Did you know?

- The latest study on red meat and health has linked eating relatively large amounts of red and processed meat to increased overall deaths, as well as deaths specifically related to cancer and heart disease.

- Eating less than 18oz of red meat per week reduces risk of colon cancer.

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“True Grit”

The View from Here by Dr. Billy U. Philips, Jr., Founder of the CNNT

It was just a year ago about this time that my family and I made the decision to move to West Texas.

We love it. We miss many old and dear friends from our 35 years on the Gulf Coast but we do not miss the overhanging threats each year of Hurricane Season. I said that to someone recently that is a native and life-long resident of Lubbock. He smiled and asked if I had ever heard of the big tornado back in the 70s. I had and even knew the personal stories of a couple of people who lived through that awful and awesome storm.

Weather is a subject that makes it easy for people to talk – even if they ordinarily are rather shy or if the circumstances are awkward. As we passed time talking about the weather in West Texas and especially around Lubbock, we talked about how unusual the weather had been - lots of rain and snow and cold days. He asked me if I had been through a dust storm yet. I had and described the time it rained mud balls on my freshly washed car. He told about the time there had been a dust storm and a snow storm in the same day. That got us into a conversation about how grit finds its way into everything. He said, "Look out for March - that’s the windy month." Just for the record, everyone makes more of the wind out here than it warrants. Just between us, I think it is to discourage people from wanting to move here and mess up the best kept secret in Texas!

Nevertheless, our conversation got around to favorite things and before long we were talking about movies. One of my favorites is, “True Grit” and just about every other John Wayne western. Off we went on the character traits that make for “Grit” in a person. One thing we agreed about, grit is not the absence of fear. It’s a form of courage. We decided it was doing what you have to do in a bad situation and doing it well and with style. I was thinking as I strolled back to my office about all the examples of people that I knew or had known that had “Grit”. My wife came to mind, my Dad and Mom, and my best friend.

I recalled one of the last visits I paid to him. He was in the Vista Hospice. He was a Tech man through and through – I loved talking to him about Texas Tech. That day, he and I talked about the “guns up” sign that we all give with pride around Texas Tech. It’s a plain and simple expression of grit.

In fact, it is an encouraging gesture. When we say “Guns Up” we mean that we will keep on fighting. Ed was in a fight – a fight to the death – odds were poor – it was something he couldn’t avoid but he was doing it with grit. If you think about it, when we hold up our hand like guns and say “Guns Up”, it becomes a pact – a solemn promise to fight together – it says, “Now, there are two of us (and more if we are gathered in mass) in this fight.” Consider this the next time you ride into battle with guns of flesh and blood and no real bullets – that’s grit – and grit always carries the day and wins the battle. Grit trumps cancer.

As I left Ed that day, I turned and held up my hand – “Guns Up”, Ed, “Guns Up”.

“Guns Up”. He flashed me a smile as wide as a West Texas horizon and returned the sign that sealed the bond; “Guns Up” came back his reply. Ed won his battle on January 20th and I thought about him as the wind blew grit in my face a few days ago. “Guns Up”, Ed, “Guns Up.”
Limit consumption of red meats (such as beef, pork, & lamb) & avoid processed meats.

Limiting red meat to <18 oz per week reduces risk of colon cancer.

Alcohol Use and Breast Cancer Survival  Barbara Pence, PhD, Co-Director CNNT

Alcohol use and obesity have been linked with higher breast cancer risk. However, the link between alcohol intake and mortality from any cause following the diagnosis of invasive breast cancer has not been established. Recently two scientific studies have shown an inverse association or null effect of alcohol use and mortality after breast cancer diagnosis.

In an Italian study (CEBP; March 2009: 1011-12) of alcohol consumption and survival after breast cancer, alcohol drinking and especially wine drinking were not associated with an increase in all-cause mortality following breast cancer diagnosis. This lack of an association persisted even after the data were adjusted for time after diagnosis, tumor stage, ER and PR status, body mass index (BMI) and smoking habit.

In a more recent paper (CEBP; March 2010: 686-688), the role of alcohol intake with obesity in all-cause mortality (death) was investigated in a group of 3,088 breast cancer survivors who participated in the Women’s Healthy Eating and Living (WHEL) Study. However, the study did not specifically include alcohol intake as a target behavior and thus, consumption did not change during the study.

