

Scottish Cancer Prevention Network

# better living

BETTER HEALTH

Healthy  
weight  
*Tips from  
nutrition  
experts*

## ALCOHOL REVOLUTION

How women  
everywhere are  
cutting their breast  
cancer risk

CHATTING TO  
**LORRAINE  
KELLY**

## TOUCH LOOK CHECK

No one  
knows your  
body better  
than you

## GUIDE TO HEALTHY GRILLING

Making your  
BBQ'ing  
healthier this  
summer

*Free*  
thingymaboob





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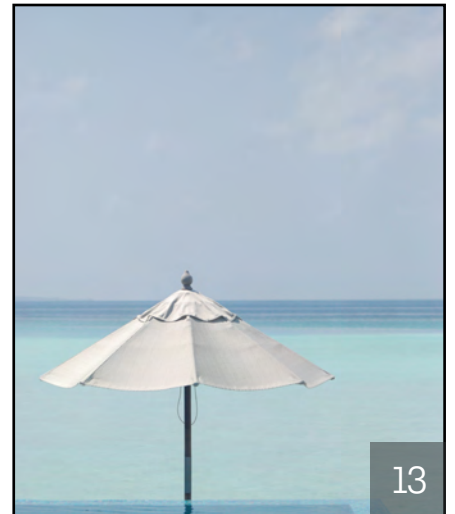
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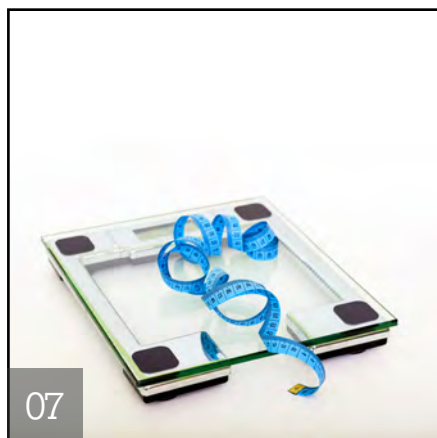
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## A note from the editor...

Over 70% of women aged over 50 in Scotland attend breast cancer screening, and take positive action for positive health. Cancer screening and early detection have had significant results for Scottish women, and our magazine provides some more ideas for good health, and reducing cancer risk from our Scottish cancer experts. Being physically active, keeping an eye on body weight and watching alcohol intake are all helpful for breast health, but can also be fun. We hope that you find this magazine interesting, and pick up some ideas for healthy living in Scotland.

We have some behind the scenes info from Lorraine Kelly on how she keeps healthy, and offer some suggestions for healthy recipes and activities that can help you take positive steps towards healthy days. Test your knowledge about nutrition and watch out for the recommended sources of advice about healthy eating. Sunny days ahead we hope...but also a need to choose some great sunshade and sun protection. There's lots of ideas for walking programmes held throughout the year, and many organised by cancer charities that offer new routes in interesting places.

Enjoy!

**Professor 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"*

# 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!



Sophistication and glamour, celebration and commiseration, sharing and caring... a few years ago these all sounded like good reasons to open a bottle and enjoy a glass or two on a Saturday, or a Friday evening, or Sunday lunch, and maybe a Tuesday if the day had been long.

The relationship between alcohol and breast cancer has been well described and has resulted in consistent findings by cancer researchers across the globe. Last year the *World Health Organisation's* expert cancer group recommended "If you drink alcohol of any type, limit your intake. Not drinking alcohol is better for cancer prevention."

There is clear evidence that risk for breast cancer starts to rise at intakes of more than one unit of alcohol a day (e.g. 25ml of vodka) which is considerably less than current government guidelines. For women who drink, keeping alcohol intake low is important at

any age, not just for young women who might be binge drinkers but also for us *over 50's* partial to a regular glass of wine (or two) in the evenings.

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 the women who took the challenge.

