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BecauseWeCare

Healthy Ideas for a Healthy Workplace



Photo: courtesy of University of Connecticut

Basketball Coach Takes the Fight Against Cancer Personally

Jim Calhoun is always looking for ways to use his position as head coach of the University of Connecticut men's basketball program to affect society in a positive way.

One way he does that is through the collaborative American Cancer Society program Coaches vs. Cancer®. Since getting involved with the program, Calhoun, his wife, his team, and his community have raised several millions of dollars to help the American Cancer Society's fight against cancer.

“I'm proud to have the opportunity to not only get involved myself but to be a role model for my players that you can and should give back,” Calhoun said.

To Calhoun, the fight against cancer is more than just a special cause – it's a personal battle. Just more than three years ago, Calhoun heard those three dreaded words himself: “You have cancer.” Today, he is cancer-free, after a successful prostatectomy to treat prostate cancer.

To help raise funds for Coaches vs. Cancer, Calhoun started a bike ride, which had more than 300 participants last year and raised \$200,000. He also helped start an annual gala to raise funds for the fight, and is involved in many other fundraising events.

“I have something personal riding on this besides just the fact that it's a terrific charity and it's something we should do,” he said. “Every single step we make is so important.”

The Coaches vs. Cancer program unites the top basketball coaches around the country in a common cause: eliminating cancer. For more than 10 years, the National Association of Basketball Coaches and the American Cancer Society have worked in local communities to raise money and awareness to save lives. Through year-round events, participating coaches stress the importance of early detection and healthy lifestyle choices for youth and adults. To find out how you can get involved, call 1-800-ACS-2345 or visit www.cancer.org.

“Every single step we make is so important.”

Don't Be Shy!

It's not uncommon to be a little shy or timid when in a new situation or meeting someone for the first time. Just think about how you felt on a first date, a job interview, or speaking in front of a group for the first time. Being a little shy or nervous is a completely natural reaction. Here are a few tips you can do to lessen that awkward feeling.

- Always look as impressive as you can. Looking and feeling great about yourself will boost your self-confidence.
- Smile and be friendly. Most people tend to react positively to smiling and approachable people.
- Be really and genuinely interested in other people.
- Stay up to date on current events. This will make small talk much easier.

If you're shy, you're not alone – even many celebrities consider themselves shy – Barbara Walters, Carol Burnett, and the late Johnny Carson are a few examples. If people in such public professions can overcome their shyness ... you can, too!

The Right Steps to Good Health

It's spring! The days are becoming warmer and longer. Why not get out and enjoy the nice weather by going on a walk? The benefits just might surprise you.

- Just 30 minutes of brisk walking a day can burn calories, lower blood pressure, and strengthen muscles. This can lead to weight loss, lower risk for cardiovascular disease and cancer, and decreased risk for osteoporosis.
- Making the winter doldrums disappear is a top priority for spring. Walking and physical activity enables your body to release certain chemicals that positively affect your mood.

The best way to start is to develop a plan, or simply a schedule, to help keep you committed to your new routine. Consider your lifestyle when making your plan. Do you work all week? Then take a 15-minute walk for your lunch break and then again for your afternoon coffee break. Are you retired? Walk for 30 minutes before you get

the mail or take an after dinner stroll with your husband.

Your goal is to increase your heart rate. Consult with your doctor – as you should before you begin any new physical routine – as to your ideal resting and active heart rates.



CLICK HERE for more tips on staying healthy.



50 or Older? It's Time to Get Tested!



Are you or a loved one 50 or older? It's time to talk to your doctor about getting tested for colon cancer.

The American Cancer Society recommends that everyone 50 and older should be tested, and people with a family history of

the disease should talk to their doctor about testing earlier.

Colorectal cancer is the third leading cause of cancer death among men and women in the United States – and yet it is preventable. Too often, people don't get the tests that could save their life – perhaps because the procedure seems embarrassing.