Alcohol intake was measured in all the participants and was analyzed by grouping consumption into three categories: ‘minimal drinkers’ or < 10 g per month, ‘light drinkers’ or 10 – 299 g/month, and ‘moderate/heavy drinkers’ or > 300 g/month. 10 grams of alcohol equals 10 oz. beer, 3.5 oz. of wine, or a 1-oz. shot of 80-proof alcohol.

In this large group of breast cancer survivors, moderate alcohol intake (> 300 g/month) compared with minimal alcohol intake (< 10 g/month) was associated with reduced all-cause mortality. This association of one drink per day with increased survival following breast cancer diagnosis, was seen to be stronger in those women who were not obese (BMI < 30). However, this study did not show a protective effect on preventing cancer recurrence, only against mortality from any cause.

These findings may be difficult to interpret because most studies link alcohol consumption to increased risk of developing breast and several other cancers. The American Institute for Cancer Research concluded in a report released in 2009 that 1/6 of breast cancers in the US can be linked to alcohol use.

The Million Women Study done in the United Kingdom showed that alcohol use over the one drink per day recommendation of moderate drinking for women, increased risk 8%. However, the AICR also reports that while avoiding alcohol could prevent 1/6 of breast cancers, regular physical activity and weight control could each prevent 15% of cases.

Reaching and maintaining healthy weight (BMI < 25) could prevent 20% of seven types of cancers. Thus, there is a complex relationship between higher BMI and alcohol use in terms of increasing breast cancer risk, and then after diagnosis, decreasing death from any cause.

Source:

What we know now that we didn’t know a decade ago—Predictions for the Next 10 Years!

2. The Scientific Study of Survivorship Finally Gets its Due

“At last, survivorship is starting to become a huge issue: There’s an increasing awareness that this is important for us to address. I think governmental agencies are starting to realize it’s not only just a population at increased risk [for secondary cancers and other poor health outcomes], but it’s a population that can really have a big budget impact because cancer survivors are such intense users of health services.

We’ve learned there’s a whole energy balance issue and now we’re really trying to ferret out how body weight status plays a role in how people get through treatment successfully, and how it influences their long-term survivorship and overall health afterwards.”

Wendy Demark-Wahnefried, PhD, RD Professor of Behavioral Science at University of Texas’ M. D. Anderson Cancer Center

Q: Is it true that people who don’t eat red meat should get vitamin B-12 injections?

A: No. Seafood is just as high or higher in vitamin B-12 as beef and pork, and poultry, eggs and dairy products are also good sources. Vegetarians can meet their B-12 needs with several daily servings of dairy products or eggs. However, vegans – those who eat no animal products at all – need B-12-fortified foods (such as fortified soymilk and some cereals and nutritional yeast products), since no unfortified plant foods (including fermented soy foods) are reliable sources. It’s important to note that most people who don’t eat enough of any of those foods can still meet their B-12 needs with an oral supplement, without need for injections.

Deficiency of vitamin B-12 poses serious health risks, since it’s needed to avoid anemia, maintain nerve function, and produce and maintain healthy DNA; evidence is mixed on whether it may also help preserve brain function and decrease risk of dementia.

Deficiency can develop for several reasons: Stomach acid is needed to release B-12 that’s bound to protein in food, so the 10 to 30 percent of people age 50 or older with decreased stomach acid and people taking acid-reducing medications may not absorb enough of the B-12 in meats and dairy products. However, these people have no problem absorbing the B-12 found in fortified foods and supplements, since it is already free and not affected by reduced acid levels. The people likely to need B-12 injections are those who have surgery for weight loss or who have diseases such as celiac or Crohn’s disease.

Source: www.aicr.com
You Say "Tomato," I Say "Tomah-to,"–But Let’s Don’t Call the Whole Thing Off!

Here’s a riddle for you: What happens when you add colon cancer cells to tomato juice made out of tomatoes bred in outer space? The incredible answer is that the colon cancer cells’ growth is inhibited, and the cells die (also known as inducing apoptosis).

An article in the March 2010 issue of the *Journal of the Science of Food and Agriculture* describes a project conducted at Zheijiang University in China that looked at tomatoes produced through a process called “space mutation breeding,” which is currently conducted only through the Chinese space program. Taking advantage of the different environments between space and earth, space mutation breeding produces altered versions of plant species. These new species may have different properties from their “parent” plants, and those properties may be protective against disease such as cancer—a theory tested in this research project.