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



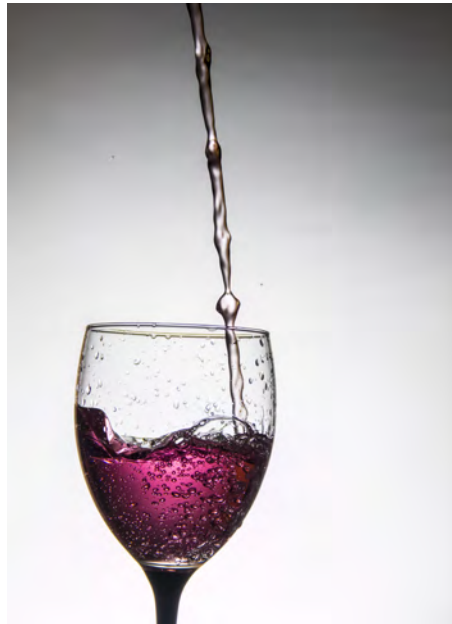
“ I noticed how bad party venues smell and that nobody actually knows how to dance! ”



*“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](http://joinclubsoda.co.uk)) or **Dry Scene** ([dryscene.com](http://dryscene.com) - for info on low and alcohol free wine and beers) and **Hello Sunday Morning** ([hellosundaymorning.org](http://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)!

## Tips for cutting down alcohol

- SET YOURSELF A GOAL
- BUY SMALLER PORTIONS 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...

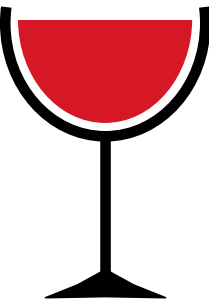
The *Club Soda* website suggests using the word **HALT**; it stands for Hungry, Angry, Lonely, Tired. These are common reasons why we reach for a glass so, before you do, say **HALT!** to yourself. Check how you are feeling just then: are you hungry, angry, lonely or tired? Take action to fix that feeling 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**

Around 75% of adults aged 45-74 in Scotland are overweight or obese. That's a staggering figure. So why is it that a lot of us aged 50+ find the pounds piling on?

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

Lowered oestrogen may also make our metabolic rate slower, so we can't convert calories as easily into working energy as we used to, and we store the excess as fat. Coupled with the fact we tend to exercise less as we get older, which also reduces our muscle mass, which in turn further reduces our metabolic rate, 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 - a lower risk of diabetes, high blood pressure, stroke and heart problems, but also cancer.

It is thought that 10% of cancers could be prevented if we all stayed physically active, and up to 40% 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:

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

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

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

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*"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!"*

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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 friend or family

# Beating The Bulge





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 a day** of vegetables & fruit.
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 free 5km timed runs, held every Saturday morning at 9:30am in local parks and public spaces.

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! All you need to do is register once 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).

Here are some of the Glasgow-based runs, but visit [www.parkrun.org.uk](http://www.parkrun.org.uk) to register and find a location near you!

- Pollok Country Park, Glasgow
- Tollcross Park, Glasgow
- Victoria Park, Glasgow
- Springburn Park, Glasgow
- Strathclyde Country Park
- The Esplanade, Greenock
- Eglinton Country Park, Irvine

“ 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! ”



IMAGE | Garry Knight (Flickr)

# Raise Your Pulse Reduce Your Risk

We all know that being active is good for our health. It can help lower the risk of many diseases, including heart disease, diabetes and stroke. But did you know that it can help lower your risk of developing breast cancer too?

Just 30 minutes a day of physical activity (or 3.5 hours a week) can reduce the risk of developing breast cancer by at least 20%.

Any activity that makes you feel

warmer, breathe harder and gets your heart beating faster counts. So you don't have to be Paula Radcliffe, and it doesn't have to cost you a penny - it can include everyday things like housework, gardening and walking the dog.

Being active can make a real difference. If every woman in the UK was physically active, one in six breast cancers could be avoided - that's 9,000 cases each year. A good incentive to get active today... and every day!

Like us, physical activity comes in all shapes and sizes, so to help you get moving and find the right fit, visit [brisk.breastcancernow.org](http://brisk.breastcancernow.org). Find out more about the types of physical activities you can take up, register and track your daily activity, as well as share your own



ideas for getting active and hear from other women about theirs.

Being more active isn't a guarantee against breast cancer, but it is something we can do to stack the odds in our favour, so sign up and get active today!





