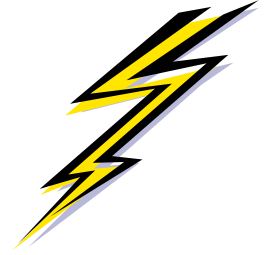




# HOT FLASHES



Newsletter of the Women's Mid-Life Health Centre of Saskatchewan

January 2010 Edition

## Learning About Foods that Help Fight Cancer

By Dr. Vicki Holmes, Medical Director, Women's Mid-Life Health Centre

This fall in Saskatoon, 600 people enjoyed an engaging presentation by Leslie Beck, one of Canada's leading nutritionists. Leslie shares her knowledge on CTV's Canada AM, in the book *Foods that Fight Disease*, and on her website ([www.lesliebeck.com](http://www.lesliebeck.com)), so the Centre was pleased to partner with the Canadian Cancer Society to bring her to our province.



Registered Dietitian Leslie Beck recommends a slow, but sure approach to improving the way we eat.

She says it is difficult to change everything at once, so we should concentrate on making *one* change and when it becomes a habit, add another.

Her recommendations include eating foods containing phytochemicals, which combat free radicals, enhance detoxification, reduce inflammation, and boost our immune system.

The top such foods are:

1. Leafy greens - ½ cup cooked or 1 cup raw leafy greens per day provides fibre; Vitamins A, C and E; folate and carotenoids that may guard against cancer of the lungs, mouth, pharynx, and larynx.
2. Cruciferous vegetables, such as cabbage, cauliflower and broccoli should be eaten three to five times per week. They contain: Vitamins A and C; folate; phytochem; indoles and isothiocyanates, which are important for preventing breast, lung, prostate, esophageal, and stomach cancer. Keep in mind that healthy substances are destroyed, if these foods are cooked too long.

3. Cooked tomatoes should be consumed five times per week, as they contain Vitamin C and lycopene, an immune boosting anti-inflammatory. Lycopene has been shown - when taken at 15 mg twice a day for three or four weeks - to reduce prostate cancer growth. This powerful substance also helps reduce lung, breast, ovarian and cervical cancer.
4. Berries such as strawberries, raspberries, blackberries and blueberries (one to two ½ cup servings) contain ellagic acid, fibre, Vitamin C, and anthocyanins, which prevent cancer of the skin, bladder, lung, esophagus and breast.
5. Citrus fruits - Eat one serving of citrus fruit per day, such as ½ a grapefruit, a medium orange, or ½ cup 100% juice. These fruits contain Vitamin C, folate, soluble fibre, and flavonoids, which help prevent pancreas, lung, and colon cancer.
6. Whole grains such as ½ cup oatmeal or 1/3 cup brown rice contain selenium, Vitamin E and phytochemicals that help prevent colon cancer.
7. High Fibre Diet - Twenty grams or 2 tablespoons per day of ground flax seed contains 60 calories, 4 grams of fibre, and 2400 mg of ALA for prevention of breast and prostate cancer.
8. Legumes - Three or four ¾ cup servings per week of black beans, chick peas, kidney beans and lentils help prevent prostate and breast cancer.
9. Soy beans and soy foods - Recommended to consume three to four ¾ cup servings per week.
10. Garlic contains Vitamin C, selenium and sulfur that help prevent stomach, lung, prostate and bladder cancer. Raw garlic is better.
11. Green tea - Two to five servings per day to help reduce breast, colon, liver and ovarian cancer.

Leslie's website - [www.lesliebeck.com](http://www.lesliebeck.com) - contains a wealth of tips for healthy eating.

# New Science Links High Cholesterol and Osteoporosis

Heart and Stroke Foundation of Saskatchewan



Women face many unique issues throughout their lives. The development of osteoporosis is a health concern for many women. What if

you could lower your risk of developing osteoporosis as well as your risk for heart disease and stroke?

A new study published this year in the journal *Clinical Immunology* found a link between high cholesterol and osteoporosis. The author said, “the study revealed that oxidation - cell and tissue damage resulting from exposure of the fatty acids in cholesterol to molecules known as free radicals - coaxes the body to produce a chemical that stimulates cells whose sole purpose is to destroy bone.”

High cholesterol is also a well-known risk factor for the development of heart disease and stroke. So if you're looking for lifestyle changes with multiple benefits, lowering your cholesterol levels may be a good place to start.

Rita Effros, a professor of pathology at the David Geffen School of Medicine at UCLA, explains that researchers have “known that osteoporosis patients have higher cholesterol levels, more severe clogging of the heart arteries and increased risk of stroke” for some time now. What researchers didn't know was why such a link existed.

This new study is offering insight into the mechanism linking high cholesterol and osteoporosis. More research is needed regarding this link so that we can better understand the development of this disease and its prevention.

To learn more about blood cholesterol and how to manage it, visit the Heart and Stroke Foundation of Saskatchewan's website. The Prevention of Risk Factors Section on the website has information on various risk factors including tips on how to lower cholesterol.

