



# WISEWOMAN UPDATE

August 2005



## Annual Meeting

The 2005 MCC Annual Meeting is scheduled for Tuesday, November 1 at The Lansing Center in downtown Lansing. Please save this date on your calendar.

The theme of this year's meeting is "Partnering with Primary Care to Improve Cancer Outcomes." Dr. Richard Wender, nationally recognized as a primary care expert and well known for his work in cancer prevention screening, is the keynote speaker.

Meeting participants can also attend one of the following interactive, outcome-driven concurrent sessions addressing:

- Tobacco control
- Cancer early detection, screening, and follow-up
- Clinical trial participation
- Palliative and end-of-life care

For more information on the meeting please visit

<http://www.michigancancer.org/WhatWeDo/AnnualMeetings.cfm#2005> or contact Amy Stagg at 517-324-7310 or [stagg@michigan.gov](mailto:stagg@michigan.gov).

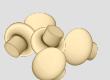
## Stats-At-A-Glance

Since 10/1/2004, we have screened 2,884....putting us at 72.8% of our caseload goal of 3,963. We have already surpassed the CDC minimum of 2,500.

So far in FY05, 77% of eligible women have completed a lifestyle contract. Keep up the good work! Remember, as of July 1, 2005, all women are eligible to develop goals using the Healthy Lifestyle Goals form (formerly the Lifestyle Contract).

The CDC performance indicator for rescreening is 75%. Our current rescreening rate for the program duration is 36.2%

According to CDC, less than 5% of clients with alert values should be lost to follow-up. The Michigan WISEWOMAN Program is currently at 23.5% for FY05.



## 5 A Day...For The 5 Senses A Day

Juicy, ripe fruit is truly one of nature's gifts.

**Its colors** – that deep ruby red grapefruit, or that vibrant orange colored mango.

**Its textures** – passion fruit or pomegranate seeds that squish and crunch at the same time, or the firm smoothness of a perfectly ripe pear.

**Its smell** – sweet pineapple, honeydew melon, strawberries, and lemons you can detect across the room.

**Its sound** – think of the deep thumping when you tap a ripe cantaloupe or the sizzle of mixed vegetables sautéing in a pan.

**Its taste** – a taste that artificial juice drinks and hard candies will never rival.

As wonderful and appealing as fruit and vegetables can be, many still offer great taste and nutrition, even when they have passed their prime. Here are suggestions of ways to please the senses with fruits and vegetables:

- Enjoy the aroma of freshly baked breads with left over fruits and vegetables. Banana bread is a great way to use bananas that are a little brown. Or try making fresh breads with fruits, like orange or cranberry, or vegetables like zucchini. Works great with a bread-making machine!
- Revel in the sound of ice crushing to make a frozen fruit drink with frozen strawberries and ripe bananas. Quick and easy to make, just mix skim milk, ice, and your favorite fruits in a blender. If you want to treat yourself, substitute yogurt for the milk to get a creamier treat.
- Store fruits and vegetables properly to promote or to preserve ripeness. For example, there's nothing like ripe summertime tomatoes. They always make a sensational dish, but be sure that you store them at room temperature and not in the refrigerator. If they are not quite ripe, just pop them in a paper bag with an apple or banana.

## A Word About Fats

Fats – especially saturated fat – affect the health of your heart and blood vessels. There are various types of fat. **Saturated fat** is often found in foods from animals. This includes fatty meats, the skin of poultry, and whole-milk dairy products, such as butter, cheese, cream, and ice cream. It also is in coconut, palm kernel, and palm oils. These oils are found mostly in processed foods, such as baked goods, snack foods, and crackers.

If you use saturated fat, keep the amount small. Instead of saturated fat, try soft or liquid margarine and oils such as canola, safflower, and olive. However, all kinds of fats have the same amount of calories and need to be limited to help you lose weight.



## Adapting Recipes

It's no secret. Some cooking methods add lots of fat and calories to foods, and others do not. For example, fried chicken is loaded with fat; broiled chicken without the skin is not. Vegetables cooked with bacon have added calories and saturated fat; steamed vegetables do not. That's why you'll want to find low-fat, low-cal ways of cooking your favorite foods.

To keep fat and calories to a minimum and nutrition and flavor to the max, consider the following:

- Roast, broil, or grill meats and poultry, allowing the fat to drip away from the foods as it cooks. You can buy a stovetop grill pan with a ridged bottom for this purpose.
- Poach chicken, seafood, or eggs in nonfat or low-fat liquid, such as water, wine, juice, or low-fat broth. Poaching keeps food moist and flavorful without adding fat.
- Baking can be a healthy way to cook meat, poultry, and seafood without adding fat.
- Braising and stewing are slow-cooking methods that tenderize tough cuts of meat. Because the fat usually cooks out of meat or poultry, cook the dish a day ahead and chill it overnight. Chilling makes the fat rise to the top and harden so you can remove it easily before reheating the dish.
- Steaming is a perfect way to cook seafood or vegetables without fat while retaining the food's natural flavor, vitamins, and minerals.
- Sautéing or stir-frying lets you cook meat or vegetables quickly over high heat with little or no fat. A nonstick finish on your skillet or wok comes in handy here.
- Microwave cooking is easy. It helps the food retain moisture and requires little or no added fat.
- Trim the fat from meat and remove the skin from poultry.
- Use water-packed canned fish and fruit.

## The High Cost of Heavyweights

If being overweight doesn't seem all that bad, try this:

Carry around a 5-pound bag of sugar, a 12-pound turkey, or a 40-pound backpack – all day, every day.

See how your joints feel; check out your energy level. It's not a great way to live. To make matters worse, excess weight is a major risk factor for heart disease, diabetes, cancer, gallbladder disease, gout, arthritis, breathing problems, and depression.