*“You don’t have to be Paula Radcliffe, and it doesn’t have to cost you a penny - it can include everyday things like housework, gardening and walking the dog.”*





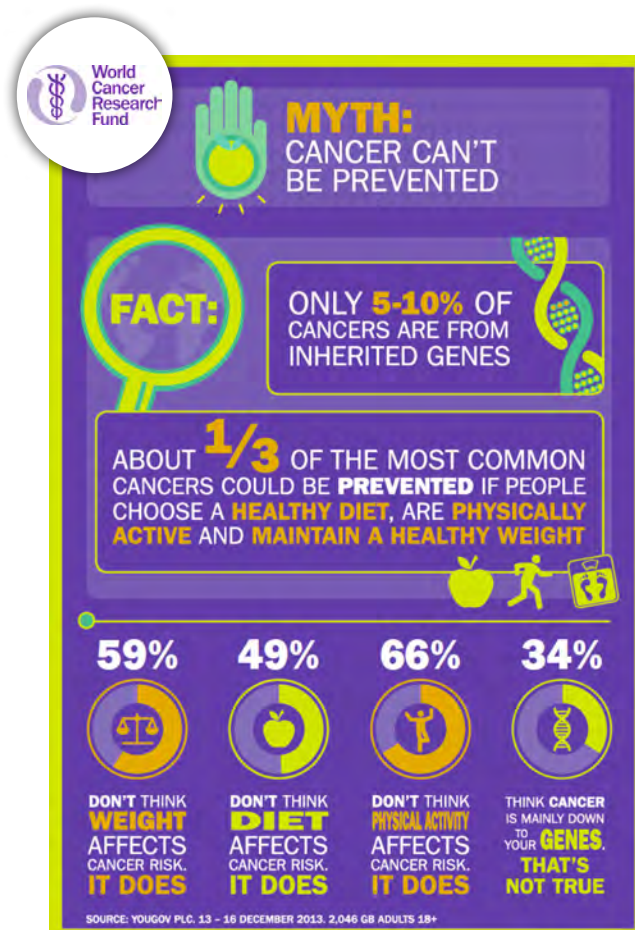


## Have you ever thought about taking part in a charity walk?

There are walks organised by cancer charities throughout the year and they are a great way to start getting fit. Look around you, and you will often see wee groups of women of all ages, striding out around your neighbourhood 'training' for such an event, but with time to have a natter and some fun along the way.

The walks vary in length so suit all abilities, some are held in cities, some in the country, day and night!

There's *The Moonwalk* ([www.walkthewalk.org/challenges/TheMoonWalkScotland](http://www.walkthewalk.org/challenges/TheMoonWalkScotland)), *The Walk to Remember* ([www.mariecurie.org.uk/get-involved/charity-events/walking/charity-walks/](http://www.mariecurie.org.uk/get-involved/charity-events/walking/charity-walks/)), *The Ribbon Walk* (<http://www.breastcancercare.org.uk/get-involved/sporting-challenges-walks/pink-ribbonwalks>), *The Kilt Walk* ([www.thekiltwalk.co.uk](http://www.thekiltwalk.co.uk)) - the list goes on, but you can be sure there will be an event taking place near you - so sign up, get walking and have some fun while donating money to a good cause!





A photograph of a wooden fence in a forest. The fence is made of dark, weathered wood and runs diagonally across the frame. The ground is covered in a thick layer of brown and orange autumn leaves. In the background, there are many tall, thin trees with green and yellow foliage. The lighting is soft and natural, suggesting a sunny day in a wooded area.

*“ You will often see wee groups of women of all ages, striding out around your neighbourhood ‘training’ for such an event, but with time to have a natter and some fun along the way.”*





# In Summer We Wear Sunscreen

We all love to see the sun, but of course we have to be careful with our skin to prevent skin cancer, one of the most common 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 are associated with wrinkling, leathery skin, sagging, and other light-induced effects of aging (photoaging).

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.

Sunscreens help prevent the sun's UV radiation from reaching the skin. Sunscreens include both chemical and physical substances. Chemical sunscreen ingredients absorb UV rays and convert the sun's radiation into heat energy, while physical sunscreens should be '*broad spectrum*' which means they protect against both types of harmful rays.

SPF - or *Sun Protection Factor* - is a measure of a sunscreen's ability to prevent UVB from damaging the skin. The greater the SPF, the

greater the protection from the sun.

How good sunscreens are at protecting against UVA and UVB varies, so it is important to have the right sunscreen for you, and to determine how you are going to use it.

If you are outside only for minutes at a time, a sun protection factor (SPF) of 15, which filters out about 93% of UV radiation, is usually sufficient.

For extended, intense exposure, you should use a broad spectrum, water-resistant sunscreen with an SPF of 30 or higher. SPF 30 filters out up to 97% of the sun's UV radiation, SPF 50 filters out up to 98%, so there is not a great difference above factor 30.

In practice, the main reasons for sunscreen failures are not applying enough - use plenty - or not applying 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. Try to reapply every two hours, or immediately after swimming or excessive sweating.

