

HEALTHY LIFESTYLE: NUTRITION AND PHYSICAL ACTIVITY

12 WAYS TO IMPROVE YOUR OVERALL HEALTH AND REDUCE YOUR CANCER RISK

1. Perform monthly breast self-examinations and obtain annual clinical breast exams, mammograms, pelvic examinations and Pap tests.
2. Don't smoke. Cigarette smoking is the #1 cause of cancer deaths in the USA. Smoking is harmful to you and those who breathe your secondhand smoke.
3. Maintain a healthy weight and participate in moderate exercise at least 5 times a week.
4. Eat a variety of foods. A balanced diet eaten regularly offers the best hope for lowering the risk of cancer.
5. Eat at least five servings of vegetables and fruits each day.
6. Add high-fiber foods such as whole grain cereals, vegetables, and fruits to your diet.
7. Trim fat from your diet. The ideal diet contains less than 30% of calories from fat.
8. Cut down on processed meats such as ham, bacon, bologna, hot dogs, and foods containing sulfates.
9. Don't drink, or limit the use of alcohol.
10. Avoid sun damage to the skin. Cover up during peak sunlight hours, 10 a.m. to 4 p.m. Wear a hat. Use sunscreen everyday with a SPF of at least 15. Best of all, stay out of the sun.
11. Be careful of harmful chemicals in the workplace. If you work with harmful chemicals or fibers like asbestos, wear protective clothing and follow all directions.
12. Use biodegradable products. Cut down on insecticides and other forms of toxic substances.

HEALTHY EATING BEFORE, DURING, AND AFTER TREATMENT

What we eat on a daily basis has a very powerful effect on our health and quality of life. Healthy eating is an important part of cancer treatment. Eating the right kinds of food before, during, and after treatment can help you feel better and stay stronger.

Preparing Yourself for Cancer Treatment

- A healthy diet is vital for a person's body to work at its best. This is especially important for cancer patients.
- Fruits, vegetables, grains, and legumes all have important nutrients and other cancer-fighting substances that strengthen the immune system and prevent cancer.
- By maintaining a healthy diet, you'll go into treatment with reserves to help keep up your strength, prevent body tissue from breaking down, rebuild tissue, and maintain your defenses against infection.
- People who eat well are better able to cope with the side effects of treatment and may be able to handle higher doses.

Managing Eating Problems during Treatment

- Nutrition recommendations for cancer patients who are undergoing active treatment are different than those for individuals interested in prevention, or those who have completed treatment, because they are designed to help build strength and withstand the effects of treatment.
- While undergoing treatment you should talk with your doctor about any major diet changes.

After Treatment Ends

- Eating correctly after treatment will help you to regain your strength, rebuild tissue, and help you feel well.
- Eating a variety of different types of vegetables, making the plate as colorful as possible is a good strategy.
- A low-fat, high-fiber diet is the healthiest diet of all. Base your diet on whole grains, legumes, vegetables and fruit and you'll get much higher doses of cancer fighting vitamins, minerals, fiber, and phytochemicals.

NUTRITION RESOURCES

American Cancer Society **800-ACS-2345**
www.cancer.org (800-227-2345)
Offers cancer patients with information regarding healthy eating.

American Dietetic Association **800-877-1600 ext. 5000**
www.eatright.org
Registered dietitians provide information on food and nutrition in English and Spanish and referrals to local registered dietitians.

Leaders Encouraging Activity and Nutrition (LEAN) **213-351-7889**
3530 Wilshire Blvd., Suite 800, Los Angeles, CA 90010
www.lapublichealth.org/nut
Project LEAN provides the community with information and resources to increase healthy eating and physical activity behaviors so as to reduce the prevalence of chronic disease such as heart disease, cancer, stroke, osteoporosis and diabetes.

National Cancer Institute **800-4-CANCER**
(800-422-6237)
TTY **800-332-8615**
www.cancer.gov/cancertopics/eatinghints.pdf
Provides valuable cancer-related information on a wide range of topics, including eating hints for cancer patients before, during, and after treatment.

FITNESS AND EXERCISE

Studies have shown that, regardless of age, exercise can be a major benefit, both physically and mentally. A personalized fitness program can help you take charge of your health and maintain a level of fitness necessary for an active, independent lifestyle.

Many people think that as we age, we tend to slow down and do less physical activity. For the most part, this is not true. According to the President's Council on Physical Fitness and Sports, much of the physical frailty attributed to aging is the result of inactivity, disease or poor nutrition. The good news is that many problems can be helped by improving lifestyle behaviors. In addition, research has also shown that exercise can ease tension and reduce the amount of stress you feel. To put it simply – exercise is one of the best things you can do for your health.

