

The University of Texas MD Anderson Cancer Center  
 Department of Health Disparities Research  
 Project CHURCH  
 1400 Pressler Street, Houston, TX 77030

Non-Profit Org.  
 U.S. Postage  
 PAID  
 Permit No. 7052  
 Houston, TX

CREATING A HIGHER UNDERSTANDING OF CANCER RESEARCH & COMMUNITY HEALTH



## Activity: Create a Family Tree

"Learning about your family's health history can help you answer your doctor's medical history questions." *Karen Lu, M.D.*

You can inherit abnormal genes from a parent. But, just a small portion of cancers – about 5 to 10% – are actually inherited. More cancers – about one-third – are related to lifestyle choices like smoking, not exercising and making bad food choices.

**Here's how to create your medical family tree.**

- 1. Download MD Anderson's family history form** to create your medical family tree. Or, use the Surgeon General's Office Family Health Portrait. This online tool helps track all family-related diseases, not just cancer.
- 2. Find out your ancestry.** Include the country or countries where you ancestors came from originally. Some ancestries, like Jews of Ashkenazi (Eastern European) descent, have a higher risk for certain cancers.
- 3. List blood relatives.** Include your first (parents, siblings, children), second (nieces, nephews, aunts, uncles, grandparents) and third (cousins, possibly great-aunts and -uncles) degree relatives. Add the current age of each or the age when they died.
- 4. Include any birth defects** or genetic disorders that you learn about.
- 5. Add cancer diagnoses, if any.** Include the age when they were diagnosed with cancer, if you can find that out. List details, such as the part of the body where the cancer started and how the cancer was treated (chemotherapy, radiation therapy, surgery).
- 6. Dig deeper for details.** Hit a dead end while mapping out your tree? Try these tips to get more information.
  - **Speak with older relatives.** They are usually good sources for information.
  - **Gather hospital records** when there is some uncertainty.
  - **Hospitals can release records** directly to the patient.
  - **Has a relative died?** Hospitals can release records to the next of kin, the closest relative(s) entitled to the deceased individual's property.

THE UNIVERSITY OF TEXAS  
**MDAnderson Cancer Center**  
 Department of Health Disparities Research  
 1400 Pressler Street, Houston, TX 77030  
 Phone: 713-792-3KBC (3522)  
 Email: church@mdanderson.org

CREATING A HIGHER UNDERSTANDING OF CANCER RESEARCH & COMMUNITY HEALTH

"For God did not give us a spirit of fear, but a spirit of power, of love and self-discipline..." 2 Timothy 1:7

# Healthy Habits Designed With You in Mind!

October 2011



## DR. McNEILL'S CORNER

"For centuries men have been considered the leaders of our family and community. Because of those demands, they often need to pay more attention to their bodies but don't. In this issue we will focus on Prostate Health, exercise and we'll find out what screenings are needed at every stage of life."

"Thank you for your continued support of Project CHURCH."

Wellness,  
  
 Lorna H. McNeill, Ph.D., M.P.H.  
 Principal Investigator

## Project CHURCH Patient Guidance

Getting cancer care can be a somewhat difficult process. We can help to break down some of the barriers to getting care and provide you with information about how to receive treatment at MD Anderson or other cancer facilities in the area.

**For more information, contact Cassandra Harris at 713-792-3KBC (3522) or church@mdanderson.org**



## Eight Prostate POWER Foods

Focused on Health  
 by Rachel Winters Ileana Djujic  
 contributed to this article.

It is no secret that eating healthy is key to reducing your chances for cancer.

Doctors and nutritionists have recommended chowing down on vegetables, fruits, whole grains, protein and fiber for quite some time. But how exactly do all of these food groups help reduce prostate cancer risks, and why is reducing your prostate cancer risks so important?

Knowing what foods have the power to lower your chances of getting prostate cancer is essential.

