

A close-up photograph of a woman wearing a grey knit beanie and a dark jacket. She is blowing a cloud of white snow towards the camera, partially obscuring her face. Her eyes are looking directly at the viewer. The background is a soft, out-of-focus grey, suggesting a snowy or misty environment.

Scottish Cancer Prevention Network

better living

BETTER HEALTH

Healthy
weight
*Tips from
nutrition
experts*

SINGING IN THE RAIN

How to keep
your body
moving in the
cold winter
weather

CHATTING TO
**LORRAINE
KELLY**

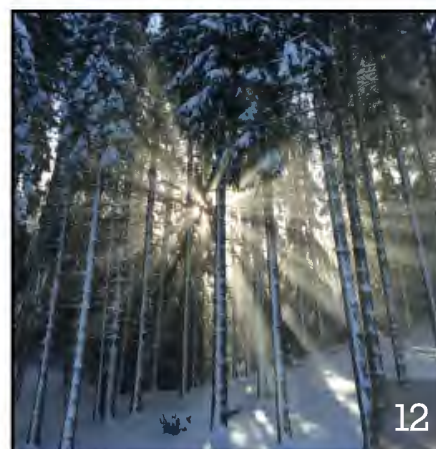
"OUR LUNCH DATE SAVED MY LIFE"

How Sylvia's
treatment led
to Margaret's
diagnosis

TOUCH LOOK CHECK

No one
knows your
body better
than you

Free
thingymaboob



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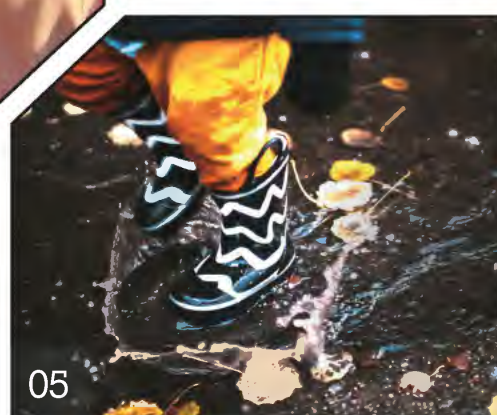
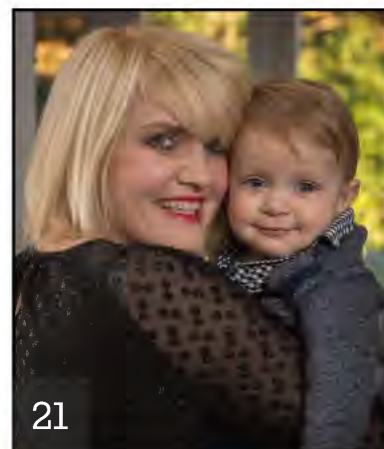
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Plus our healthy eating quiz, parkrun, royal dogs, tasty recipes, weight loss tips and more!



A note from the editor...

Over 70% of women aged 50+ in Scotland attend breast cancer screening each year - a positive action for positive health. Cancer screening has had significant results for Scottish women and our magazine provides some more ideas for helping you to reduce your cancer risk. Being physically active, keeping an eye on body weight and watching how much alcohol you drink are all good for breast health - they can be fun too! 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.

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. The dreich winter evenings may find you inside - but there are still lots of opportunities to stay active (and also catch up with a good read or family movie). Anyway, Spring is just around the corner (we hope), and already the nights are stretching out - great for dog walkers! Enjoy!

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

Winter is here...it's cold and days are short, but this doesn't mean we should give up on exercising!



Indoor walking - take a hike round the building if you're at work or out shopping on a rainy day.



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



DIY - cleaning, preparing, painting - keeps you moving.



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...



How many times a day do you wait for that kettle to boil whether at home or work? A perfect opportunity for stretch and balance exercises.



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’)



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



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

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!

“ There is something exhilarating and liberating about training in the rain - maybe it’s the child inside me but nothing beats the feeling when you stop avoiding the puddles because you’re already so wet! ”

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.

Eglington 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!”

"We're ^{One} Cutting Step ^{At A} Risk Time"



Becoming more physically active doesn't have to be a cha-cha-challenge. We caught up with a couple of fab-u-lous ladies who are dancing their way to fitness with Zumba.



You can find your local Zumba class by visiting www.zumba.com/party/nearMe.



