

Scottish Cancer Prevention Network

better living

BETTERHEALTH

Healthy
weight
*Tips from
nutrition
experts*

**TOUCH
LOOK
CHECK**

No one
knows your
body better
than you

**SINGING IN
THE RAIN**

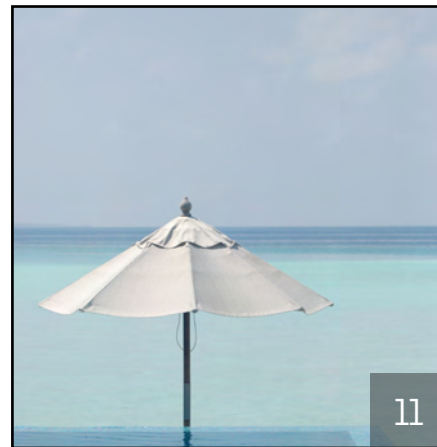
How to keep
your body
moving even
on rainy days

**"OUR LUNCH
DATE SAVED
MY LIFE"**

How Sylvia's
treatment led
to Margaret's
diagnosis

CHATTING TO
**LORRAINE
KELLY**

Free
thingymaboob



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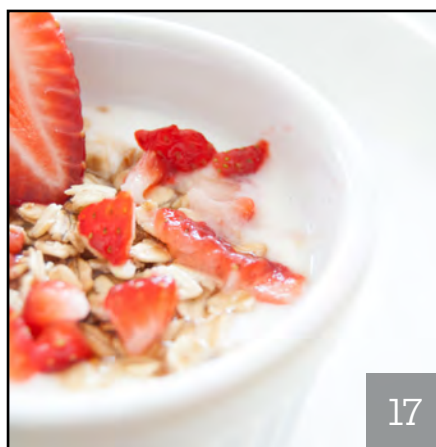
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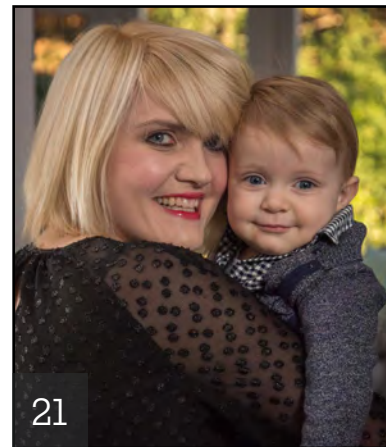
Plus our healthy eating quiz, parkrun, community gardens, tasty recipes, weight loss tips and more!



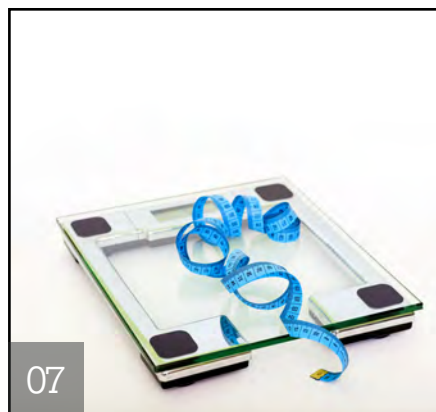
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A note from the editor...

We're delighted to be publishing the third issue of our 'Better Living, Better Health' magazine. Breast cancer is the most common cancer in women in Scotland with over 4,700 cases diagnosed in 2015. Attending for your 3 yearly breast screening when you are invited is a positive action for positive breast health – and over 70% of women aged 50+ in Scotland do attend – but there's lots more we can do to stack the odds against breast and other cancers.

Our magazine provides some ideas for helping you to reduce your cancer risk. Being physically active, keeping an eye on body weight and limiting how much alcohol you drink are all good for breast health - they can be fun too!

We've got some handy tips from weight loss experts, healthy recipes, and some activities that can help you take big steps towards healthy days. You can even test your knowledge about nutrition and find recommended sources of advice about healthy eating. There is some advice on how to stay safe in the sun and ideas on how to keep active on those rainy summer days we have in Scotland. And if after reading our magazine you would like to make some changes to your lifestyle, there's an article on how to go about that to help make lasting changes.

We hope that you find this issue interesting and that you pick up some ideas you could build into your life for healthy living in Scotland and most of all you enjoy the read!

Prof. Annie S. Anderson Co-Director, Scottish Cancer Prevention Network





*“You have to find
exercise you look
forward to and
enjoy, or you will fall
by the wayside”*

An Interview With Lorraine Kelly

From The Other Side Of The Coffee Table

She may be the face of *Lorraine*, hold an OBE and juggle home life in Dundee with the high life in London, but when Lorraine Kelly sits on the sofa as an interviewee, she's just like the rest of us.

We asked Scotland's favourite breakfast TV presenter about work, exercise and even vegetables! Here's what Lorraine had to say:

What do you enjoy most about your job?

"EVERYTHING. I love the variety and the fact that we cover so many issues, from hard news to showbiz and fashion, and I get to meet so many interesting people."

What was your first job?

"My first *real* job - as opposed to working as a Saturday girl - was as a cub reporter on the *East Kilbride News*. I joined my local weekly newspaper as a 17 year old. It was a brilliant place to learn how to be a journalist, and gain lots of experience."

What was your worst job?

"My worst job was probably working in a china shop as a Saturday girl because I kept breaking everything. I would try to be helpful and end up smashing precious plates and ornaments when I dusted. I didn't last long."

What was the first concert you went to?

"The first concert was to see a band called *The Sweet* at the *Glasgow Apollo*. They were glam rockers (one of their biggest hits was *The Ballroom Blitz*) and it was a brilliant night. I also saw *David Bowie* there too."

What is your favourite vegetable?

"I hate peas and Brussels sprouts. I do, however, really like parsnips and I could eat a whole plate of roasted parsnips slathered in honey. I actually make sure I eat lots of vegetables by juicing them so I have my *five a day*."

If you wanted to cut down on alcohol, how would you do it?

"I don't drink that much anymore. I just can't do it. I always make sure I drink lots of water when I go out, and I tend to have sparkly elderflower juice for most of the night after having a couple of glasses of cava."

What is your favourite form of physical activity?

"Zumba. I have an amazing instructor called *Maxine Jones* who is a force of nature. I go to her class three times a week and I love it. It's good fun and I honestly think you have to find exercise you look forward to and enjoy, or you will fall by the wayside. Maxine's classes are in an old church hall for a fiver a time."

What would people find surprising about you?

"I studied Russian at school. I can't cook and I'm a bit shy."

"I tend to have a sparkly elderflower juice for most of the night after having a couple of glasses of cava"

SINGING IN THE RAIN

It's not always 'get out and get at it' weather but that's not an excuse to give up on exercising and resort to turning on the TV to watch other people play sport!



Try something new at your gym... try a new class, or rediscover an old favourite: spinning, pilates, yoga...



Weight lifting around the house – use BIG books or cans of beans for bicep curls.



Balloon tennis - hit a balloon back and forth with a partner - living room friendly!



Here are some suggestions from the Better Living, Better Health team on how we can keep moving and cut our sitting time on cold and rainy days...



Take advantage of indoor facilities. Swim in the pool or find a partner and play badminton. Most leisure centres hire out courts and all the equipment needed.



Suddenly the horror of housework can be turned into vigorous action, hoovering, sweeping, *spring cleaning* at speed...



Check out your phone/tablet for yoga, stretch and flexibility apps. You don't need any equipment or much space at home to get started.



Have you tried kitchen dancing? Choose the old favourites or try a new dance move!

Make up a new exercise routine – a 15 minute workout can make all the difference to an indoors day e.g. squats, lunges, stretching, jumping jacks, calf raises. (Search YouTube or Pinterest for ‘rainy day workouts’)

Skipping (or if you don’t have the room “ghost” skipping without the rope).



...and if all else fails we get the broly out, wellies on and out we go!



The trampette (rebounder) is the perfect indoor activity - bounce 15 minutes every week day to achieve 75 minutes of very pleasant moderate-vigorous activity!

Wardrobe action – stretch by reaching up to the top shelf, get the old outfits out and try them on, moving and stretching as you go!

Step the stairs- who needs a stepper? Climbing the stairs 20 times can feel like a significant effort, and gets you warm!

Around three out of every four adults aged 45-74 in Scotland are overweight or obese. That's staggering! So why is it that a lot of us aged 50+ find the pounds piling on?

It's interesting to look at possible causes to do with the lowering of the female hormone (oestrogen) level that happens around the menopause. In animal studies, it seems that the female hormone controls weight gain, so animals with less of this hormone tend to eat more, and become less physically active. Similar effects may happen in humans.

Lower hormone levels may also change the way our body works, so we can't convert calories as easily into working energy as we used to, and we store the excess as fat. We also tend to exercise less as we get older, so we have less muscle, which in turn makes it more difficult for us to use the calories we eat, and so we find ourselves in a sticky situation.

All is not lost however - we can turn things around with careful eating and exercise, although we may have to do more exercise than a younger person to burn up

the same amount of calories. The benefits of staying a healthy weight are many - it lowers your risk of diabetes, high blood pressure, stroke and heart problems, but also cancer.

It is thought that one in ten cancers could be prevented if we all stayed physically active, and up to four in ten if we all stayed a healthy weight. That's worth doing something about - no matter what age we are!

Here are some comments from people in a recent Scottish study who managed to lose weight:

"I thought, if I can do the smoking, I can definitely get rid of the weight."

"It's the portions. I have to try and regulate portions...and stop mooching in the fridge at night - boredom!"

"I couldn't believe how it was coming off, just going out for those walks"

"I would go on the scale on a weekly basis and I had maybe just lost that wee bit; the thrill it gave me. Oh you dancer!"

We asked two experts about their top tips for achieving and maintaining a healthy weight.

Professor Ashley Adamson is Professor of Public Health Nutrition at the *University of*

Newcastle and weight loss advisor to *The Hairy Bikers!* She says, when planning to lose some weight...

"Before you start, write down everything you eat or drink for at least three days (make one of them a weekend day). Include the amount, time of day and what you were doing. Don't make any changes, and be honest. Make a plan. Look over what you have recorded and decide what you need to change.

Set some targets for change, make these detailed so you know when you have achieved them; so not something vague like 'cut down what I eat' but be really specific like 'have breakfast every day', 'take fruit to work for mid-morning', 'don't buy biscuits or cakes when I shop.'

Write down your personal targets, up to 3 will be a good start. When you achieve these, tick them off, and set a couple more.

Regular weighing helps you to keep track and help prevent weight regain but - don't be too hard on yourself. Losing weight is not easy. If you don't stick to your plan one day, don't give up and abandon it all, just go right back to the plan the next day.

Get some support.
Ask a

Beating *The* Bulge



friend or family member to help. Share your plan with them. Perhaps someone you know would also like to lose weight, so you could help each other?"

Professor Naveed Sattar is Professor of Metabolic Medicine at the University of Glasgow. He has given us some key points:

"Cut out all sugary drinks. That means no sugar-sweetened beverages (like colas), and give up putting sugar in tea or coffee. Watch out for fruit juices - they are also high in sugars.

It can take time to adapt to the changes in taste but it's worth it! Give yourself up to 2 to 3 months for your tastes to change.

Up the amount of fibre in your diet, with the easiest goal being to only ever eat (if possible) wholemeal bread. Also, a fibre rich breakfast cereal is a great start to the day. Look out for the green traffic light for sugar content, and add a little fruit (e.g. half a banana) if you need to sweeten it.

Try to eat some fruit each day and always have some handy in the handbag/office."



10 tips to help you lose weight and stay healthy

1. **Eat wholegrains** (e.g. wholemeal bread, cereals, brown rice) instead of low fibre foods at all meal times.
2. **Try to eat pulses** (e.g. peas, beans, lentils) most days.
3. **Aim for 5 portions of vegetables & fruit** every day.
4. **Choose small portions.**
5. **Limit red meat & alcohol** (if consumed).
6. **Avoid all types of sugary drinks** (e.g. cola, squash).
7. **Avoid fast foods, take-away meals, processed meats & pies.**
8. **Avoid cakes, biscuits & sweets.**
9. **Be active** - take at least 150 minutes of moderate activity per week (activity that makes you warm and increases your heart rate) like brisk walking.
10. **Do strengthening exercises or weight bearing exercises like walking to keep up your muscle mass.**

What are parkruns?

parkruns are held every Saturday morning at 9:30am in local parks and public spaces all over the country. Organised by volunteers, parkruns are friendly and sociable events for all abilities. Whole families can come along, all ages - no numbers, no competition- just enjoyment!

You just need to register online before your very first parkrun.

Whether you live in the North, South, East or West of the country there is a parkrun for you (and some others further afield). parkrun Inverness is thriving in Bught

Park. They're friendly too! Every week they grab a post parkrun coffee at the Floral Hall Coffee Shop, Bught Lane, Inverness and you are invited to join them. If Elgin is handier for you, make it along to Cooper Park to take part in their parkrun.

Eglinton Country Park hosts the Irvine parkrun. Their post parkrun coffee is in The Tournament Café - please go along and join them!

Other parkruns are held in nearby Ayr (Rozelle Park), Linwood (ON-X Linwood), and Pollok Country Park.

“ Don't be too hard on yourself. Losing weight is not easy. If you don't stick to your plan one day, don't give up and abandon all, just go right back to the plan the next day! ”

Walk, Talk and Live Long

We know that keeping active through all stages of our life is important to maintaining good health. But if you're not a fan of heading to the gym, running, or playing sport, what's the best way to keep active and cut your cancer risk? It can be as easy as a walk in the park!

Research has shown that regular walking can reduce the risk of developing breast, bowel, and womb cancer. Regular walking changes your hormone levels, helps manage your weight, and boosts your immune system, which can all reduce your risk of certain cancers.

Scottish charity Paths for All want to make it as easy as possible for people living in Scotland to get active. That's why they support hundreds of free Health Walks up and down the country each week.

“You get to know different people and get a good blether. It isn't just the walking.”

A Health Walk is a free, social, and accessible walk that is the ideal first step to getting active and feeling the benefits. Every Health Walk in Scotland is led by a trained volunteer Walk Leader. All the routes have been tried and tested, and just right for your group. Physical benefits aside, Health Walkers often tell us that the best bit about taking part in a Health Walk is the social buzz you get from it.

Whether you want to get more active, make a few new friends, or get the boost from being outside in the fresh air, this could be just the thing for you.

Lily from West Dunbartonshire joined her local Health Walk on a recommendation from her weight loss group, and noticed big changes to her confidence and weight since joining the group:

“I had both weight and health problems, they were the main reasons for joining a walk, and since then I've lost 2 stone in weight. I also have a lot more energy now for going out and doing other things, other than sitting around the house all the time.

At first when you come down to meet the group, you feel a wee bit nervous but when I met up with the group and got to know everybody, they were very friendly and very encouraging and it's a lovely group that I've joined. I feel very at ease with them.

I feel that I am more comfortable around people, and I have the confidence to open up and talk to them more, something that I didn't do before.”

Terry who joins the weekly Carrbridge Health Walk in the Cairngorms said:

“The Health Walk is a social event. You get to know different people and get a good blether. It isn't just the walking.”

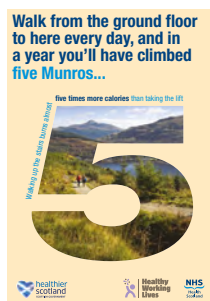
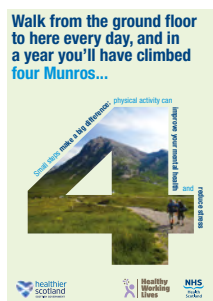
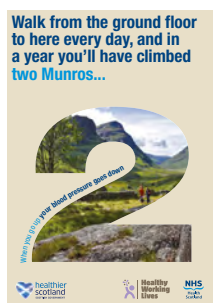
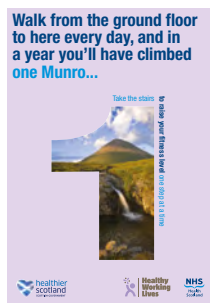
IN PARTNERSHIP

breast cancer
now

paths
for all

FOR A HAPPIER,
HEALTHIER SCOTLAND

Whether
you're
walking up
Ben Lomond
or walking
upstairs...
it all counts
towards your
health!



Community Gardening

Being active can make a real difference to our health. World Cancer Research Fund has found strong evidence that *'we could prevent about one in eight cases of bowel and breast cancers, and one in ten cases of womb cancer in the UK by being active for 30 minutes a day at least five times a week'*.

All over Scotland there are community gardens bursting with home grown fruit and vegetables, laden with blooms and providing peaceful havens for members of the public to catch a bit of quiet time in. Volunteering in these gardens is a great way to keep physically active and eat well while being part of a social network. No expertise is needed – you just learn from those around you – although those with expertise in all sorts of fields are welcomed (marketing, events, finance, design, IT etc. etc!) to help grow the project.

For any group starting out FCFCG Scotland (an umbrella group supporting and representing City Farms and Community Gardens) are piloting a mentoring scheme funded by the Big Lottery to provide expertise where needed. Find a garden near you at <https://www.farmgarden.org.uk/your-area/scotland> and get active today...and every day!



In Summer We Wear Sunscreen

Sun, sun, sun – here it comes (hopefully!). We Scots are well known for overindulgence at the first sign but we really do have to be careful of our fair skin to prevent skin cancer, one of the commonest cancers in the UK – not to mention avoiding the wrinkled, leathery look common to some American celebrities.

The sun gives out two types of ultraviolet radiation. UVB rays, the main culprit causing sunburn and skin cancer and UVA rays, which penetrate the skin more deeply and can cause premature effects of aging such as wrinkling, leathery skin, and sagging. UVA rays can make the cancer causing effects of UVB rays worse, and increasingly are being seen as a cause of skin cancer on their own.

It is important to have the right sunscreen for you and how you are going to use it. If you are outside only for minutes at a time an SPF (Sun Protection Factor) of 15, which filters out about 93% of UV radiation, is usually sufficient. For longer, intense exposure you should use a broad spectrum, water-resistant sunscreen with an SPF of 30 or higher.

In practice the main reason for sunscreen failure is not applying enough or not applying it often enough. As a rough guide apply about 2 tablespoons of sunscreen to your entire body 30 minutes before going outside (applying sunscreen in the sun can cause the sunscreen to evaporate before it has had a chance to bond to the skin) and reapply every two hours or immediately after swimming or excessive sweating.

Which type of sunscreen is right for you? Those with sensitive skin, babies and children should probably use products which avoid alcohol, preservatives or fragrances. Getting children to use sunscreen is half the battle, so make it fun by using spray sunscreens or brightly coloured packaging.

Older people, despite having already received large amounts of UV light exposure in their lifetime, can still benefit from sunscreen use. If moving is difficult it's tricky to get to those hard to reach areas – spray-on sunscreens may be a great option.

It's not all about the sunscreen though! In Australia where they know a thing or two about preventing skin cancer, Sid the Seagull gives Aussies good advice to help them stay safe:

- ***Slip*** on sun protective clothing that covers as much of your body as possible.
- ***Slop*** on SPF 30 or higher broad-spectrum, water-resistant sunscreen, at least 20 minutes before sun exposure. Reapply every two hours when outdoors or more often if perspiring or swimming.
- ***Slap*** on a broad-brimmed hat that shades your face, neck and ears.
- ***Seek*** shade.
- ***Slide*** on sunglasses.

Even if you use the right protection we recommend you examine your skin head-to-toe every month for any changes in your skin or moles which might make you suspect cancer. Early detection is vital. Visit <https://thescpn.org/2sdYvQP> for more information and guidance.

Every year Which? carry out the most rigorous independent testing of sunscreens for their SP30 claim, UVA protection and how nice they are to use. Here are their top 5 recommended sunscreens for 2017.



Nivea Sun Protect and Moisture Sun Spray SPF30 (200ml)

£6.00 (£3.00 per 100ml)

A five star sunscreen for SPF, UVA protection and ease of application.



Hawaiian Tropic Satin Protection Lotion SPF30 (180ml)

£6.00 (£3.33 per 100ml)

A quick and easy lotion to apply but the perfume is not to everyone's taste.



Garnier Ambre Solaire Dry Mist Spray SPF30 (200ml)

£8.00 (£4.00 per 100ml)

Easily absorbed by skin leaving it feeling soft. No white sheen.



Nivea Sun Protect and Bronze Sun Lotion SPF30 (200ml)

£9.00 (£4.50 per 100ml)

Five stars in the application test but again some not keen on the fragrance.



Piz Buin Protect & Cool Refreshing Sun Mousse SPF30 (150ml)

£9.00 (£6.00 per 100ml)

Quickly absorbs into the skin and leaves it feeling smooth. A bit more expensive.

Ask The Expert - Soya

Susannah Brown

Senior Scientist, World Cancer Research Fund



There are mixed beliefs about whether soya products will increase or decrease the risk of cancer. Information can often be confusing, making it difficult to know what to believe.

Soya products are all made from the soya bean. They can be eaten whole, or processed to make products such as soya milk, tofu and miso.

The World Cancer Research Fund's latest breast cancer report looked at the evidence on soya and found that, for women who have never had breast cancer, the evidence was unclear. We are therefore unable to say whether consuming soya will increase or decrease the risk of breast cancer.