Which type of sunscreen is right for you? People with sensitive skin (such as acne or rosacea), babies and children, should probably use physical sunscreens and 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. Those with decreased mobility may have a hard time applying sunscreen to areas such as the legs or back; for them, spray-on sunscreens may be a great option, and should be applied until an even sheen appears on the skin.

Don't forget, that even if you use the right protection, 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. The advice if you have previously had a skin cancer is the same as otherwise - enjoy your life, try not to burn, and use sun protection sensibly.

*Which?* claim to carry out the most rigorous independent testing of sunscreens for how well they live up to their SPF30 claim, and how nice they are to use. Here are the top 5, which have not only passed their SPF and UVA tests, but have also received four or five stars in the application test.

## Ask The Expert - Deodorant

**Prof Alastair Thompson** Professor of Surgery at the University of Texas MD Anderson Cancer Centre, Honorary Member of the University of Dundee Division of Cancer Research

The urban myth that underarm deodorants are linked to breast cancer has surfaced from time to time over the last 20 years.

What seems on the face of it an attractive idea - not using underarm deodorant might reduce the risk of breast cancer - was originally based on the information that some deodorants contained one or more chemicals with possible cancer causing or cancer promoting properties.

What little information there is, and evidence has been hard to accumulate in studies using scientifically robust methods, is mostly from surveys, and provides little support for the link between deodorant use and breast cancer. Indeed, the chemicals in the spotlight have largely been eliminated from many products now on the market.

To add to the confusion, use of deodorants has increased over the last 2-3 decades and breast cancer diagnoses have also increased over that time, fuelling suspicion of a link. However, as with many things, so much has changed over this time that a causal link does not meet the usual rigorous criteria; increased car use, synthetic clothing and shorter working weeks have also happened in the same time frame, but are also not directly linked to breast cancer.

Where there is much better evidence, and where one might want to focus both from a personal and a population-based approach, would be to act on increasing exercise, eating more selectively, reducing alcohol intake and avoiding tobacco use - all evidence-based approaches which reduce the risk of breast cancer.



| Garnier Ambre Solaire Moisturising Protection Spray SPF30 (200ml)                                         | Morrisons M Sun Care Protect & Nourish Sun Spray SPF30 (200ml)                                                               | Nivea Sun Protect & Refresh Invisible Cooling Spray SPF30 (200ml)                                              | Sainsbury's Sun Protect Clear Spray SPF30 (200ml)                                                     | Tesco Soleil Suncare Lotion SPF30 (200ml)                                                                            |
|-----------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|
| £7.00 (£4.50 per 100ml)                                                                                   | £3.50 (£1.75 per 100ml)                                                                                                      | £15.99 (£7.99 per 100ml)                                                                                       | £8.50 (£4.25 per 100ml)                                                                               | £3.50 (£1.75 per 100ml)                                                                                              |
| This one doesn't have much to fault; it has a pleasant but not overbearing scent, and absorbs in seconds. | It's easy to apply and leaves behind a lovely scent, but some testers did say their skin felt a little tacky after applying. | If you don't mind spending more, you'll be pleased with the way it feels on your skin, and it's easy to apply. | Easily absorbed and feels good on the skin, with no stickiness, greasiness or white residue reported. | If you prefer a lotion to a spray, this one is just as easy to apply and doesn't leave a white sheen once rubbed in. |



# Touch *Look* Check

The number of women surviving a breast cancer diagnosis has never been higher because of better treatments and early detection.

The Scottish Breast Screening Service was established after Professor Sir Patrick Forrest led a committee as far back as 1986 which reviewed the evidence on the effect that screening women for breast cancer would have on survival from the disease.

Results showed that deaths from breast cancer were reduced by 30% if women (over 50 years of age) were screened, and in those where the detected tumour was less than 15mm in size.

The 2012 Marmot report confirmed that these findings still stand, and it is recognised that “*breast screening saves lives*” from breast cancer.

The Forrest report therefore recommended that screening by mammogram should be offered to women aged 50+ every three years. So today, women aged 50-70 years old are invited every three years for breast screening, where two pictures of each breast are taken.

Beyond 70 years, women are encouraged to self-refer if they

would like to be screened, and **there is no upper age limit.**

Screening mammography requires specialised x-ray equipment so, in towns, women are invited to a screening centre, whereas in more rural areas, screening is carried out in a breast screening van. Women can be reassured that the equipment and reliability of the screening is equally good no matter where it is delivered.