Going to the gym was a chore for Rachel Bremner (pictured) but practising salsa moves with friends is something that she looks forward to.

"Someone recommended Zumba to me as I was looking for a form of exercise that was easy to follow and that I could just turn up to in my tracksuit and trainers. I didn't have to pay for a block in advance, which made it really appealing. In the past I've tried going to the gym but it really didn't work for me. With Zumba there's a lot of laughter in the class and it's very sociable. I go to Zumba with my friends and there's a great energy in the room. The music makes it really good fun and I can go at my own pace – it's not high intensity."

For Barbara Casey, Zumba makes her feel like she's scored a perfect ten and helps to ease stress.

"I discovered Zumba about three years ago. I love dancing and I wasn't doing any exercise so I decided to go along and try a class. It turned out to be a great decision. I really enjoyed the class and it made me feel relaxed and a lot less stressed. It's such an easy and enjoyable form of exercise. I don't need any equipment, it's not serious and it's sociable too so it creates a really uplifting atmosphere. It's had such a positive impact on my general wellbeing. I feel much more relaxed, I'm sleeping better and I have bags more energy too!"

If Zumba isn't your thing then there are many other activities that you can try. Here's just a few suggestions:



Take a brisk walk in the park or round the block.



Go for a bike ride – no matter how short.



Go for a swim or check out aquafit.



Do an exercise video in the comfort of your own home.



Try a new exercise class – some are slower and gentler than others.

Ask The Expert - Deodorant

Prof Alastair Thompson

Professor of Surgery, University of Texas MD Anderson Cancer Centre and Honorary Member of the Division of Cancer Research, University of Dundee.



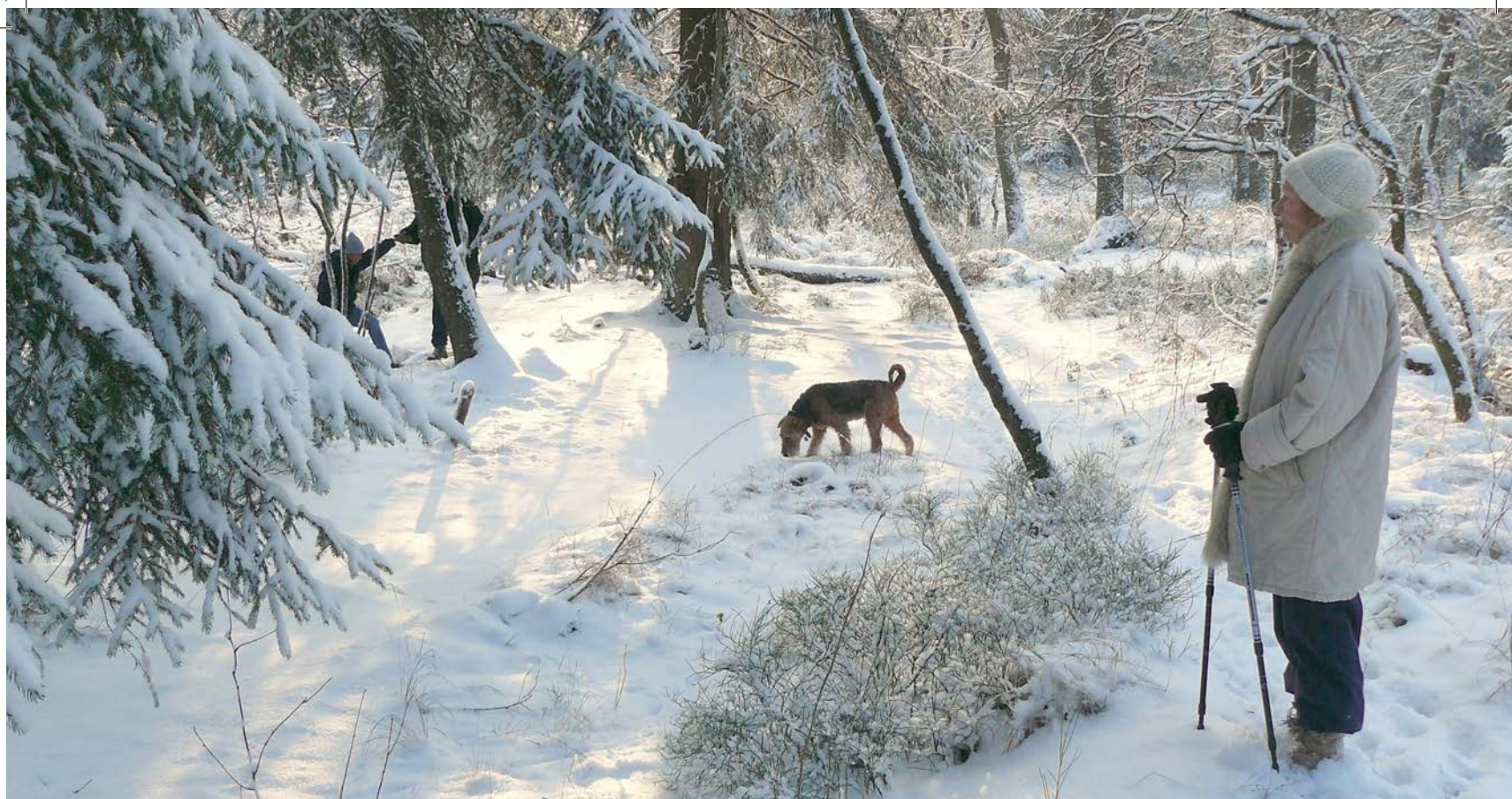
The urban myth that underarm deodorants are linked to breast cancer has surfaced from time to time over the last 20 years.