HOW TO GET STARTED

Before beginning any exercise program, it's a good idea to have a physical exam and discuss your goals with your healthcare provider.

- Pick activities that are appropriate for your current level of ability and endurance.
- Choose a program that you're excited about, such as line dancing, water exercise, or walking.
- Results take time, be patient.
- Remember to drink plenty of water before, during and after your workout.
- Exercise with a friend.
- Rest whenever necessary.
- Keep a journal to record your progress.

PHYSICAL ACTIVITY PROGRAMS

American Cancer Society **800-ACS-2345**
www.cancer.org (800-227-2345)

Offers information regarding nutrition and physical activity as well as a worksite wellness program called *Active for Life*.

Simms/Mann-UCLA Center for Integrative Oncology **310-794-6644**

200 UCLA Medical Plaza, Suite 502, Los Angeles, CA 90095

www.simmsmanncenter.ucla.edu

Offers an array of services and support programs for women with cancer, including physical activity and fitness programs.

Team Survivor **310-477-8557**

1223 Wilshire Blvd., Suite 570, Santa Monica, CA 90403

www.teamsurvivor-la.org

Offers a variety of free, fitness programs (Yoga, Stretching & Strength Building, Swimming, Walking, Hiking, Dragon Boat, and Triathlon), educational classes and fun fitness events for women of all ages and fitness levels who have a present or past diagnosis of cancer.

The Wellness Community

Foothills 626-796-1083

200 E. Del Mar, Suite 118, Pasadena, CA 91105

www.twcfoothills.org

The center offers; free classes in Yoga, T'ai Chi, Qi Gong; workshops on reducing stress and increasing a sense of well-being, including Relaxation/Visualization; Dynamic Strength Training for people at all levels of fitness and mobility to learn techniques for improving posture and increasing muscle tone. Please call for schedule.

South Bay Cities..... 310-376-3550

109 W. Torrance Blvd., Suite 100, Redondo Beach, CA 90277

www.wellnessandcancer.org

Free Yoga, Hatha Yoga, T'ai Chi and Pilates exercise programs offered. Please call for calendar.

Valley/Ventura

Westlake Village 805-379-4777

530 Hampshire Rd., Westlake Village, CA 91361

Winnetka Satellite 818-407-1643

19725 Sherman Way, Winnetka, CA 91306

www.twcvv.org

Free exercise classes for cancer patients and their families, including T'ai Chi, Qi Gong, and beginning Yoga. Also offers a mindful-based relaxation and guided imagery, stress reduction program. Call for a complete schedule and more information.

West Los Angeles 310-314-2555

2716 Ocean Park Blvd., Suite 1040, Santa Monica, CA 90405

www.twc-wla.org

Free stress reduction workshops and T'ai Chi, Qi Gong, strength training, relaxation/visualization and meditation programs. Also offers easy yoga for cancer patients (stretching, movement and breathing) to relieve stress and tension and regain strength.

YWCA of Santa Monica/Westside 310-452-3881

2019 14th Street, Santa Monica, CA 90405

www.smywca.org

Free water exercise and peer support for women after breast cancer surgery. Yoga, mat classes, aerobics, strength training and dance programs offered for free in conjunction with Team Survivor.

WELLNESS RESOURCES

SMOKING CESSATION PROGRAMS

American Cancer Society 800-ACS-2345
www.cancer.org (800-227-2345)

The American Cancer Society provides materials and community referrals regarding smoking cessation programs.

American Lung Association of California 510-638-5864
www.californialung.org

Provides literature and referrals to help an individual quit smoking.

California Smoker's Help-Line 800-NO-BUTTS
(800-662-8887)

TTY 800-933-4833

Spanish 800-45-NO-FUME
(800-456-6386)

Chinese 800-838-8917

Korean 800-556-5564

Vietnamese 800-778-8440

Chewing Tobacco 800-844-CHEW
www.californiasmokershelpline.org (800-844-2439)

Provides self-help materials for quitting and phone counseling referrals to other smoking cessation programs. Specialized services available for teens and pregnant women.

City of Long Beach Tobacco Education Program 562-570-7950
www.longbeach.gov/health/fhec/tep.asp

3820 Cherry Avenue, Long Beach, CA 90807

Provides free educational information and referral resources, as well as information regarding policy and tobacco control laws.

**Los Angeles County Department of Public Health
Tobacco Control and Prevention Program** 213-351-7890

3530 Wilshire Blvd., Suite 800, Los Angeles, CA 90010

www.lapublichealth.org/tob

Provides tobacco education, cessation presentations, facilitates cessation training, and offers education/prevention materials in English and Spanish.