Invitations are sent out to all women in a GP practice within the screening age range on a three year rota so, unlike bowel screening where an invitation comes in with your 50th birthday cards, your first invitation may come in anytime between your 50th and 53rd birthday.

Most women only need to attend one visit at this invitation for enough information to be obtained to give a result. However, 1 in 20 women will be recalled for further assessment because more information is needed from additional x-rays, ultrasound imaging and an examination by a doctor before a result can be given.

Recall however does not mean a cancer diagnosis. In fact, the majority of women who are recalled do not have cancer. At the recall appointment, all relevant tests (including where a needle test is required) can be carried out in

that single visit, and the results (apart from the needle test) given there and then.

There has been some bad press recently for breast screening

regarding what is called ‘*over diagnosis*.’ Put simply, over diagnosis refers to those cancers which are diagnosed through the screening programme



Spotting breast cancer early can save lives. Breast screening can detect cancers when they are too small for women to see or feel - but it isn't the only way to help pick up the disease.

but would not have created illness during a woman's lifetime.

The truth is that all screening programmes are going to identify cases such as these and, until there is a test which will be able to identify which tumours are going to go on to prove fatal (currently the subject of a major research project), treatment will be offered for all cancers.

As well as updating the evidence from the Scottish breast screening programme, the Scottish Government's Detect Cancer Early programme now provides women with the facts about screening in order to help them make an informed choice about whether or not to attend when invited.



Even if you attend breast screening, it's still important to check your breasts regularly. It's important for women to be aware and visit the doctor about any unusual changes. Being breast aware simply means knowing what your breasts look and feel like normally, being on the lookout for any unusual changes, and getting them checked out by your doctor.

**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.

No one knows your body better than you do, and everyone will have their own way of touching and looking for changes - there's no special technique, and you don't need any training. The important thing is to get to know how your breasts look and feel normally, so it will be easier for you to spot anything unusual. Remember to check the whole breast area, including your upper chest and armpits.

For information on what to look out for, visit [www.breastcancernow.org/tlc](http://www.breastcancernow.org/tlc), where you can also download the iBreastCheck breast awareness app for free. It features a video, slideshow and handy reminder service.

We hope you find our free gift of a *Thingymaboo* © useful. A handy way to find those elusive keys in the bottom of your handbag but also what a great talking point to show your friends to help them understand the importance of breast screening, or in fact any type of cancer screening - the earlier a cancer is detected, the easier it is to treat.

Remember, the earlier breast cancer is found, the better the chance of beating it. So, if you notice any unusual changes to your breasts, get it checked out by your doctor. It might be nothing, but it's better to be sure.





## breast cancer now

Breast Cancer Now, a new charity created from the merger of Breakthrough Breast Cancer and Breast Cancer Campaign, was launched in June. Their ambition is that by 2050, everyone diagnosed with breast cancer will live. Find out more at [www.breastcancernow.org](http://www.breastcancernow.org).

## Make Your BBQing Healthier This Summer

We know that cooking meat at a high temperature - like grilling - creates cancer-causing substances called *polycyclic aromatic hydrocarbons* (PAHs), and *heterocyclic amines* (HCAs) in the laboratory setting. The risk of these cancer-causing substances forming is higher from red and processed meats (like hamburgers and hot dogs), and smoke or charring also contributes to the formation of PAHs.

Research says that, while there does exist limited but suggestive evidence that HCAs may have a role in human cancer, there isn't enough evidence to show that grilled meat specifically increases the risk for cancer. Evidence is clear, however, that red and processed meats *themselves* contribute to an increased risk of bowel cancer.

Current recommendations suggest limiting red meat to 700g/25oz (raw weight) of cooked meat **per week**, and staying away from burgers, hot dogs or other

processed meats.

Grilling vegetables and fruits produces no HCAs, and plant-based foods actually lower the risk of cancer.

### *Tips for safer BBQing*

- *Marinate:* Marinating your meat before grilling may decrease the formation of HCAs. Scientists think that the antioxidants in these marinades block the formation of HCAs.
- *Pre-Cook:* Reduce the time your meat is exposed to the flames by partially cooking it first. Immediately place the partially cooked meat on the BBQ.
- *Lean Cuts:* Trim the fat off meat to reduce flare-ups and charring. Cook your meat in the centre of the grill and turn it frequently.
- *Mix It Up:* Cutting meat into smaller portions and mixing with vegetables can help shorten cooking time.

## DETECT CANCER EARLY

Detect Cancer Early (DCE) is the Scottish Government's programme aimed at increasing the numbers of people diagnosed in the early stages of breast, bowel and lung cancer - the earlier a cancer is diagnosed, the easier it is to treat.

Set up in 2012, DCE has worked with leading clinicians and charities to develop innovative projects, increase diagnostic capacity and support clinical posts, as well as driving improvements in screening and training. This collective effort has contributed to 24% of all breast, bowel and lung cancers in 2012/13 being diagnosed at the earliest stages.

High profile campaigns - featuring celebrities such as Elaine C Smith and Sir Alex Ferguson - have also helped to raise awareness and reassure Scots that cancer can be beaten, and often cured, if detected early.



## QUIZ:

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

1.

ON AVERAGE, WHICH OF THE FOLLOWING SHOP-BOUGHT DRINKS IS HEALTHIEST?

A. Fresh orange juice

B. Bottled fizzy water

C. Smoothie

D. Cola

2.

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

A. 1

B. 2

C. 3

D. 4

3.

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

A. Carrots

B. Parsnips

C. Potatoes

D. Orange juice

4.

WHICH OF THE FOLLOWING CONTAINS 1 PORTION OF FRUIT OR VEGETABLES?

A. 6 slices of cucumber

B. 2 tablespoons of tomato ketchup

C. 7 strawberries

D. None of the above

5.

WHAT IS THE MAXIMUM AMOUNT OF RED MEAT THAT ADULTS SHOULD EAT ON A DAILY BASIS?

A. 70g

B. 150g

C. 300g

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

6.

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

A. No more than 2.5g per 100ml

B. No more than 5g per 100ml

C. No more than 7.5g per 100ml

D. No more than 10g per 100ml

7.

HOW MANY CALORIES DOES 1G OF FAT PROVIDE?

A. 3

B. 5

C. 7

D. 9

8.

WHAT PERCENTAGE OF OUR SALT INTAKE IS DERIVED FROM PROCESSED PURCHASED FOODS?

A. 10%

B. 25%

C. 70%

D. 90%

9.

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

10.

HOW MANY TEASPOONS OF SUGAR CAN BE FOUND IN AN AVERAGE 60G BAR OF MILK CHOCOLATE?

A. 1

B. 3

C. 5

D. 7

## ANSWERS

How well did you do? Find out on the back page.

## Grilled Vegetables with Middle Eastern Lemon-Garlic Sauce

By Kellie Anderson, cancer health educator and food blogger

A zesty and easy recipe for vegetarians and meat-lovers alike, these saucy grilled vegetables can be done on an indoor griddle pan, or on the barbecue. Eat hot or warm, throwing in some wholemeal pasta or some cooked quinoa the next day. Any extra sauce is delicious drizzled on pasta, potatoes, vegetable pizza, or even mashed into white beans as a vegetable dip.

**Serves 4 as a side dish**

### The Veg

**2 courgettes, trimmed**

**1 medium aubergine, trimmed**

**2 red onions, peeled**

**1 bundle or pack of asparagus spears, woody ends snapped off**

**Rapeseed vegetable oil for grilling**

### The Sauce

**6 cloves of garlic, peeled**

**Juice of 1 small lemon**

**30ml rapeseed oil**

**30ml best extra virgin olive oil**

**1 tsp za'atar spice blend (bought or homemade - see right)**

**1.** First of all, heat a ridged griddle pan to medium, or ensure your barbecue is medium-hot and the grill surface cleaned and freshly oiled.

**2.** To make the sauce, blend all ingredients in the bowl of a small food processor or mini-chopper, until pale yellow and creamy looking. Taste for seasoning. Pour the sauce into a bowl or small jug and set aside, covered.



**3.** For the vegetables, take the courgettes and cut in half across the diameter, so you have two long 'barrels' for each vegetable. Cut lengthways into ½ inch thick strips. Do the same for the aubergine. Now, take the onions and cut them crossways into ½ inch thick rings. You may wish to push a toothpick through, just to the centre of each ring, to hold the inner rings together.

**4.** Lightly oil your hands and coat each vegetable with just enough oil to cover. Place them in batches on your grilling surface for approximately 2 minutes on each side, or until lightly browned on both sides.