However, for women who have had a breast cancer diagnosis, we found a weak indication that consuming soya might reduce the risk of breast cancer returning. The evidence wasn't strong enough for us to recommend eating soya to reduce the risk of breast cancer returning, but there is no evidence to suggest it increases the risk.

Unfortunately, until we have more research on soya and breast cancer, we can't make strong recommendations about the effect of soya on cancer risk.

However, soya beans can be part of a healthy diet and contribute to your 5 A DAY. Soya is also a good source of protein making it a good alternative to red meat, too much of which increases your risk of bowel cancer. If you eat soya products, such as soya milk, try to stick to unsweetened versions.

For more information about World Cancer Research Fund please visit www.wcrf-uk.org.



“Our lunch date saved my life”

When Margaret Kilmartin, aged 67 from Perth, took her friend Sylvia out for lunch to take her mind off her breast cancer treatment, she had no idea that the date would help save her life.

The ladies chatted about the importance of regularly checking their breasts, with Sylvia telling Margaret what symptoms to look out for, and encouraging her to have ‘a squash and a squeeze’.

That evening Margaret followed Sylvia’s advice and checked her breasts in bed. She immediately felt a lump and her husband Bill urged her to make an appointment with her doctor.

Margaret was referred to the breast clinic for further investigation, and on Friday 9 December 2012, she received the news that she had breast cancer.

Margaret explains, “I’m so grateful that Sylvia taught me how to check my breasts otherwise I might not be here. If I hadn’t found the lump when I did it could have gone undetected until my next mammogram at the end of the year. My breast cancer was very rare and aggressive so it could have been too late by then. I feel very lucky.

“Once you reach a certain age you become more at risk of breast cancer so it’s even more important to check your breasts regularly. It only takes a few minutes but it could save your life. I still check my breasts on the first day of the month. I do it in front of the mirror and I sometimes get my husband to check too.”

“You need to take the time to give your breasts a thorough check – really feel them properly, look at them closely in a mirror and recognise simple changes. You also need to know what to look for. A lot of my friends had no idea that an inverted nipple could be a sign of breast cancer.”

Going through treatment for breast cancer has brought the two ladies closer together and their friendship is now stronger than ever, Sylvia says.

“I was completely stunned when Margaret told me that she had checked her breasts after our lunch date and found a lump. I assured her that it would probably be nothing to worry about but I encouraged her to go to the doctor to get it checked out. I couldn’t believe it when she told me that it was breast cancer.” ► (page 15)

“If I hadn’t found the lump when I did, it could have gone undetected until my next mammogram at the end of the year. My breast cancer was very rare and aggressive so it could have been too late by then.”

“Early detection saves lives so I would urge women to check their breasts regularly.”

(continued from page 14)

◀ “I was just beginning chemotherapy myself so it was a lot to take in.”

“We’ve known each other for over 20 years and we started out as nursing colleagues at Murray Royal Hospital. Since we’ve both been through breast cancer our friendship has really grown.”

“We’ve shared a lot of experiences and we’ve both become very involved in fundraising and we now run a breast cancer support group together too.”

Margaret adds; “Sylvia and I are great friends and having breast cancer has really cemented our friendship. We’re both big champions of Breast Cancer Now’s Touch Look Check message and we’re always keen to promote breast awareness.

“We had very different types of breast cancer, Sylvia was HER2 positive and I had a rare form of triple negative breast cancer, but we both found lumps through self-checking.

How a little TLC can save your life

YouGov shows that almost half of women in Scotland don’t check their breasts regularly for signs and symptoms of breast cancer, mainly because they forget.

Even if you’ve had a mammogram, it is still vital that you check your breasts for any changes and visit your doctor if you spot anything that looks or feels different for you.

It’s as simple as TLC.

TOUCH your breasts. Can you feel anything unusual?

LOOK for changes. Is there any change in shape or texture?

CHECK anything unusual with your doctor.

Changes to look out for:



Skin texture
e.g. dimpling or puckering

Any change in size or shape?

For example, one breast might become larger or lower than the other.

Any change in colour?

E.g. the breast may look red or inflamed.

Any change in skin texture?

Such as puckering or dimpling of the skin of the breast.



Appearance or
direction of the
nipple

What about the appearance or the direction of the nipple?

E.g. one might become inverted (turned in) when it normally points out.



Lump - may
not be seen but
might be felt.

Can you feel a lump?

Either in the breast, upper chest or armpit?

Is there a lumpy area?

Or unusual thickening of the breast tissue that doesn’t go away?

Is there any unusual pain?

Either in part of the breast or the armpit?



Nipple discharge

Any unusual discharge?

One or both nipples might have a discharge.



Rash or crusting

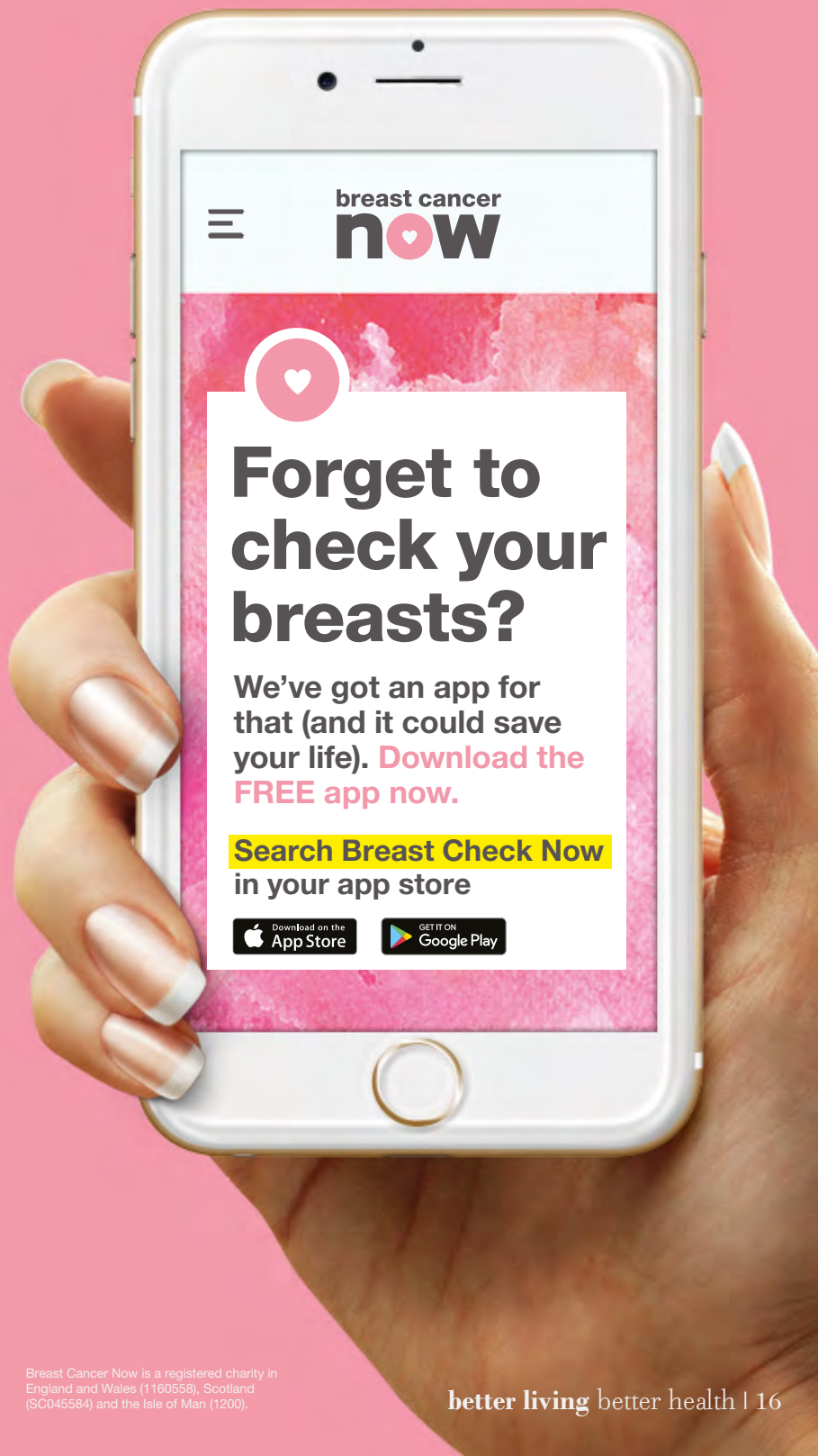
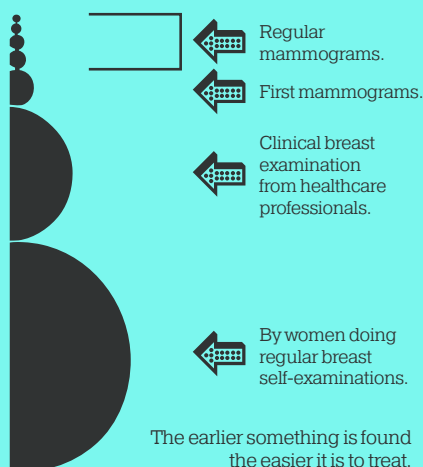
Any rash or crusting of the nipple or surrounding area.

“Early detection saves lives so I would urge women to check their breasts regularly.”

It doesn't matter when you check your breasts, as long as you check them regularly. You can also download a free Breast Check Now app by searching 'Breast Check Now' in Google Play or the App Store. The app will provide information on what to look for and help you to create a checking routine that fits around your lifestyle.

Have you seen a 'thingymabooob'?

This clever keyring from the Canadian Cancer Society is made up of different sized pink beads. Each bead being the average size of lump found by women doing regular breast self-examinations, by a health professional examining, and by breast screening (mammography) on the first visit and later visits. The keyring is an easy way to see the importance of breast screening in picking up breast cancer early. The earlier the disease is found and treated the better chance there is of a good outcome. #DontGetScaredGetChecked



Grilled Scottish Salmon with Strawberry Salsa

Berries are the most popular Scottish soft fruit; they are high in Vitamin C (one 80g portion is 77% of your recommended daily allowance), rich in natural antioxidants and high in fibre. (Find out more at www.berryscotland.com). This delicious summer recipe serves 6.

Ingredients

1 cucumber, finely chopped
1 spring onion, finely sliced
1 tablespoon fresh coriander, chopped
3-4 tablespoons rice wine vinegar
1 yellow pepper
200g strawberries
25g sunflower margarine
1 clove garlic, chopped
1 tablespoon lemon juice
1 tablespoon honey
2 tablespoons soy sauce
6 salmon fillets, skinless



Method

1. In a bowl, mix cucumber, spring onion, coriander, yellow pepper, and vinegar. Cover and chill for at least one hour. Just before serving, add the chopped strawberries.
2. In a small saucepan melt margarine with garlic over a low heat. Stir in honey, soy sauce and lemon juice and cook for two minutes, set aside.
3. Brush the salmon fillets with the sauce and place under a grill for 5 minutes. Brush the other side with sauce, and grill this side for 5 minutes.
4. Transfer to warm plates and top with strawberry salsa.



Summer bircher muesli

1. Place 115g of raspberries and 85g of strawberries in a non-metallic bowl and mash well with a fork. Add 200ml of unsweetened apple juice and mix well.
2. Add 225g of oats (rolled or porridge oats) and mix well. Stir in 150g of low-fat natural yogurt, then add 175g of blueberries and combine.
3. Cover and refrigerate overnight before serving. When ready to serve, spoon into bowls; sprinkle each portion with almonds (if using), and drizzle with a little honey (if desired).

Source: British Heart Foundation - visit bhf.org.uk/heart-matters/healthy-eating.

Refreshing: Chamomile- Strawberry-Orange Cold-Brewed Tea



Fruit adds sweetness to this refreshing drink. If you wish, substitute raspberries for the strawberries, or drop in a sprig of lemon verbena to boost the aromatic citrus. Takes 10 minutes of hands-on time and will be ready to serve 12 hours later! Serves 8.

Ingredients

8 chamomile tea bags
12 cups filtered water, at room temperature
2 small juice oranges (thin-skinned), peeled, cut into slices, and seeded
24 large strawberries, halved
2 tsp honey
4 tsp hot water

Method

1. Place 1 tea bag and 1 1/2 cups water in each of 8 pint-size canning jars with lids.
2. Place 2 orange slices and 6 strawberry halves in each jar.
3. Cover with lids; refrigerate 12 to 24 hours.
4. Remove tea bags from jars. Combine honey and 4 teaspoons hot water. Divide honey mixture evenly among jars (about 1 scant teaspoon in each).

Source: myrecipes.com



What do Sir Chris Hoy, Sir Bob Geldof, George Clooney and Leonardo DiCaprio have in common?

They are all supporters of the phenomenon that is 'Social Bite'. Five years ago two entrepreneurs with a social vision decided to open a sandwich shop, a quarter of whose employees would come from homeless backgrounds, and in which customers could pay for food to be claimed by the homeless of Edinburgh. The enterprise has been such a success that there are now five Social Bite shops across Scotland.

Not without its challenges, with an often unreliable workforce which often requires help with personal problems, Social Bite helps to feed about 150 homeless people every day and offer employment, improved self-esteem and a break to those who have been down on their luck.

Social Bite have developed a cookbook with many of their favourite recipes. Packed with 35 great recipes, devised by Social Bite chefs, which are very easy to follow and use ingredients most of us would regularly have in our store cupboards or fridges. Well worth the £9.99 price tag (half of the profits go back to helping the homeless) and available from Amazon or other good booksellers.



QUIZ:

Choosing a healthy diet can be tricky - see how you score on our healthy eating quiz.

1.

HOW MUCH OF THE SALT WE EAT IS FROM PROCESSED, SHOP-BOUGHT FOODS (READY MEALS, BISCUITS, PASTA, BREAD AND CEREALS)?

A. 10%

B. 25%

C. 70%

D. 90%



ANSWER

Around 70 % of the salt we eat comes from processed foods. To cut down your salt intake you can eat more home cooked foods where you can control how much salt is added. Reading the labels on foods will let you know how much salt there is in them. You will be surprised to see salt in foods that do not taste salty.

2.

HOW MANY FRUIT AND VEG PORTIONS ARE IN A SALAD WHICH HAS 4 LETTUCE LEAVES, 2 SLICES OF CUCUMBER, 2 SLICES OF TOMATO AND ONE SLICE OF BEETROOT?

