

CHICS NEWS

Celebrating Hope in Cancer Survivors



Ice Cream Social- Bring your favorite topping for a night of ice cream & sharing!

Through the years we have grown by the number of attendees at our monthly meetings. We continue to produce and distribute a monthly newsletter, participate and plan local events, and established a

Phone Bank, which is used as a support resource for newly diagnosed breast cancer patients. We also provide and fill tote bags with information for newly diagnosed women that are distributed through the breast center.

News & Education

Fat is Where It's At: Good Dietary Choices for Breast Cancer Survivors

There is much controversy surrounding what types of foods, vitamins, and fats and are deemed "good" for breast cancer patients/survivors and which are foods to stay away from to decrease the promotion of breast cancer. The types of foods that are known to be healthy and promoters of good overall health are the usual suspects: fruits, vegetables, whole grains because they all contain what are known as phytochemicals. Phytochemicals are naturally occurring plant chemicals that help to add color,

flavor, and odor to fruits and vegetables, but also have been proven to help our bodies function better through the following methods:

- Stimulate the immune system
- Block substances we eat, drink and breathe from becoming carcinogens
- Reduce the kind of inflammation that makes cancer growth more likely
- Prevent DNA damage and help with DNA repair

UP COMING EVENTS

October 20th (8:30a – 12:00p)
American Cancer Society's Making Strides
Against Breast Cancer



Participants at the Making Strides walk of Harrisburg will pay tribute to loved ones through the Making Strides Tribute Garden. At the event, signs with names prominently displayed will be presented in an area of reflection to remember and honor those who have been affected by breast cancer.
<http://makingstrides.acsevents.org/site/Calendar?id=122829&view=Detail>

UP COMING MEETINGS

August 14th



TBD

September 11th



Kathryn Peroutka, MD advances in Chemotherapy.

October 9th



Pastor Dave Hess, Cancer Survivor Shares His Story

Life is 10% what happens to you and 90% how you react to it.
- Charles R. Swindoll

News & Education Cont.

Fat is Where It's At: Good Dietary Choices for Breast Cancer Survivors

- Reduce the kind of oxidative damage to cells that can spark cancer
- Slow the growth rate of cancer cells
- Trigger damaged cells to commit suicide before they can reproduce
- Help to regulate hormones (AICR, 2018).

Eating more foods that contain phytochemicals is the first step to becoming a healthier you and to decrease your risk of cancer development/promotion.

Check out the following link for a better guide of phytochemicals, what plants (fruits, veggies, etc.) they are found in, and what health benefits they may offer you:

http://www.aicr.org/reduce-your-cancer-risk/diet/elements_phytochemicals.html

Another big debate in the nutritional arena surrounding cancer research is what role dietary fats play in cancer promotion/prevention. Research has shown that one should limit their intake of fats to less than 30% of their daily calorie allotment, as well as to avoid highly saturated foods and foods containing trans fatty acids.

Unfortunately, this list includes foods like beef, lamb, cheese, cream, butter, margarine, commercially baked goods, crackers, and ice cream. All the good stuff. However, by avoiding these foods or at least eating those in moderation will do wonders to help create a healthier you. Adding in sources of good fats like fish that contains omega 3 polyunsaturated fats may help to inhibit the growth of breast tumors, according to Johns Hopkins University (2018).

For more info on nutritional advice to decrease cancer promotion/development, check out the following page from Johns Hopkins Medicine:

https://www.hopkinsmedicine.org/breast_center/treatments_services/nutrition.html

No Ice Cream, So Now What?

While there is still controversy surrounding the intake of saturated fats like ice cream and the affect they hold on cancer promotion, most individuals still like to enjoy that delicious treat especially as we enter into the hottest month of the year. So, what alternatives are out there?

One, recipe, which was available to sample at our ice cream social meeting on July 10th, was a very simple, peanut butter banana ice cream that is not only dairy free, but also vegan, and can be modified into a paleo version if desired. Try it at home yourself by checking out the recipe here:

<https://leelalicious.com/peanut-butter-banana-ice-cream/>



Notes:

