resulting in 23 CAA-certified health advisors. Already these health advisors have successfully implemented the CAA program in a variety of Hispanic communities.

“Gloria Beilos first glimpsed Harold. “He had an incredible presence and magnetism. And his passion for the decorative arts was palpable.” In fact, his passion was so contagious that Bo found herself returning often to hear him speak and eventually the two became friends. Though it was more than a decade later, in 1985, that Carolyn founded the Prevent Cancer Foundation, Harold made one of the first donations the Prevent Cancer Foundation ever received.

“Those early years were rough. There was no cancer community in these days—no brother and sister organizations,” recalls Carolyn. “But he bolstered my confidence enough to keep me going. And he made sure we had the funds to do so.”

“I wanted to spend every penny we raised on cancer prevention programs and research,” recalls Carolyn. Though Harold was a busy man—devoted to his wife and four children—he took on the role of the Foundation’s director of development.

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Helpful people get excited and take an active role in their health care can make a big difference, particularly when it comes to cervical cancer. While nearly 23,000 die each year from cervical cancer, the cause of this disease was not identified until the United States, as many as 80 percent of these deaths could be prevented through regular screening and proper follow-up care. Of the populations studied, Hispanic women are particularly at risk for this cancer. It is estimated that the incidence of cervical cancer among Hispanic women in the U.S. is about 50 percent higher than among non-Hispanic white women (American Cancer Society, Cancer Facts & Figures for Hispanics/Latinos 2009–2011). With this disparity in mind, Emory University School of Medicine developed “Con Amor, Con Aprendemos!” (CAA), “With Love We Learn,” a culturally sensitive educational program focusing on Hispanic families and addressing concerns about human papilloma virus (HPV) infection, including its transmission and its relationship to cervical cancer. To help promote awareness about cervical cancer screening and HPV risks, the Foundation funded a two-year grant benefiting CAA to help them develop multi-media educational materials and train providers (including health advisors) who are active in the Hispanic faith-based communities. These advisors can then conduct the CAA program within the Hispanic community. Two “train-the-trainers” workshops have been held, resulting in 23 CAA-certified health advisors. Already these health advisors have successfully implemented the CAA program in a variety of Hispanic communities.

“The funding allowed us to refine our program and reach a wider audience. It allowed us to go out of state into South Carolina and expand the program in a ten-fold manner,” notes Dr. Lisa Flowers, CAA project director and assistant professor at Emory University School of Medicine. “It allowed us to really disseminate that information more quickly.” The success and effectiveness of CAA are reflected in feedback from participants. Over 90 percent of participants stated that they would recommend the program to family and friends. Fifty-nine percent of participants reported having talked with one to two friends or relatives about getting a Pap test, and 33 percent of participants said that one to two relatives or friends have had a Pap test based on their conversations resulting from the program.

Recently, the success of CAA has sparked interest in Atlanta’s African American community where these churches are adapting CAA materials to make them culturally appropriate for their audience. CCA is also collaborating with CancerQuest to launch a virtual community, Cervical Cancer Awareness Town, which will feature 15 bilingual videos depicting real conversations about cervical cancer, risk factors and preventive behaviors. “To learn more about other programs funded by the Foundation’s community grants, go to www.preventcancer.org.

Join the Fight
You can make a difference—donate to the Prevent Cancer Foundation today! By funding cutting-edge research in cancer prevention, leading public education initiatives, and conducting community outreach programs, the Prevent Cancer Foundation is working hard to reduce your risk of cancer. In addition to sending a contribution in the enclosed envelope, consider one of these ways you can give:

Designate a percentage of your weekly salary through the Combined Federal Campaign #1097 or United Way #481.

Designate a gift in Memory or in Honor of someone special.

Increase your gift to the Foundation by having your contribution matched by your company.

Make a 40 donation at anytime through your mobile phone by texting CANCER or POKER is support of the Bad Beat on Cancer Initiative at #9091.

Plan a gift to the Foundation of stock, charitable gift annuity, charitable remainder trust or life insurance.

Host a fundraising event such as a golf tournament, bowling party, auction or bake sale in support of the Prevent Cancer Foundation.

Designate the Prevent Cancer Foundation as your charity of choice for a wedding gift.

Donate a used car and designate the proceeds to the Prevent Cancer Foundation.

Reduce your risk for breast cancer.

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Reduce your risk for breast cancer.

Beat Breast Cancer: Get the Facts and Take Action

Mio Restaurant in Washington, D.C. recently hosted a “Guest Bartender for the Day” event to benefit the Prevent Cancer Foundation. The Foundation’s President and Founder, Carolyn “Bis” Aligde, and Chairman of the Board, Merry Myles-Tyndall, acted as guest bartenders at Mio for the evening. In honor of the Foundation, Mio created two signature drinks for the event—the “Preventini” and the “Bojito.” Mio graciously donated a portion of the night’s profits to benefit the Foundation.

Karla Espinosa, Mio’s marketing and special events representative, became familiar with the Prevent Cancer’s mission after Dr. Elmer Flowers, CAA project director and assistant professor at Emory University School of Medicine. The breast cancer survival rate is 98% if you get a mammogram and a clinical breast exam every year. To date, Mio Restaurant has held three events to benefit the Foundation. “We want to give back to a world that gives us so much health, love and peace in abundance, each and every day,” says Karla. With support from individuals like Karla and businesses like Mio Restaurant, the Prevent Cancer Foundation is able to promote prevention and early detection of cancer through research, education and community outreach. To learn more about how you can help the event benefitting the Foundation, visit www.preventcancer.org.

Plan a gift to the Foundation of stock, charitable gift annuity, charitable remainder trust or life insurance.

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Team Up for Cancer Prevention

Jamie Cooper is one of hundreds of runners and walkers who will be attending the Prevent Cancer Foundation's second annual Step Away from Cancer 5K™ on September 25 in Washington, D.C.'s West Potomac Park. While the Foundation is hosting this event to encourage the public to “step away from cancer” by incorporating physical activity into daily life, Jamie has another reason for participating—the memory of her younger sister.

Jamie’s sister, Sara, was only 17 years old when she lost her battle with cancer nearly a decade ago. Now, a week before the tenth anniversary of Sara’s death, Jamie is determined to raise funds for cancer prevention and to help reduce cancer risk.

“Our team goal is to raise $1,000 for the Foundation for the race through donations by family, friends, and other supporters via mail, email, Facebook, and Active Giving,” Jamie explains. “This is a wonderful way to remember a loved one and to raise money for cancer prevention.”

Jamie is not alone. Many others are registering to run and walk in honor or in memory of a loved one. For instance, Team Alan is running in memory of retired Navy veteran and NASA engineer Alan Matz, who fought a two-year battle with liver cancer.

“We are participating in this amazing fundraiser in hopes that, eventually, no other family will ever have to endure what we have and no man, woman, or child, will ever suffer the indignities and pain that Alan so graciously tolerated,” Team Alan writes on their donation page.

Join these people, and many others, in raising funds for cancer prevention by registering for the event as an individual or as a team at www.preventcancerfoundation5K.org for only $30 (children 12 and younger are free).