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.

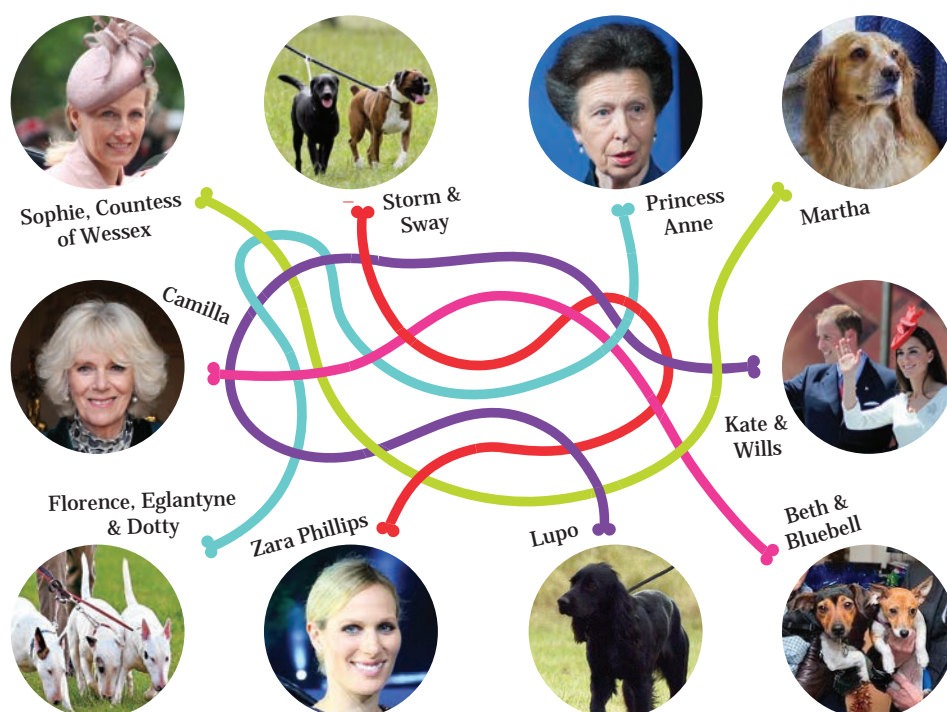
Where there is much better evidence, and where one might want to focus both from a personal and a population-based approach, would be to act on increasing exercise, eating more selectively, reducing alcohol intake and avoiding tobacco use - all evidence-based approaches which reduce the risk of breast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



