

NORTH TEXAS PHP NEWS

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Breast Cancer Screening

One in eight women living in the United States will develop breast cancer during their lifetime. Breast cancer is the #2 cause of cancer death in women. Screening recommendations have changed and can be confusing.

The American Cancer Society issued new screening guidelines based on extensive review of evidence in the field. These new guidelines were published in the *Journal of the American Medical Association* in October 2015.

Your physician may continue to recommend yearly mammograms for you. If you are interested in less frequent mammograms, talk to your doctor about your breast cancer risk to determine if these guidelines may be followed. If you are taking hormone replacement therapy, have a personal or family history of breast cancer, or have breast implants, these guidelines do not pertain to you.

- All women should begin yearly mammograms at age 45
- Women may begin yearly mammograms at age 40 if they wish
- At age 55, women may consider having a mammogram every other year but may continue to have yearly mammograms if they wish
- Women should continue to get regular mammograms as long as they are in good health

Source: American Cancer Society www.cancer.org

It's Time for Bug Spray!

With the summer coming, it is important to protect yourself against mosquitos and ticks. The most effective methods of disease protection are avoidance and the use of insect repellants. The best repellants are those that include DEET or picaridin.

DEET has the best spectrum of coverage and 10-35% formulations are sufficient for most situations. For extended time outside (longer than 3-4 hours) it may be helpful to use higher

concentrations. Protection is shortened by swimming or sweating. Serious side effects are uncommon, but can include dermatitis, allergic reactions, and rare neurotoxicity with high doses. DEET is considered safe to use during pregnancy, but should not be used in children less than 2 years of age. High concentrations of picaridin (20%) have a similar efficacy to DEET products, but a shorter duration of action. No toxicity has been seen with long term use.

Guidelines regarding the safe and effective use of insect repellents from the (EPA).

- Lightly cover but do not saturate the skin.
- Repellents should be applied to exposed skin, clothing, or both, but not under clothing.
- A thin layer can be applied to the face by dispensing repellent into the palms, rubbing hands together, and then applying

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DID YOU KNOW?

According to the journal *JAMA Oncology*, you can reduce your risk of dying from cancer by doing these 4 things.

1. Quit smoking
2. Cut back on alcohol
3. Maintain a healthy weight
4. Exercise for at least 150 minutes per week

Wet, Lather, Scrub, Rinse, Dry!

According to the CDC, improper hand washing contributes to nearly 50% of all foodborne illness outbreaks.

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HEALTHY HABITS

Bug Spray

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...to the face by dispensing repellent into the palm of hands, rubbing hands together, and then applying to the face. Wash palms after application.

- Do not use repellents over wounds or irritated skin
- Do not inhale aerosols or spray near food
- Frequent reapplication of repellent is unnecessary.
- Wash with soap and water once the repellent is no longer needed.
- If both sunscreen and repellent are being applied, sunscreen should be applied first and repellent should be applied after. It is better to use separate sunscreen and repellent products, as sunscreen generally needs to be reapplied more frequently than repellent.

Other products such as citronella, botanical oils, oral agents, electronic devices, and repellent-impregnated wrist bands are ineffective. Permethrin based sprays for clothing application and permethrin-impregnated clothing are effective and last through multiple washings. They are non-toxic and safe for pregnant women and children.

The combination of permethrin treated clothing and DEET based insect repellent on any exposed skin provides the best protection for areas with high concentration of biting insects and/or a high risk of disease transmission. For lower risks of exposure, insect repellent alone is effective.

Grilled Salmon with White Bean and Arugula Salad

- 1 teaspoon chopped capers, rinsed and drained
- 1/4 teaspoon grated lemon rind
- 3 tablespoons fresh lemon juice
- 2 tablespoons olive oil
- 3/4 teaspoon kosher salt, divided
- 1/2 teaspoon minced fresh garlic
- 1/8 teaspoon ground red pepper
- 1 (15 ounces) can unsalted Great Northern beans, rinsed and drained
- Cooking Spray
- 4 (6 ounce) salmon fillets
- 1/4 teaspoon freshly ground black pepper
- 4 cups loosely packed arugula
- 1/2 cup thinly sliced red onion

Whisk together capers, rind, juice, oil, 1/2 teaspoon salt, garlic, and red pepper in a bowl.

Place beans in a bowl and drizzle with 2 tablespoons of caper mixture

Heat a grill pan over medium high heat. Coat pan with cooking spray. Coat salmon with cooking spray. Sprinkle remaining 1/4 teaspoon salt and black pepper on fish. Add salmon to pan, skin side down. Cook 6 minutes. Turn salmon over. Cook 1 minute or until done. Keep warm.

Add arugula and onion to bowl with beans. Drizzle remaining caper mixture. Toss. Divide salad among 4 plates. Top each serving with 1 fillet. Serve immediately.

Serves 4. Calories 387. Fat 15.4 g Protein 40 g. Carb 21 g. Fiber 8 g. Sugars 3 g. Cholesterol 78 mg. Iron 3 mg. Sodium 599 mg. Calcium 136 mg

From Cooking Light, June 2016