**5.** Serve the vegetables on a platter with the jug of lemony-garlic sauce.

## Za'atar Spice Blend

**2 tbsp dried thyme**

**2 tbsp toasted sesame seeds**

**1 tbsp ground sumac**

**1 tbsp dried oregano**

**1 tbsp dried marjoram**

Whizz briefly in a spice grinder or clean coffee mill. Store in a jar away from moisture and light.

Use to top hummus, poached eggs, avocado; as a meat, fish, vegetable or chicken rub; added to bread dough, dressings/marinades. Or, perhaps use some as a dry dip for oil-dunked fresh or toasted breads - a simple but hugely flavoursome nibble!



# Recipe for my Favourite Breakfast, Fresh Fruit with Natural Yoghurt and Muesli

By Tony Heath, award winning chef

This to me is the perfect way to start the day, you can personalise the combination to suit your own tastes, but a mixture of fresh seasonal fruit mixed, some lightly poached orchard fruit and a bit of spice if required is the main ingredient.

**You should really only need to prepare this once a week then keep it in the fridge until it runs out.**

## Poached Fruit

4-6 dessert apples

1 cooking apple

4-6 slightly under ripe plums

2 firm pears (if required)

Ground cinnamon and clove to taste, or use whole an an alternative

Sugar to taste, bear this in mind as we will not be adding sugar to anything else, I would normally use 1 tbsp

Water

1. Peel, quarter and core the apples and pears, chop into smaller piece approx ½ inch in size.

2. Cut the plums in half, remove the stones and chop the halved plums about the same size as the apple.

3. Place all the chopped fruit into a wide shallow pan, just cover with cold water, sprinkle over the sugar



and the spices, approx ¼ tsp of cinnamon and slightly less of clove.

4. Place the pan on the stove with lid on and, on a low heat, slowly bring the fruit to a simmer, remove the lid and allow the contents to bubble away for perhaps 5-7 minutes by which time the cooking apple will have broken down but the dessert apples and plums will have just softened up, remove from the heat and cool as quickly as possible, place in a lidded container and store in the fridge.

*Tip Some chopped sticks of rhubarb could also be added to the mixture if available, however, do not add them at the beginning, rather about half way through to avoid them going completely to mush.*

## The Breakfast Itself

**Fresh fruit; a combination of some or all of the following - blueberries, chopped kiwi, chopped mango, chopped nectarines or peaches in season, any soft fruit.**

**Natural yoghurt**

**Muesli**

Place these fruits into a bowl, add some of the poached fruit with some of the syrup/juices, spoon over a tablespoon of natural yoghurt, probiotic or otherwise, then sprinkle over a tablespoon of your favourite muesli and enjoy!

Your 5 a day in one bowl with high fibre and low fat!

# Breast *Is* Best

A happy young couple with their new baby and one that will probably be breast fed like her brother before her.

Current advice is to breast feed for the first six months without any other foods or drinks and then gently introduce solid food (but carry on breast feeding as long as possible).

Breast milk contains everything needed to give the baby the best start in life and bring many health benefits. For example, it protects against chest and ear infections, diarrhoea, eczema and asthma. Research shows that breastfeeding also helps babies grow at a healthy rate and these early growth patterns are important for helping to reduce cancer risk in adult life.