A. 1

B. 2

C. 3



D. 4

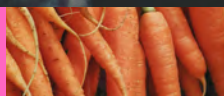
ANSWER

About one portion - it is the weight of the veggies (80g = 1 portion) rather than the number of them that's important.

3.

WHICH OF THESE FOODS DON'T COUNT TOWARDS YOUR 5-A-DAY?

A. Carrots



B. Parsnips



C. Potatoes



D. Orange juice



ANSWER

Ordinary potatoes don't count because they are a starchy food.

4.

HOW MANY CALORIES DOES 1G OF FAT PROVIDE?

A. 3

B. 5

C. 7

D. 9

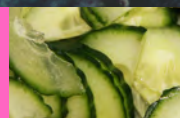
ANSWER

1g of fat provides 9 calories of energy. 1g of protein provides 4 calories of energy and 1g of carbohydrate provides 3.75 calories. That's just one of the reasons why it's important not to eat too many fatty foods.

5.

WHICH ONE OF THESE MAKES UP 1 PORTION OF FRUIT OR VEGETABLES?

A. 6 thin slices of cucumber



B. 2 tablespoons of tomato ketchup



C. 7 strawberries



D. None of the above

ANSWER

Seven strawberries is enough to make up one portion.

6.

FOR A DRINK TO BE LABELLED 'LOW-SUGAR,' HOW MUCH SUGAR SHOULD IT HAVE IN IT PER 100ML?

A. No more than half a teaspoon (2.5g)

B. No more than a teaspoon (5g)



C. No more than one and a half teaspoons (7.5g)

D. No more than two teaspoons (10g)

ANSWER

A low-sugar drink should contain no more than 2.5g per 100ml. The label will let you know how much sugar is in your bottle per 100ml. Remember to multiply it by how many 100ml you drink in a glass.

7.

HOW MANY TEASPOONS OF SUGAR CAN BE FOUND IN A SMALL BAR OF MILK CHOCOLATE?

A. 1

B. 3

C. 5

D. 7

ANSWER

A small bar of chocolate contains seven teaspoons of sugar.

8.

FOR A FOOD TO BE LABELLED 'LOW FAT,' HOW MUCH FAT SHOULD IT HAVE IN IT?

A. No more than 3g per 100g

B. No more than 5g per 100g

C. No more than 10g per 100g

D. No more than 12g per 100g

ANSWER

A low-fat food should contain no more than 3g per 100g. The label will let you know how much fat is in your food per 100g. Remember to multiply it by how many 100g you plan to eat.

9.

WHAT IS THE MAXIMUM AMOUNT OF RED MEAT THAT ADULTS SHOULD EAT IN ONE DAY?

A. 70g



B. 100g

C. 150g

D. Eat as much as you like, it's good for you

ANSWER

It is recommended we eat no more than 70g of red meat per day. Eating more can increase your risk of bowel cancer.

10.

ASSUMING ALL HAVE THE SAME AMOUNT OF DRINK, WHICH OF THESE SHOP-BOUGHT DRINKS IS HEALTHIEST?

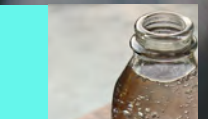
A. Cola



B. A smoothie



C. Bottle fizzy water



D. Fresh orange juice



ANSWER

The bottled water is the healthiest drink. Better still, use fresh tap water if available. One small glass of fresh orange juice or smoothie can count towards your 5 a day but no more as they are sugary.

HOW WELL DID YOU DO?

Taking care over everyday food choices can make a big difference to how healthy a diet you have. Eating lots of wholegrains, vegetables and fruits is the number one dietary action. We hope this quiz has got you thinking about better living, and better health!

Breastfeeding *Benefits*

Joanna Cowan has been breastfeeding her son Fergus for the last year.

Thanks to the help she got from her midwife and local breastfeeding team to make things click, she and little Fergus have never looked back.

Why did you decide to breastfeed Fergus?

"I was really aware of the benefits of the first feed of colostrum which has so many antibodies in it to help protect your baby from disease. I wanted to give that protection to Fergus and carry on breastfeeding him for as long as I could."

How did you feel breastfeeding for the first time?

"I was still getting over the birth so my midwife helped Fergus and I take our time for that first feed. It meant that I felt sure that Fergus had got what he needed. That made me feel happy and more confident about breastfeeding him for as long as possible."

Did you get any help?

"My midwife was a great help and so patient which made me feel more relaxed. The Breastfeeding Support Team that I had in my area were also amazing! Having someone there who you can ask those *silly questions* to and who won't rush you was so important."

What would you say are the best things about breastfeeding?

"Every mum and baby are different and what's right for one isn't going to work for everyone. For Fergus, breastfeeding helped to comfort him and calm him quickly which was especially helpful after his jags!"

What advice would you give other mums about breastfeeding?

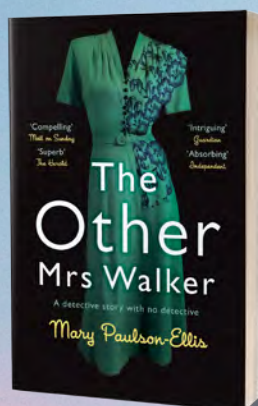
"Keep asking for help when you need it. It took around six weeks before breastfeeding 'clicked' for me and it was only from that point on that it felt completely comfortable all the time. We're now still going a year on!"



Did you know that breastfeeding...

- **Reduces the Mum's risk of breast cancer.** Breast cancer risk is cut by about 4% for each year of breastfeeding, so the longer a woman breastfeeds, the more she is protected against breast cancer.
- **Helps Mums lose their pregnancy weight** faster.
- **Is recommended worldwide for the first six months of life** without any other foods or drinks.
- **Should continue for as long as possible**, with solid food being given after six months.
- **Protects children** against chest and ear infections, diarrhoea, eczema and asthma.
- **Helps babies to grow at a healthy rate**, and these early growth patterns are important to reduce later cancer risk in adult life.

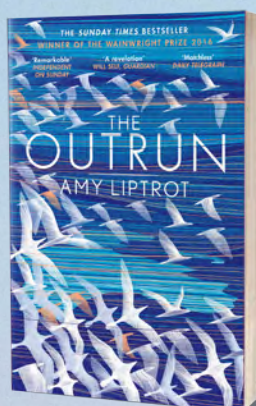
Summer Reads *by Scottish Writers*



The Other Mrs Walker by Mary Paulson-Ellis

Paperback £5.99 on Amazon

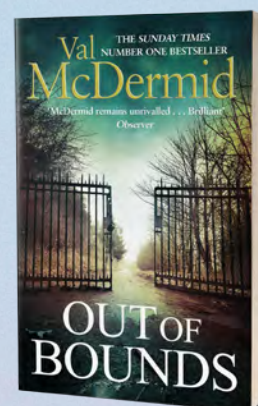
An Edinburgh mystery in the style of Kate Atkinson. The route to discovering the identity of the aged dead lady is both intriguing and complex. A story of sisters – evil and good, the family who went astray and the circumstances created by illness, war and guilt.