Could **Walking** *your* **Dog** *improve your* **Health?**

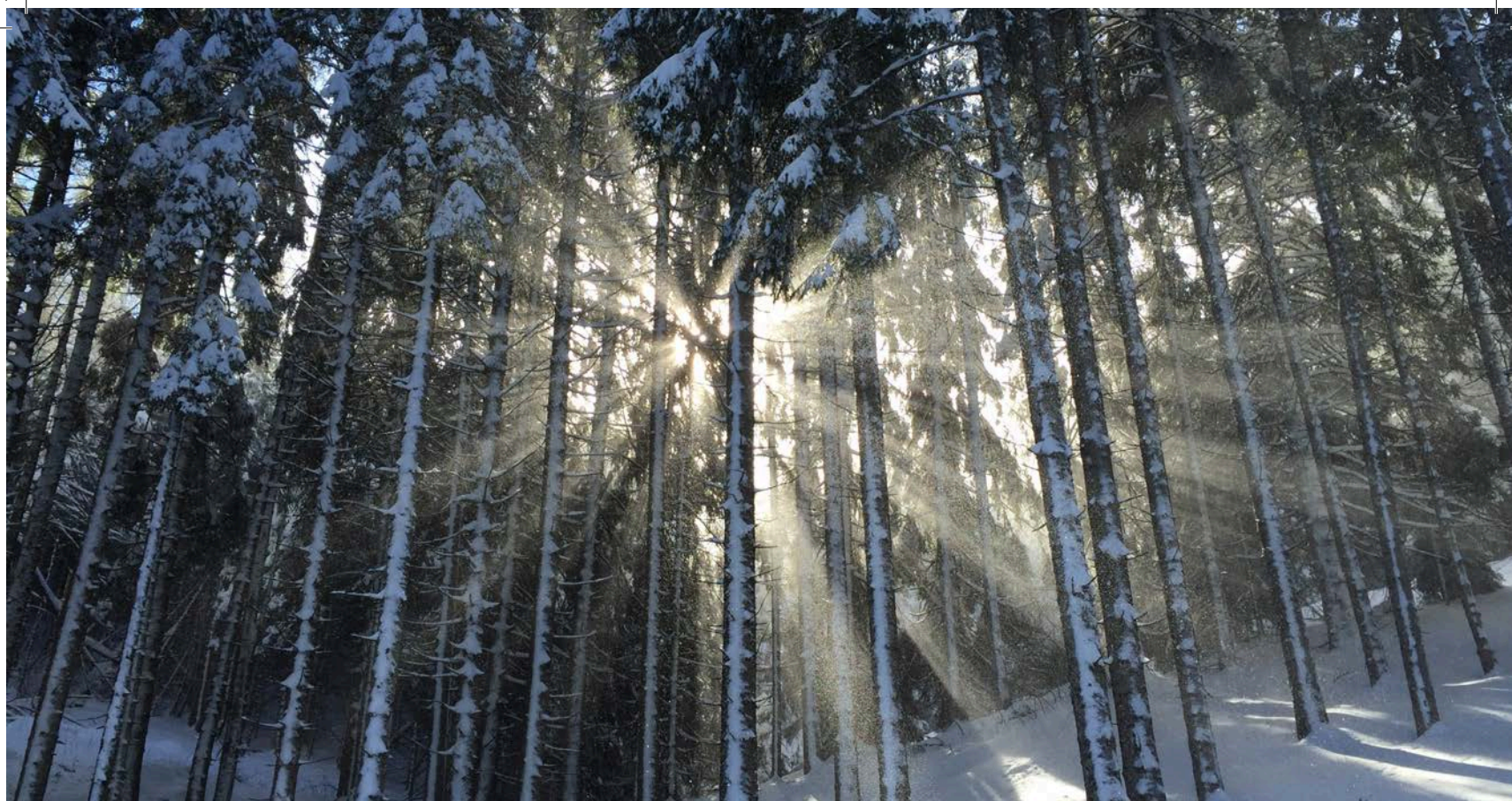
In Scotland, there are almost one million dog owners. If you are one of them, be glad!

Research has shown that dog owners are more active than people who don't own a dog. Not surprising really, as dogs like to be taken out and most dogs love to play or go for long walks. This exercise becomes routine, since dogs need out at least two or three times in a day. That's the big advantage - walking the dog becomes a daily habit instead of thinking about 'when can I fit some exercise in for myself today?' This routine exercise will have physical and mental health benefits, including helping to prevent cancer.



Of course you don't need to own a dog to go on a daily walk - we all benefit from two bursts of 15 minutes' brisk walking every day!

The royal family are well known for their love of dogs - can you work out which dog belongs to these doggy royals?