[www.heartandstroke.sk.ca](http://www.heartandstroke.sk.ca)

## Creamy Bow-Ties with Chicken, Spinach and Peppers (Serves 4)

Recipe adapted from: *Dietitians of Canada Great Food Fast* by Bev Callaghan, RD & Lynn Roblin, RD

6 oz (175 g) bow-tie pasta (or substitute whole wheat pasta to increase fibre content)  
12 oz (375 g) boneless, skinless chicken breasts, cut into strips  
3 tsp (15 ml) vegetable oil (use 1 tsp for #3 and 2 tsp for #4)  
1 cup (250 ml) julienned red bell peppers  
2 cups (500 ml) shredded fresh spinach  
2 tsp (10 ml) lemon juice  
1 tbsp (15 ml) flour  
1 tsp (5 ml) minced garlic  
2 cups (500 ml) 2% milk (can substitute 1% or skim to reduce fat content)  
¼ tsp (1 ml) salt  
¼ tsp (1 ml) nutmeg  
¼ tsp (1 ml) pepper  
¾ cup (175 ml) shredded Old Cheddar cheese  
¼ cup (50 ml) grated Parmesan cheese  
Vegetable cooking spray

1. In a large pot of boiling water, cook pasta until tender but firm (according to package directions); drain. Transfer to bowl and set aside.
2. Spray a large skillet with vegetable spray. Heat skillet over medium-high heat, add chicken and cook for 4 to 5 minutes or until browned and juices run clear. Transfer to a plate.
3. In the same skillet heat 1 tsp (5 ml) of vegetable oil over medium heat. Add peppers and sauté for 3 to 4 minutes or until slightly softened. Stir in spinach and cook for 1 to 2 minutes or until spinach is wilted. Stir in lemon juice. Transfer vegetables to a bowl and set aside.
4. In the same pot used for cooking pasta, heat remaining 2 tsp (10 ml) of oil over medium heat; blend in flour. Add garlic and milk, whisking constantly until mixture comes to a boil. Reduce heat and simmer for 2 to 3 minutes. Stir in salt, pepper and nutmeg. Remove from heat. Add Cheddar cheese and stir until blended. Add pasta, chicken and vegetables to sauce; stir until combined. Sprinkle with Parmesan cheese and serve.

Nutritional Information: Calories 478; Protein 37.9 g, Fat 16.8 g; Carbohydrate 42.7g, Fibre 3 g, Sodium 517 mg, Calcium ~300 m

Please check the back cover for information about the importance of calcium.

## Hot Flashes Now Available Electronically

Like other charities, the Women's Mid-Life Health Centre works to keep up with the times on a limited budget. We're combining both in our offer to send your copy of the Hot Flashes newsletter via email. Please contact us at [info@menopausecentre.ca](mailto:info@menopausecentre.ca) if you prefer this delivery option.

---

## Women Prove Exercise Can Be Fun

By Cheryl Dougan, Past Board Member, Women's Mid-Life Health Centre

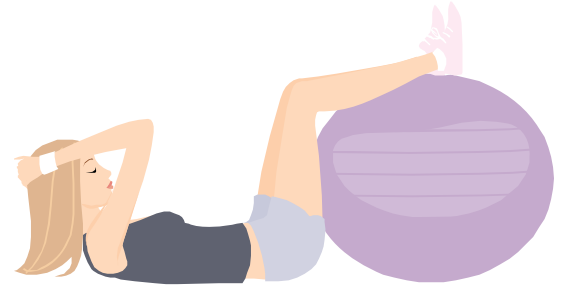
Imagine a dozen middle-aged women doing push-ups while their knees are balancing on an exercise ball – and they are giggling. Yes, giggling.

Every Wednesday and Friday, a group of us get together to spin a hula-hoop, do squats, push-ups and various exercises to help with our balance – both physical and social. We laugh, encourage each other, and share our latest grandchildren stories and/or tales of woe. It's fun supporting each other to love a healthy lifestyle.

Our "leader" has been trained to lead us safely. The cost is minimal; we simply contribute to the church that generously allows us to use their space and store our equipment.

We have gained so much from "being on the ball." Our core strength has improved. We laugh about carrying our own groceries and playfully tossing our grandchildren, thriving on having more energy for everyday living. We share healthy lifestyle ideas, such as getting enough Vitamin D, and tips we've learned from reading or watching television programs. There has even been some wardrobe swapping as bodies have trimmed down.

As our fitness levels have increased so has our confidence. Eight of us are now also meeting at a local gym for a higher intensity "kick butt" workout. Who knew we would be able to do chin-ups, full sit-ups, lunges and still breathe? And, yes, giggle.



### You Can Have This Much Fun, Too!

Join An Existing Group. Ask your community association, neighbourhood schools and churches whether there is an existing group you can join.