The Outrun by Amy Liptrot

Paperback £12.31 on Amazon

Set in Orkney, London and back to Orkney, this beautifully written account of alcohol addiction and subsequent restoration and renewal is both moving and evocative. The power and strength that lie within, coupled with the beauty of places at the edge of the earth, the sea and the wind, reminds us of all that is good at the end of a long road.



Out Of Bounds by Val McDermid

Paperback £2.00 on Amazon

Starting in Dundee and played out mostly in Edinburgh, this novel leads us through a maze of mysterious happenings from time past and present. DCI Karen Pirie is the star of the novel, and solves the crimes despite what people tell her. *Warning:* Once you start this story you may be unable to do any other tasks until the last page is turned!

Why not grab a cuppa between chapters...and stay active!

SCPN #Kettlecise #008

Kettlestars



Stand with a metre of space at either side of you. Jump slightly while you stretch your arms and legs apart, then jump again to return hands and feet to start position. Repeat until kettle boils!

SCPN #Kettlecise #009

Kattleside Wall Squats



Stand with your back against a wall. Squat down until your knees are at 90°, and hold for as long as possible.

SCPN #Kettlecise #010

Kattleside Leg Raises



Stand with your feet together, facing the counter, with your hands holding it for balance. Lift one leg out to the side, keeping your back straight. Hold for 1 second, then return to starting position. Repeat with the other leg. Repeat sequence until the kettle boils!

TIME TO DROP A GLASS SIZE



We talk to the experts about the benefits of cutting our alcohol intake - from reduced cancer risk to less snoring - and how to go about it!



When the sun shines many of us head to the back garden or the beer garden to enjoy the beautiful weather (sun screen on of course) and reach for a chilled beer, white wine or fizz to cool us down and help us to relax.

The link between drinking alcohol and breast cancer risk has been well researched and results are consistent across the globe. There is clear evidence that alcohol increases the risk for breast cancer and your risk starts to rise at intakes of more than 10g of alcohol a day (that's a little more than one unit of alcohol - see our infographic for how many units are in some popular drinks) which is considerably less than our current government guidelines (14 units per week).

For women who drink, keeping alcohol intake low is important at any age, not just for young women who might be more likely to binge drink but also for us *over 50's* partial to a regular glass of wine (or two) in the evening. The *World Health Organisation's* expert cancer

group recommends that "If you drink alcohol of any type, limit your intake. Not drinking alcohol is better for cancer prevention."

It seems that many women are working on alcohol reduction and all sorts of bright ideas are around to help those who just want to cut down a bit and still be considered socially normal! *Dryathlon* is run by *Cancer Research UK* which encourages people to take a break in drinking altogether throughout January - 31 days, 0 units! This certainly clears the brain after the indulgences of the festive season.

There are some great quotes from women who took the challenge:

► (page 24)

“If you drink alcohol of any type, limit your intake. Not drinking is better for cancer prevention.”

“ I noticed how bad party venues smell and that nobody actually knows how to dance! ”



◀ “My dry powers were really tested when a friend’s birthday night out had been organised. This event was really interesting for a number of reasons; I noticed how bad party venues smell and that nobody actually knows how to dance, but also, I realised that if you don’t mention you’re abstaining from alcohol, nobody cares (including you)! At 1am I had been dancing for hours, and hadn’t once felt bored or boring for not drinking.”

Those who drink less also report benefits they had never thought of, for instance better sleep, and less snoring.

There are also online communities of people who have decided to stop or cut down on drinking for whatever reason - for health reasons, money, just to feel better

and have a clearer head, to work better - and even dating websites!

Have a look online for **Club Soda** (joinclubsoda.co.uk) or **Dry Scene** (dryscene.com - for info on low and alcohol free wine and beers) and **Hello Sunday Morning** (hellosundaymorning.org).

Take a chance and see how you get on, think of all the things you could enjoy without that groggy feeling in the morning, and who knows, you may even like it (*your purse certainly will!*)

If you want to get up to speed with the science, please read the WCRF report which is hot off the presses. Search **WCRF CUP Breast Cancer**.

Here's some starting tips for cutting down on alcohol


- SET YOURSELF A GOAL
- BUY SMALLER MEASURES OF ALCOHOL
- ALTERNATE ALCOHOLIC DRINKS WITH NON-ALCOHOLIC ONES

- DRINK LOWER ALCOHOL CONTENT DRINKS
- KEEP AT LEAST 3 DAYS A WEEK ALCOHOL FREE
- HIDE ANYTHING THAT MAY REMIND YOU OF DRINKING


IF YOU FALL SHORT OF YOUR GOALS, TRY TO WORK OUT WHY, FORGIVE YOURSELF, AND START AGAIN

ONE HINT THAT MAY HELP YOU...

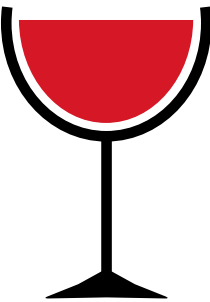
The *Club Soda* website suggests using the word **HALT**; it stands for Hungry, Angry, Lonely, Tired. These are common reasons why we reach for a glass so, before you do, say **HALT!** to yourself. Check how you are feeling just then: are you hungry, angry, lonely or tired? Take action to fix that feeling rather than drinking. If you are hungry, eat something; if you are angry, do something (like go for a walk or run, to work off the anger); if you are lonely, visit or call a friend; if you are tired, have a nap. Dealing with these feelings will help you resist having a drink.