Really, **Sunscreen** *in the* **Winter Sun?**

We all know that the hot summer sun can cause us trouble – sun burn, heat stroke and even skin cancers.

But picture that bright sunny winter's day when we long to go out for long walks – surely, we're at little danger from the sun then? Well actually, it turns out the risks are higher than you might think!

Though UVB rays, the main culprits causing sunburn and skin cancer, decrease in the winter, UVA rays (which are increasingly seen as a cause of skin cancer on their own) don't, and can reflect off snow, pass through glass and are also stronger in the mountains – take note hillwalkers, skiers and conservatory sun worshippers!

Sunscreens help prevent the sun's UV rays from reaching the skin and are just as important in winter as in summer.

Taking care to keep vitamin D levels up during the winter months is especially important for our bone health. There is some suggestion that having low levels of vitamin D may increase our cancer risk, but a lot more research needs to be done before a definite link can be made.

Vitamin D is produced in our skin on exposure to sunlight, so in the darker winter months, we do have to rely on the vitamin D we get in our diets or in supplements. Good sources of vitamin D in our food include oily fish – such as salmon, sardines, herring and mackerel; red meat and liver (although you should limit your intake of red

meat to no more than 70g per day); egg yolks; and foods that have vitamin D added (including low fat spreads and breakfast cereals).

It is recommended that everyone in the UK over 1 years of age should be taking an average of 10 micrograms of vitamin D daily through what we eat. That is the amount found in 3oz of oily fish or one teaspoon of cod liver oil.

- Supplements can be bought cheaply in chemists and supermarkets (*Boots own brand costs £2.19 for 90 tablets*).



“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

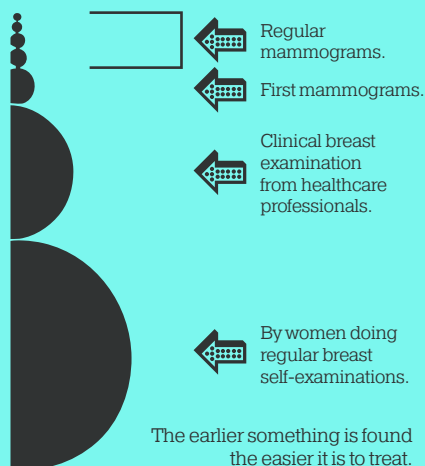
Any rash or crusting of the
nipple or surrounding area.

“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 'thingymaboob'?

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



The smartphone screen shows the Breast Cancer Now app. At the top, the logo "breast cancer now" is displayed. Below the logo is a pink heart icon inside a white circle. The main text on the screen reads: "Forget to check your breasts?" followed by "We've got an app for that (and it could save your life). Download the FREE app now." Below this is a yellow button that says "Search Breast Check Now in your app store". At the bottom of the screen are two logos: "Download on the App Store" and "GET IT ON Google Play".

Breast Cancer Now is a registered charity in England and Wales (1160558), Scotland (SC045584) and the Isle of Man (1200).

Recipe for my favourite Dhansak

by Faisel Khan



I have modified this dish from my mother's recipe - makes a warming supper for 6.

Ingredients

2 tbsp olive oil
2 medium onions, chopped
1 tbsp root ginger, crushed
2 tbsp garlic, crushed
1 red chilli, chopped
1 tsp red chilli powder
1 tsp ground turmeric
1 tsp ground cumin
1 tsp ground coriander
1 tbsp garam masala
1 x 400g canned chopped tomatoes
75 g red lentils
1 kg boneless leg of lamb, cubed (or perhaps a non-meat substitute - *be creative!*)

To serve

Handful of fresh coriander leaves, chopped
450 g whole grain rice

For the raita

250ml natural yoghurt
1/2 cucumber, grated or finely chopped
Handful of fresh mint leaves, chopped



Method

1. Fry the onions in the olive oil on a medium heat, until golden brown.
2. Add the ginger, garlic and chopped chilli, and fry for a maximum of 1-2 minutes.
3. Add the chilli powder, ground turmeric, ground cumin, ground coriander and ground garam masala, and fry for 1 minute, watching carefully to make sure the spices do not catch or burn (*turn the heat down if required*).
4. Add the chopped tomatoes, and cook on a high heat for 10 minutes.
5. Add the lamb (*or your preferred substitute*), and cook for 20 minutes on a medium heat.
6. Turn the heat down to a simmer, add the lentils, and cook for 45-60 minutes until the lamb is tender.
7. To serve, add the chopped coriander, and serve with wholegrain rice and the raita (mix together the natural yoghurt, grated half cucumber and the handful of fresh chopped mint leaves).