Breastfeeding is also known to help mums lose their pregnancy

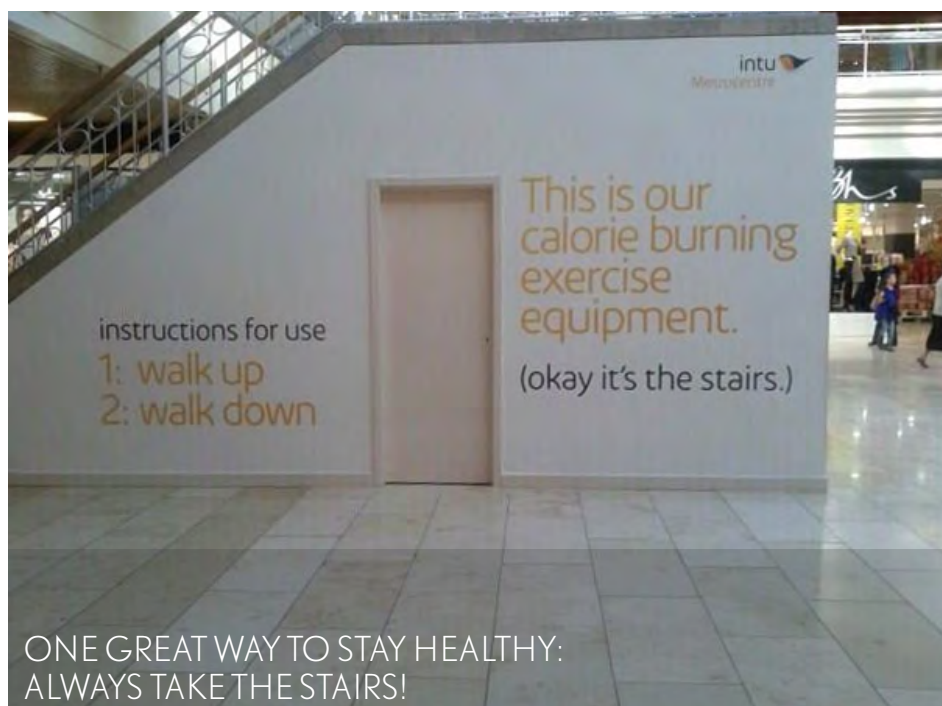


weight faster. Research shows that middle-aged women who had breastfed their babies were less likely to be overweight than women who had not breastfed their babies.

Breast feeding also reduces the mum's risk of breast cancer. It is not completely understood why, but breast cancer risk goes

down by 4% for each year of breastfeeding and the longer a women breastfeeds, the more she is protected against breast cancer.

Supporting family and friends who wish to breast feed is an important positive action to help reduce breast cancer.







## Review: Davina's 5 Weeks to Sugar-Free

There is strong evidence that a high sugar diet is linked to being overweight or obese which raises your risk of some cancers. The World Health Organisation has recommended we drop the amount of free sugars (those added to foods and drinks by the manufacturer, cooks or consumer, and sugars naturally present in honey, syrups, fruit juices and fruit juice concentrates) we eat on a daily basis to less than 10% of our total energy intake - that's about 50g or 12 teaspoons of sugar for a woman and about 65g or 16 teaspoons of sugar for a man. As an example, a single can of sugar-sweetened fizzy drinks can contain up to 40g (around 10 teaspoons) of free sugars. Even greater health benefits would be ours if we could get less than 5% of our daily intake from added sugars. But how do we do this?

Great ideas are presented in this book for cutting sugar, but actually we do need to watch our animal fat intake too...so aim for oils/oil based spreads not butter, and select low fat milks and other dairy products. Here's what readers had to say about Davina's book:

*"Can't face going cold turkey, Davina's realistic approach will have you shunning the sweet stuff in no time..."*

*"None of it looks so complicated you wouldn't want to give it a try for tea tonight."*

*"I love that the recipes are all normal, sensible foods."*

*"All in all, I think this book is great. The recipes are easy to follow and don't contain the sort of weird ingredients you have to hunt high and low for."*



## Review: Still Alice

Julianne Moore puts in an Oscar winning performance in this film that follows the life of Alice Howland, a renowned linguistics professor who receives a diagnosis of early onset Alzheimer's disease at the age of 50.

Watching how Alice and her family struggle to deal with this disease and its consequences is emotional - touching, frightening and heart breaking - but also inspiring. A must see!



## QUIZ ANSWERS

1. The bottled water is the healthiest drink (B). Better still, use fresh tap water if available. Remember only one small glass of fresh orange juice counts towards your 5 a day.
2. About 1 portion (A) - it is the weight of the vegetables (80g = 1 portion), rather than the number of vegetables that are important.
3. Ordinary potatoes (C) don't count because they are a starchy food and can be eaten in addition to your 5 a day.
4. 7 strawberries (C) is enough to make up 1 portion.
5. It is recommended we eat no more than 70g (A) of red meat per day. Eating more can increase your risk of bowel cancer.
6. A low-sugar drink should contain no more than 2.5g per 100ml (A). Check food labels for more guidance.
7. 1g of fat provides 9 calories of energy (D). 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 much fatty food.
8. Around 70% (C) of salt intake is derived from processed foods. To cut salt intake, use more home cooked food where you can control salt intake.
9. A low-fat food should contain no more than 3g per 100g (A). Check food labels for more guidance.
10. The average 60g bar of chocolate contains 7 teaspoons of sugar (D).

## 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, running our #healthyshef and



#SoupOnSaturday campaigns and creating Better Living, Better Health.

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 newsletter four times a year covering a range of topics - visit our website [cancerpreventionscotland.org.uk](http://cancerpreventionscotland.org.uk) or search for *thescpn* on social media to join our network and/or stay in touch.

### better living better health

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