For this study, researchers used two space-bred mutations (Mi and M2) and their “parent” species of tomato (CK) to make tomato juices that became a culture medium to grow cells in a lab. Researchers then introduced three types of human colon cancer cells into the juice concentrations for 72 hours. Results showed that exposure of two of the cancer cell types to tomato juice from CK, M1 and M2 inhibited growth of the cells, and the more the exposure to the juice (i.e., the highest dose of tomato juice), the more the cells died, overall about 30% more than in untreated “control” cells. Moreover, the results for the M1 and M2 juices were even greater than for the CK juice.

What’s going on here? Researchers theorize that nutritional components in tomatoes, especially lycopene, carotenoid, flavonoids, and calcium, are responsible for their cancer-fighting properties. The M1 and M2 tomatoes have even greater levels of those components than do the CK tomatoes, which may explain why the space-bred mutant strains were even more effective against the human colon cancer cells in this study.

The researchers conclude that eating tomatoes that were produced through the space mutation breeding process may provide benefits to inhibit the growth of colon cancer cells. They suggest that tomato production using this true-life example of a “space-age” technology may play a role in the prevention and treatment of colon cancer. Put another way, it’s the “Attack of the Cancer-Killer Tomatoes”!

Dark Green Leafy Vegetables a Cancer Fighting Food

Spinach, kale, romaine lettuce, leaf lettuce, mustard greens, collard greens, chicory and Swiss chard are excellent sources of fiber, folate and a wide range of carotenoids such as lutein and zeaxanthin, along with saponins and flavonoids.


Researchers believe that carotenoids seem to prevent cancer by acting as antioxidants — that is, scouring potentially dangerous “free radicals” from the body before they can do harm. Some laboratory research has found that the carotenoids in dark green leafy vegetables can inhibit the growth of certain types of breast cancer cells, skin cancer cells, lung cancer.

The Second Expert Report also noted probable evidence that foods containing folate decrease risk of pancreatic cancer and that foods containing dietary fiber probably reduce one’s chances of developing colorectal cancer.

Produce at Farmer’s Markets

Business is booming for farmers’ markets. Some people prefer the quality, flavor, and higher nutrient value of freshly picked produce. Others seek variety, bargains, or organic produce. Some are also there to support small farms and the environment, feel more connected to their food and its growers, and enjoy the atmosphere.

**Price Check**: Prices at farmers’ markets are almost certainly cheaper than those at corner convenience stores, but not everything is priced lower than in grocery stores. Highly seasonal items are more likely to be a better deal at farmers markets than the staples, such as carrots, onions, and potatoes. You can also buy in bulk by going in with friends or family. If you want to bargain for a better deal at closing time, make it a win-win for you and the farmer by offering a set amount of money and asking the farmer what he could offer of the produce he has left.

**Buy In-Season**: At a farmers’ market, shoppers can be confident the produce is fresh.

Many grocery stores use local farms for seasonal produce while some chains contract with larger farms farther away. Grocery stores also offer out-of-season produce, which clearly has spent more time in shipment. If you want to know what’s in season before you shop, visit [ww.fieldtoplate.com](http://www.fieldtoplate.com) and click on Resources to look up your state’s seasonal guide.

**Find the Unfamiliar**: To ship produce great distances, growers have developed varieties that can handle the rigors of travel. Farmers selling at local markets will often grow varieties of vegetables and fruits that don’t stand up to long-distance travel but offer greater or different flavors.

Source: American Institute for Cancer Research [www.aicr.com](http://www.aicr.com)
Texas voters overwhelmingly approved a constitutional amendment in 2007 establishing the Cancer Prevention and Research Institute of Texas (CPRIT) and authorizing the state to issue $3 billion in bonds to fund groundbreaking cancer research and prevention programs and services in Texas. CPRIT’s goal is to expedite innovation and commercialization in the area of cancer research and to enhance access to evidence-based prevention programs and services throughout the state. CPRIT accepts applications and awards grants for a wide variety of cancer-related research and for the delivery of cancer prevention programs and services by public and private entities located in Texas. More information about CPRIT is available at its website, www.cprit.state.tx.us.

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