A note on Garam Masala...

A key to this dish (*and any curry in fact*), is to use freshly made *Garam Masala*. I always make my own, and if stored in an airtight container, it can be kept for up to a month. If you have the time, it's well worth the effort!

You'll need seeds from 10 green cardamom pods, 1 cinnamon stick, 5 cloves, 1 tbsp of black peppercorns, 1tbsp of cumin seeds, 1 tbsp of coriander seeds and 1 tsp of grated nutmeg.

Dry roast all the ingredients (except nutmeg) on a gentle heat until the aroma of the spices is released (*watch carefully, as the spices will easily burn which will give a bitter taste!*).

Allow to cool completely, then grind to a powder - I use an old electric coffee grinder for this specifically, as the aroma of the spices tends to remain in the grinder.

Eating more than around 70g of red meat per day increases your risk of bowel cancer

To cut down on the amount of red meat you eat, you can halve the amount of meat in a recipe, and replace it with vegetables, beans or pulses.

Not only is it healthier, increasing your fibre intake and counting towards your 5 a day, but cheaper too. That never hurts, and the kids will hardly notice!



Starting the day the warming way

Nothing beats a good bowl of steaming porridge on a winter morning. One cup of oat flakes with 2 cups of cold water (or low fat milk), mixed well, and placed in the microwave for 2 minutes, stirred and back in for another 1 minute. Fast food at its best!

Add fruit (sliced banana, chopped apple or dried fruit) to get one of your 5-a-day and a nice fruit flavour - avoiding the need to add sugar or salt. Serve with yoghurt or low fat milk, and a sprinkle of nuts and seeds. Enjoy!

Using the microwave means speed and no porridge pans to wash, but don't be tempted by instant sachets or other mixes with added sugar and flavourings! Keep it pure!

Say hello to healthy, happy and hearty winter days!

And speaking of bowel health...

As well as watching how much red and processed meat we eat, choosing wholegrains such as wholemeal bread, brown rice, brown pasta and pulses (lentils, peas and beans) is great for bowel health.

Wholegrains help to sustain healthy bowel bacteria, and can speed up how quickly food moves through the gut. In addition, dietary fibre helps us feel fuller for longer and stay in good shape.

And...don't forget about bowel screening. You can watch a film about screening at <https://youtu.be/3cMQxCFpiag>. So, when that kit comes through the letterbox - don't get scared, get checked!

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 watter

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.

Davina's 5 Weeks to Sugar-Free: Worth a read?



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, cook 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:

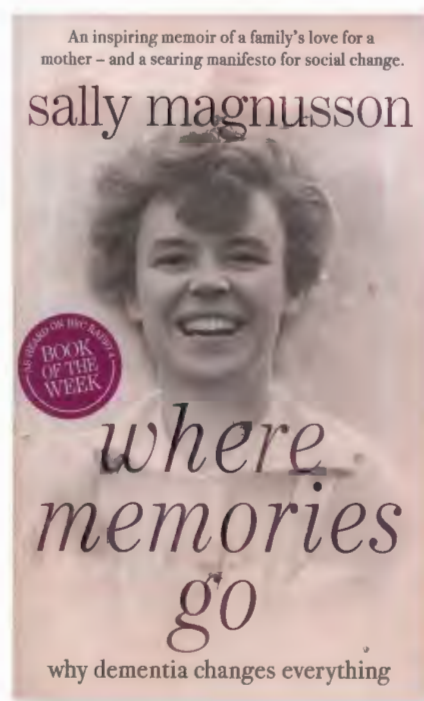
"Can't face going cold turkey, Davina's realistic approach will have you shunning the sweet stuff in no time..."

"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."

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



Review: Where Memories Go

"Dementia is one of the greatest social, medical, economic, scientific, philosophical and moral challenges of our times. I am a reporter. It became the biggest story of my life."

Mamie Magnusson was first and foremost a great storyteller. Words were the tools of her trade as a successful journalist

She had a love of life, a sharp mind and a keen wit. In her final years, however, dementia slowly, very slowly, robbed her of her words and even the simple tasks of daily life.

Sally Magnusson is a well-known face on our TV screens. Behind the scenes, however, she (and her brother and sisters) were looking after their failing mother. There were painful days, but also funny moments and joyous times.

This is a very personal story, an honest account of caring for a much loved mother in her final years. A thought provoking window on coping with the modern curse that is dementia and how we care for the people we love the most in their old age.

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 — for many these all sound 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 has 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. The *World Health Organisation's* expert cancer group recommends “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 when we drink 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.

Here's what Marion, one of the women who took the challenge had to say: ► (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 (and even dating websites) for 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.

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*)!

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...

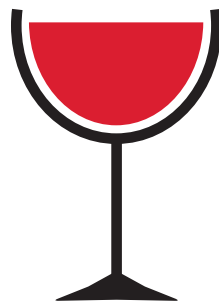
The *Club Soda* website suggests using the word **HALT**; it stands for Hungry, Angry, Lonely, Tired. These are common reasons why we reach for a glass so, before you do, say **HALT!** to yourself. Check how you are feeling just then: are you hungry, angry, lonely or tired? Take action to fix that feeling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



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.

Review: Fantastic Beasts And Where to Find Them -

A film to go to with the grandchildren

Set in 1920s New York in the world of *Harry Potter*, around 100 years before him, *Fantastic Beasts* is a spin off from the *Harry Potter* franchise by its creator JK Rowling. You don't need to be a Potter fan to enjoy this film though - it has plenty to capture the imagination of children and adults alike. Eddie Redmayne plays the part of Newt Scamander, a magizoologist, who travels to New York from England with his case of magical creatures.

The aim of his journey is to release a giant eagle back to its natural habitat, and the film takes us on a magical journey as he tries to complete his mission.

Of course, there are plenty challenges for Newt on the way, not least the creatures from his case escaping into a non-magical world.

Audiences will particularly love the cute and mischievous *niffler* who creates havoc stealing all things

shiny, whilst Newt and the rest of his fellow wizards try to keep their world a secret from all the *No-Maj's* (the wizarding world's term for humans without magical abilities).

A sense of danger and foreboding is brought to proceedings by Colin Farrell, who plays the director of magical security, whose intentions throughout the film are unclear to the audience (aka is he a goody, or a baddy?)!

The overall feel of the film is dark and mysterious, and visually stunning. In a world of film remakes, reboots and superhero action films, it is refreshing to watch something truly original, with the power of escapism for all the family.

"The movie was pure escapism - being a bit of a closet Potterhead I loved every minute. Plenty of laughs and wand action for the kids and a decent storyline for the adults." - Mum

"The film is about a wizard who has a

bag with lots of magical creatures and they escape. He needs to try and rescue them all and put them back in his case.

What I liked best? - All of it
What was the best bit? - When the man gets stuck in the suitcase
How many Stars? 5 stars and 10/10
Describe the film in one word? Fandabidosi!" - Charlie, Age 6

"Newt Scamander goes to America with his case of magical creatures, they all escape and it is so funny! I really recommend it and would gladly go back to see it again.

What was the best bit? When Jacob got stuck in Newt's suitcase because he is too fat!

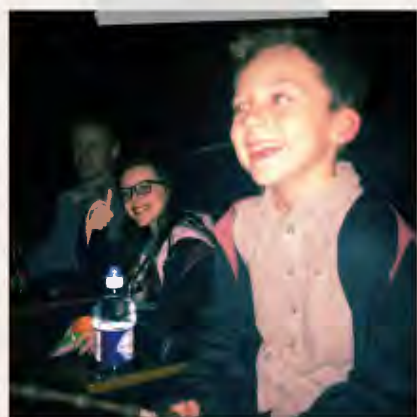
How many Stars? I would rate it 5 out of 5.

Describe the film in one word? Supercalifragilisticexpialidocious!" - Abbie, Age 9

What we like best about going to the cinema with grandparents: *"It is great fun and we get to spend good times with our gran and grandpa."*



Our reviewers



Happy chappies

better living
better health

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DETECT CANCER EARLY



breast cancer
now



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 #HealthyShelfie 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 **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.