Nicotine Anonymous 800-642-0666

Ongoing, effective smoking cessation program based on the 12-step approach, for those who want to quit or have quit smoking.

SUBSTANCE ABUSE TREATMENT PROGRAMS AND REFERRALS

2.1.1. of Los Angeles County211 or 800-339-6993
TTY 800-660-4026

www.211losangeles.org

Provides referrals in LA County for people seeking substance abuse treatment programs.

4 Drug Rehab.com Treatment Center Database

www.4drugrehab.com

Searchable database for substance abuse treatment centers nationwide.

Al-Anon/Ala-Teen Family Group Hotline 818-760-7122
Spanish 562-948-2190

www.alanonla.org

Provides information and referrals to local support groups for children, friends, and family members of alcoholics.

Alcoholics Anonymous 800-923-8722
Los Angeles 323-936-4343
San Fernando Valley 818-988-3001

www.alcoholics-anonymous.org

Helps alcoholics and people with alcohol addiction to stay sober or achieve sobriety. Provides information regarding AA meetings and other activities. Self-help hotline operates 24 hours.

Alcoholism Center for Women, Inc. 213-381-8500

1147 S. Alvarado Street, Los Angeles, CA 90006

www.alcoholismcenterforwomen.org

Provides in-patient residential treatment, 12-step support groups, individual and group counseling, comprehensive bio-psycho/social evaluation, peer and vocational counseling, and parenting skills.

**Antelope Valley Council on Alcoholism and
Drug Dependency 661-274-1062**

38345 30th Street East, Suite B-2, Palmdale, CA 93550

Provides outpatient substance abuse program including referrals to 12-step programs, drug counseling, anger management, parenting education and family counseling.

Asian American Drug Abuse Program, Inc 323-293-6284

2900 S. Crenshaw Blvd., Los Angeles, CA 90016

www.aadapinc.org

Provides drug court treatment program, tobacco education, and substance abuse treatment through a residential program that includes individual, group and family counseling, drug screening, and drug diversion.

California Drug and Alcohol Programs. 800-879-2772

TTY 916-445-1942

Provides resources and information for persons seeking substance abuse recovery support.

Clare Foundation, Inc 310-314-6215

911 Pico Blvd., Santa Monica, CA 90405

www.clarefoundation.org

Offers sober living facility and fully furnished apartments for women in substance abuse recovery and their children. Curriculum includes a 12-step program and a comprehensive substance recovery program.

Cocaine Anonymous (National) 800-347-8998

Los Angeles 310-216-4444

San Fernando Valley 818-760-8402

www.ca4la.org

Provides emergency telephone support and 12-step meeting referrals.

Los Angeles Centers for Alcohol and Drug Abuse 800-458-4132

www.lacada.com

Both residential and out-patient services available. Offers comprehensive drug treatment, a co-ed sober living program, HIV testing, domestic violence counseling and court ordered services.

Narcotics Anonymous 800-TODAYNA

(800-863-2962)

Spanish 888-NAAHORA

(888-622-4672)

Los Angeles 626-359-0084

San Fernando Valley 818-997-3822

www.todayna.org

Provides information and referrals to people seeking recovery from drug addiction. 12-step and self-help meetings available. For local treatment and detox referrals call the Los Angeles office (626) 359-0084.

National Council on Alcoholism and Drug Dependence..	800-622-2255
Covina	626-331-5316
Long Beach.....	562-426-8262
Palmdale/Lancaster	661-948-5046
Pasadena	626-795-9127
South Bay	310-328-1460
Van Nuys.....	818-997-0414

www.ncadd.org

Provides information, educational materials, and referrals for substance abuse.

United American Indian Involvement 213-202-3970

1125 W. 6th Street, Suite 103, Los Angeles, CA 90017

Provides emotional, mental, spiritual, cultural, social and health services for American Indians dealing with substance abuse and their families.

Offers individual, couples and group counseling; self-help groups; vocational rehabilitation; social services; spiritual and traditional healing practices; and “Prop 36” services.

WEIGHT CONTROL PROGRAMS

Overeaters Anonymous 323-653-7499

San Fernando Valley 818-881-4776

www.oalaintergroup.org

Overeaters Anonymous is a fellowship of individuals who through shared experiences, strength and hope, are recovering from compulsive overeating. There are no dues or fees for members.

Weight Watchers..... 800-651-6000

www.weightwatchers.com

The philosophy of Weight Watchers is that healthful weight management involves a comprehensive program that includes a food plan, activity plan and behavior modification provided in a supportive environment.