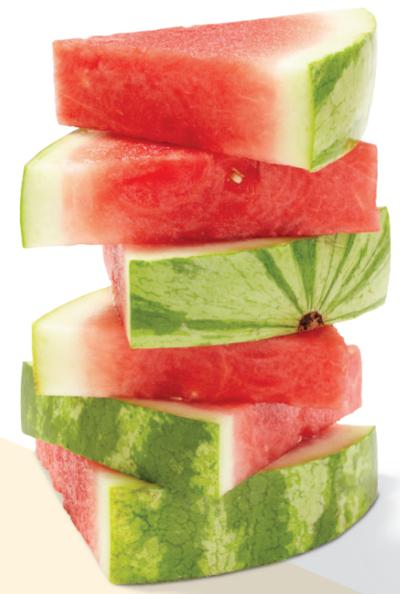
### Try these strategies for stress management:

- 1. Tomatoes block chemicals that damage cells.**  
 These fruits contain an extremely high amount of lycopene. This chemical is a powerful antioxidant known for its potential to decrease prostate, lung and stomach cancer risks. According to the American Association for Cancer Research, lycopene helps to fight cell damage that could possibly lead to prostate cancer.
- 2. Soy has good cancer-fighting hormones.**  
 Soybean products are famous for fighting prostate cancer, as well as breast, colon and lung cancers. Soy is a good source of isoflavones, which are plant estrogens. Because isoflavones contain estrogen,

they lower testosterone levels that lead to prostate cancer.

- 3. Watermelon rids the body of substances that cause cancer.**  
 Watermelon, as well as guava, grapefruit and other red/pink fruits, are another important source of lycopene, says the American Institute for Cancer Research. They contain lots of vitamin C and beta-

Continued inside



THE UNIVERSITY OF TEXAS  
**MDAnderson Cancer Center**  
 Department of Health Disparities Research  
 1400 Pressler Street, Houston, TX 77030  
 Phone: 713-792-3KBC (3522)  
 Email: church@mdanderson.org

## 5 Workout Classes For Guys

Focused on Health  
by Laura Nathan-Garner

Group fitness classes can improve your strength conditioning, get your heart pumping, help cut belly fat that can up your cancer risks and teach you new exercises, with instructors suggesting adjustments for your fitness and skill level. Plus, working out in a group may give you the motivation to keep exercising so your body can fight off diseases like cancer. New to group fitness, or just want to mix things up? Take one — or several — of these classes for a test drive:

### 1. Kickboxing

**What it is:** An intense cardio workout that blends aspects of boxing, martial arts and aerobics.

**Why it's good for you:** Repeating quick boxing drills boosts your heart rate, burns fat, and improves strength, flexibility and stamina.

### 2. Yoga

**What it is:** A sequence of low-impact poses with special attention to deep breathing.

**Why it's good for you:** Yoga improves flexibility, balance and blood flow. It also reduces stress, helps you sleep better, improves your mood and relaxes your muscles.

### 3. Spinning

**What it is:** Challenging indoor cycling, where participants alternate resistance levels and revolutions per minute to increase their intensity.

**Why it's good for you:** This great cardio workout builds stamina and strength.

### 4. Strength Classes

**What it is:** A group workout using weights — and sometimes cross-training — to build up different muscle groups.

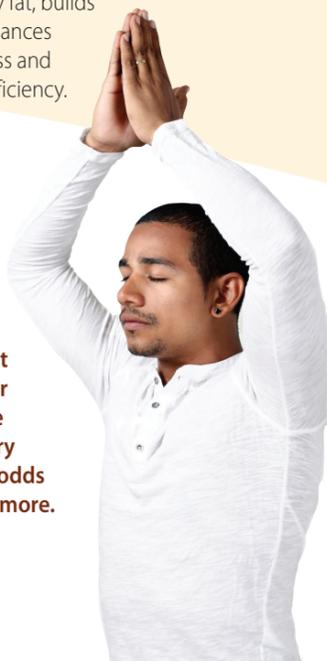
**Why it's good for you:** Strength training can prevent muscle loss, build bone mass and help burn calories so you maintain a healthy weight.

### 5. Boot Camp

**What it is:** An intense cross-training workout combining running, interval training and strength exercises.

**Why it's good for you:** Boot camp burns body fat, builds strength and enhances your overall fitness and cardiovascular efficiency.

**No matter which of these workouts you choose, start with a class that matches your level of fitness. You'll get more out of your workout, reduce your risk of injury and boost your odds of returning for more.**



## Eight Prostate POWER Foods

Continued from front cover

carotene, which help your body get rid of harmful cells that can lead to cancer.

### 4. Beans have lots of antioxidants.

Like soy, beans are a good source of protein, making them a healthy alternative to red meat. Beans also are an excellent source of flavonols, which are a type of antioxidant found in various plants. Flavonols help red blood cells remove free radicals (unstable molecules) from the body. Beans also contain a lot of antioxidants and fiber, which have cancer-fighting properties, according to the American Institute for Cancer Research. Any kind of bean is a good choice, including black, pinto and kidney. Put them in your favorite soup, stew or salad.

### 5. Broccoli is a constant star on health food lists.

Broccoli and other cruciferous vegetables, such as Brussels sprouts, cabbage and cauliflower, are recognized by the American Cancer Society for their cancer-fighting abilities. It boosts the immune system and helps the body fight prostate cancer. Broccoli also contains phytochemicals, plant chemicals that have anti-cancer properties similar to lycopene.

### 6. Sweet potatoes are a powerful source of the cancer-fighting vitamin A.

Sweet potatoes have an extremely high amount of beta-carotene and a variety of phytochemicals. As one of the most

nutritious vegetables you can eat, they also are a powerful source of vitamin A. Vitamin A has antioxidant properties that reduce cancer-causing chemicals in the body. By reducing these chemicals, this vitamin helps to prevent cell damage that can lead to prostate cancer. In fact, research from the American Cancer Society says that one medium sweet potato provides 520% of the recommended daily allowance of vitamin A.

### 7. Garlic repairs DNA.

Garlic is the one of the toughest foods around when it comes to fighting prostate cancer. It has antibacterial properties that block cancer cells from forming. Garlic also helps repair DNA, which slows the growth of cancer cells. A recent study from the National Cancer Institute shows that eating more than 10 grams of garlic every day reduces your chances of prostate cancer by about 50%.

### 8. Green tea kills cancer cells.

Green tea may help prevent prostate cancer by either stopping damaged cells from multiplying or killing them completely. Green tea has EGCG, the most studied antioxidant that fights the abnormal cells that may lead to cancer. Research at M. D. Anderson has shown that drinking green tea protects you against prostate, bladder, stomach and esophageal cancer.

**Eating right is essential**

## Chilin' Out Pasta Salad

### Ingredients

- 8 ounces (2½ cups cooked) medium shell pasta
- 1 (8-ounce) carton plain nonfat yogurt (1 cup)
- 2 tablespoons spicy brown mustard
- 2 tablespoons salt-free herb seasoning
- 1½ cups chopped celery
- 1 cup sliced green onion
- 1 pound cooked small shrimp
- 3 cups coarsely chopped tomatoes (about 3 large)

### Preparation

1. **Cook pasta** according to package directions. Drain; cool.
2. **In a large bowl**, stir together yogurt, mustard, and herb seasoning. Add pasta, celery, and onion; mix well. Chill at least 2 hours.
3. **Just before serving**, stir in shrimp and tomatoes.

**MAKES 4 (3/4 cup) SERVINGS**



## Men's Screening Exams

Your doctor can help you develop a more tailored screening plan if needed.

*These exams are for men at average risk of cancer.*

If you believe you may be more likely to develop cancer because of your personal or family medical history, visit our screening guidelines page at [www.mdanderson.org/screeningguidelines](http://www.mdanderson.org/screeningguidelines) to learn about exams for men at increased risk.

THE UNIVERSITY OF TEXAS  
**MD Anderson  
Cancer Center**

Making Cancer History®

### All Ages (20 and older)

Men older than age 20 should practice testicular and skin awareness. This means you should be familiar with your skin and testicles. Look for changes so you can report them to your doctor without delay.

### Ages 45-49

Digital Rectal Exam and PSA Test every year to check for prostate cancer if you are African American or have a family history (father, brother, son) of prostate cancer. If you are not African American or do not have a family history, you should start screening at age 50.

### Ages 50-84

Digital Rectal Exam and PSA Test **every year** to check for prostate cancer. Colonoscopy or Virtual Colonoscopy **every 10 years** to check for colorectal cancer.

### Ages 85 and Older

MD Anderson does not recommend colorectal and prostate cancer screening for men age 85 and older. If you're age 76 to 85, your doctor can help you decide if you should continue screening.