World Cancer Research Fund International

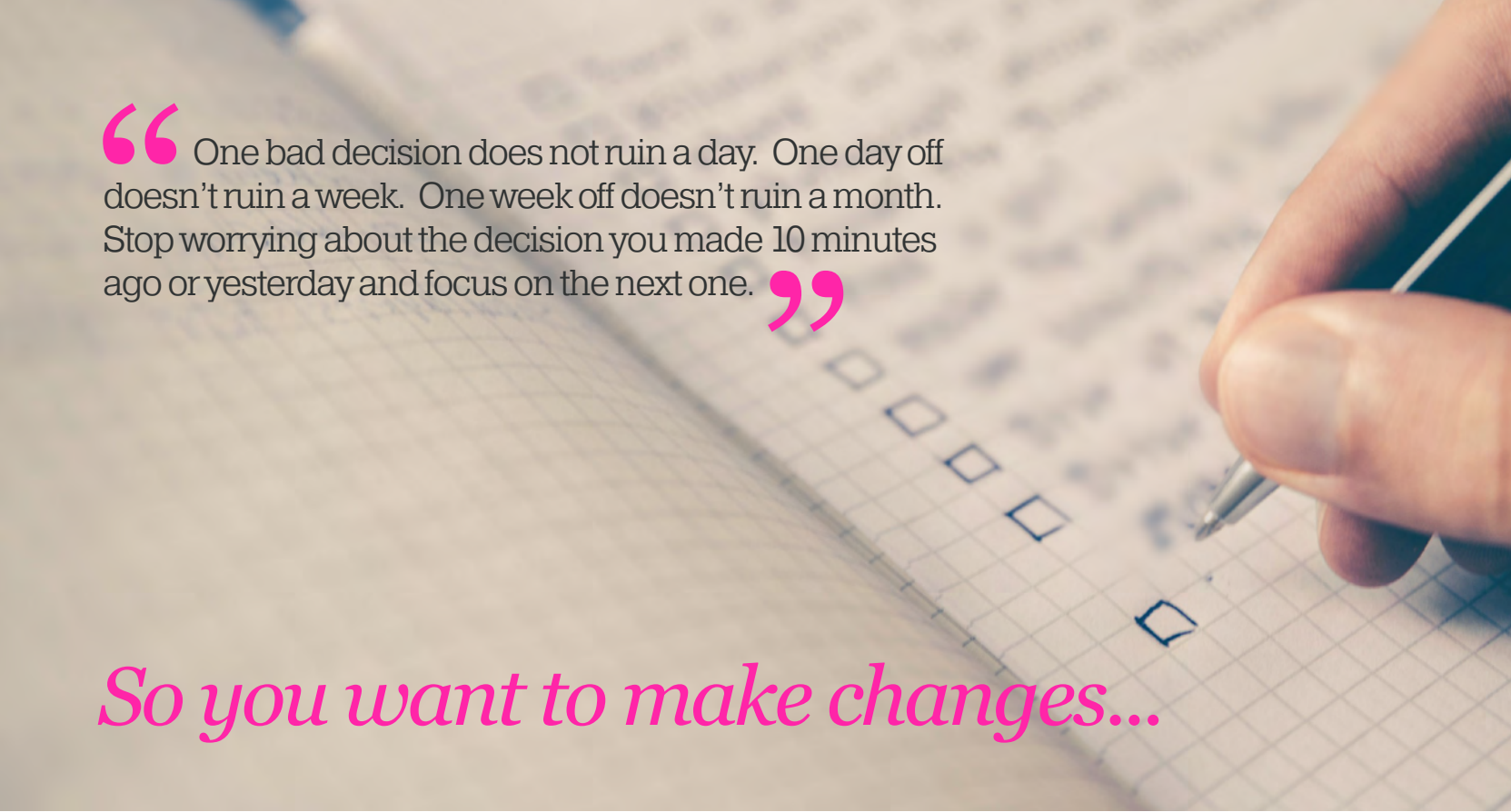


CUP Continuous Update Project
Analysing research on cancer prevention and survival



THERE'S STRONG EVIDENCE ALCOHOL INCREASES THE RISK OF 5 CANCERS: BREAST, BOWEL, LIVER, MOUTH/THROAT, OESOPHAGEAL

IF CONSUMED AT ALL, **LIMIT ALCOHOL TO 2 DRINKS** A DAY FOR **MEN** & **1 DRINK** FOR **WOMEN**



“ One bad decision does not ruin a day. One day off doesn't ruin a week. One week off doesn't ruin a month. Stop worrying about the decision you made 10 minutes ago or yesterday and focus on the next one. ”

So you want to make changes...

After reading the magazine some readers may feel motivated to make some changes to their lifestyle to reduce their risk of developing cancer. Making that decision is the first big step - the difficult part is committing and following through.

We thought you might appreciate some tips on how to go about making those changes and some tools to help you along the way.

MAKE A PLAN

Make one that you can stick to - be specific. What aspect of your lifestyle do you want to change most? Write down in detail

how you are going to make that change e.g. what time of day you will go for a walk and how long you'll walk for. Then ask yourself if you're confident that these activities and goals are realistic for you. If you're not, start again with a less ambitious plan.

START SMALL

The best way to make changes is slowly as then there is a better chance of you sticking to them today, tomorrow, until you achieve your goal and beyond.

For example, if you want to lose weight aim to lose no more than 11b a week. When you manage to achieve your goal you will feel encouraged to keep going.

INVOLVE A BUDDY

Everyone hits times when they

feel less motivated to keep to the plan and this is when a buddy can come into their own - it's always more fun to share your plan with another person.

Get a friend or family member to whom you feel accountable on board to help keep you motivated, and share your successes and setbacks.

ASK FOR SUPPORT

Ask for support - don't feel you are on your own. Join a walking group or weight loss class to get support in making the changes you want to. If cutting down on alcohol is your goal there are online forums where you can be supported.

Making the decision to change is the first step, set realistic goals and enjoy every small achievement!

What Happens Next?

Eluned Hughes, Head of Public Health and Information at Breast Cancer Now, talks us through what happens after you've had your mammogram.

If you're feeling anxious while you wait for your mammogram— you're probably not the only one.

Take reassurance in the fact that you're not alone and there are teams of people, waiting to help and support you through the process. It's often not clear what that is though, so hopefully I can change that...

Once you've had your mammogram today, two specialist film readers will look and review your images. **You'll receive your results within three weeks** and, if everything looks normal, you'll simply be invited back in three years' time. It's important to stay aware of any changes to your breasts during this time though, and do what you can to reduce your risk - this is the best way to protect yourself from breast cancer.

On the other hand, **if you're asked back, don't worry - most women who are do not have breast cancer.** It's more common for women who are having their first mammogram

to be re-called, usually as there are no other images to compare with, so something that may look unusual may in fact be normal for you.

There are two types of re-call:

1. *Technical* - If the x-rays captured at your appointment aren't readable or clear you'll be asked to come back for another mammogram. **This is a problem to do with the machine, not you, so don't worry.**
2. *Review Clinic* - A small percentage of women (1 in 20 screened) will be asked to attend a Review Clinic for further tests.

This visit usually lasts 1-2 hours. Here, you will be seen by a doctor, nurse or radiographer **who will explain why you've been re-called**, before taking a brief medical history and examining your breasts, when you're both sitting and lying down. As part of the examination, it's normal for them to also check the lymph nodes (glands) under your arm and around your neck.

You may then need to have further

tests which will usually include one or more of the following: a mammogram from different angles, an ultrasound scan of your breasts, and/or a biopsy.

On the biopsy, in most cases this will be done at the same clinic but you may be asked back on another day. The results of any tests done at the clinic will be discussed with you before you leave - this depends on what you've had done.

There are plenty of opportunities for you to ask questions during your visit and you'll be given a

contact number when you leave in case you think of anything else afterwards. It's important to know that you're more than welcome to bring a partner or friend with you to the clinic for support, or just the company.

Four out of five women who attend a Review Clinic will have nothing wrong that needs treatment. However, if your results show something that does need treatment, rest assured a team of experts will be on hand to make your options clear.

Don't Get Scared, Get Screened.

better living
better health

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Who are the Scottish Cancer Prevention Network?



The SCPN are committed to getting the word out about cancer prevention, and want to let everyone know what they can do to stack their odds against developing cancer through lifestyle choices.

What started officially in 2009 as a small group of professionals communicating by email has become a fully grown network - made up of patients, professionals (from the NHS, universities, Scottish Government and cancer charities) and the public at large - everyone with a commitment towards cancer prevention is welcome.

Almost every year, we hold our World Cancer Day conference which is committed to raising awareness of current cancer prevention research, predominantly amongst professionals.

This year, we have made great efforts to raise awareness of cancer prevention amongst the public, upping our game on social media, writing blogs and adding resources to our website including healthy recipes.

We hope that the information contained within these pages has been both informative and enjoyable, but if you'd like to stay informed on cancer prevention and read more articles like this, it doesn't end here.

We produce a **free** newsletter four times a year covering a range of topics - visit our website cancerpreventionscotland.org.uk or search for *thescpn* on social media to join our network and/or stay in touch.