Do It Yourself - Get Your Own Giggle Group Going. Talk to women you know who are already active (walkers, golfers, curlers) to propose starting a group, and ask them to bring their friends, too. The more the merrier!!

---

## Hormone Therapy: Science or Celebrity

9:00 a.m. to 12:00 noon, Saturday, April 17, 2010  
Elim Tabernacle, 3718—8th Street East, Saskatoon

Hormone Replacement Therapy has been in the news more in the past few years than ever before. This influx of information can be confusing.

The health care professionals at the Women's Mid-Life Health Centre recommend a rational approach based on strong scientific research. If you want to know more, the *Hormone Therapy: Science or Celebrity* forum is the place for you.

While there's no admission charge, donations are gratefully accepted. Healthy refreshments will be served.

For additional information call (306) 978-3888.

---

## Pamper Yourself

Like shoes, art and wine?

The Women's Mid-Life Health Centre invites you to indulge yourself with all three. Join us March 24 for our evening fundraiser.

Please watch the website  
([www.menopausecentre.org](http://www.menopausecentre.org)) or call  
(306) 978-3888 for details.



# Healthy Eating Builds Strong Bones

Donnelly Morris, Registered Dietitian

We all know the importance of calcium when it comes to our bone health. But did you know that one in four women over the age of 50 have osteoporosis, a condition characterized by weak and brittle bones?

Osteoporosis causes decreased bone strength and can increase the risk of breaks and fractures. Thankfully there are treatments for this potentially debilitating condition!

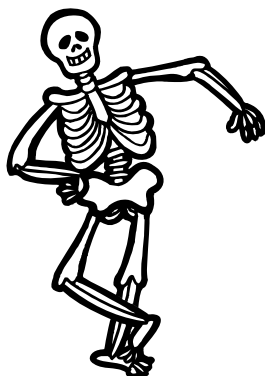
Along with exercise, supplemental and pharmaceutical therapies, nutrition plays a huge role in slowing the progress of osteoporosis. Studies in older adults show that an adequate calcium intake can slow bone loss and decrease risk of fractures.

So what is an adequate intake? The Dietary Reference Intakes (DRI) show that adults between the ages of 19 and 50 need 1000mg of calcium per day, while adults over the age of 50 need 1200mg of calcium per day.

The biggest source of calcium in our diet comes from dairy products like milk, yogurt and cheese. Other sources of calcium include spinach, almonds, beans and canned salmon (with bones). Finally, there are the calcium fortified products such as orange juice with calcium and soy or rice beverages.

This chart lists excellent to good sources of calcium.

Food Source	Portion Size	Calcium (mg)*
Cheese (brick, cheddar, Colby, gouda)	1.75 oz/50 g	353 mg
Milk (whole, 2%, 1%, skim, buttermilk)	1 cup/250 ml	300 mg
Calcium fortified beverage (soy, rice, etc.)	1 cup/250 ml	300 mg
Yogurt	¾ cup/175 ml	250 mg – 300 mg
Canned salmon (with bones)	½ of 213 g can	242 mg
Soybeans	1 cup/250 ml	175 mg
Spinach (cooked)	½ cup/125 ml	120 mg
Almonds (plain)	¼ cup/50 ml	100 mg
Beans (kidney, navy, pinto, garbanzo)	1 cup/250 ml	90 mg



Here are a few simple tips for adding more calcium into your diet:

- Add skim milk powder to your cooking and baking
- Use yogurt as a dip, garnish or spread
- Make soups with milk instead of water
- Try chili with kidney beans, lasagne or burgers made with soy
- Add ½ cup of milk or soy beverage to your morning latté or café au lait
- For dessert choose custards and puddings made with low-fat milk or yogurt
- Add canned salmon (with bones) to sandwiches, salads and casseroles
- Add chick peas, kidney beans or almonds to salads, soups and casseroles

For more information on calcium content in foods, check the labels of your favourite foods. Look for the Percent Daily Value (% DV) which will tell you if the food has a little or a lot of a particular nutrient. To help understand % DV and other information on a nutrition label, the following may be helpful: [http://www.healthyeatingisinstore.ca/pdf/ENG\\_BW\\_FactSheet.pdf](http://www.healthyeatingisinstore.ca/pdf/ENG_BW_FactSheet.pdf). Another resource for the nutrient content of foods is the Health Canada document “Nutrient Values of Some Common Foods”, found at: [http://www.hc-sc.gc.ca/fn-an/nutrition/fiche-nutri-data/nutrient\\_value-valeurs\\_nutritives-eng.php](http://www.hc-sc.gc.ca/fn-an/nutrition/fiche-nutri-data/nutrient_value-valeurs_nutritives-eng.php)

Other resources: Dietitians of Canada – [www.dietitians.ca](http://www.dietitians.ca) Osteoporosis Canada – [www.osteoporosis.ca](http://www.osteoporosis.ca)

See page 2 for a recipe to bolster your calcium intake.