But colon cancer screenings aren't that bad. One of the tests, the colonoscopy, can help doctors identify polyps – small growths in the colon which can lead to cancer. Colonoscopies are often recommended over other colon cancer screenings because they allow examination of the entire colon,

and because if a polyp is found, it can be removed during the procedure.

Before a colonoscopy, patients are given a medicine to make them drowsy, but remain awake and cooperative. Colonoscopies can be slightly uncomfortable, but are very rarely painful.

Don't wait – talk to your doctor today about what cancer screening tests are right for you.



CLICK HERE to find out more about American Cancer Society-recommended health screenings.

Know Your Family Health History

Each day, more and more people choose to eat healthier, exercise, or get screened for diseases such as high blood pressure, diabetes, or cancer. These actions are essential in maintaining good health, but many people still ignore a necessary part of avoiding these diseases: their medical genealogy.

About 96 percent of Americans believe that knowing their family medical history is important to their health – that it could in fact save their lives. But only one-third have ever tried to gather and organize their families' health history, according to the Centers for Disease Control and Prevention (CDC).

Your doctor can use your family medical history to determine your risk

for certain medical conditions and to recommend treatments and lifestyle changes, determine what tests and screenings to order, identify conditions that might otherwise not be considered, and assess your risk for passing diseases on to your children.

Your medical family tree should include the following information for at least three generations:

- Sex
- Date of birth
- Age and cause of death
- Diseases or medical conditions
- Behavioral factors including diet, exercise, smoking, and drinking habits, and history of weight problems



CLICK HERE for help in creating your family's health history.



Have a Fun and Healthy St. Patrick's Day

St. Patrick's Day is no longer just for people of Irish descent. This March holiday seems to bring out a "wee bit" of Irish in most of us. Although this festive green celebration is associated with plentiful foods and drinks, your lucky charm for this March 17 is *moderation*.

Some popular St. Patrick's Day food items include corned beef and cabbage, stew, leeks, and potatoes. Just remember that crucial word when choosing from these mouth-watering dishes and mugs of green beer and Irish coffees ... *moderation*. A few tips to help you on your way:

- Go Green! Green foods are healthy because of their vitamins, water, and antioxidant content, so St. Patrick's Day is the perfect time to incorporate more

of them into your diet. Add broccoli, leafy greens, avocados, and the like to salads, stews, and casseroles.

- Watch your alcohol intake. Binge drinking can harm the liver and brain and lead to alcohol poisoning. Drink only in moderation and be sure to designate a non-drinking driver before heading out to a party.

With a bit of planning, you won't need the luck of the Irish to have a happy and healthy St. Patty's Day.



CLICK HERE for more tips on eating right on St. Patrick's Day and anytime.

Fig, Ginger, and Butternut Squash Risotto

Serves 4
Prep time: 15 minutes or less
Total time: 1 hour and 15 minutes or less

4 to 5 cups reduced-sodium chicken broth, divided	1 ½ cups Arborio or Carnaroli rice
5 dried figs, stems removed	1 cup dry white wine
1 tablespoon olive oil	½ cup freshly grated Parmesan cheese
¼ cup finely chopped onion	Salt and freshly ground black pepper

1 tablespoon finely chopped fresh ginger
 2 cups peeled, seeded, and finely chopped butternut squash (about 12 ounces)


In a saucepan, combine one cup chicken broth and figs and bring to a simmer. With a slotted spoon, transfer the figs to a cutting board, finely chop, and set aside. Add the remaining four cups chicken broth to the pan and bring to a light simmer. Cover and keep warm over very low heat.

In a large saucepan or stockpot over medium heat, add oil. Sauté the onion, ginger, and squash for 5 to 8 minutes, or until softened. Add rice and sauté for 1 minute. Add wine and stir until almost completely absorbed.

Begin slowly adding the broth, ½ cup at a time, stirring frequently. Wait until each addition is almost completely absorbed before adding more, 3 to 5 minutes for each addition. Continue to add broth, stirring frequently, for 30 to 40 minutes, or until the risotto has a creamy texture but is still slightly firm to the bite. You might not need to use all of the liquid.

Stir figs and cheese into the risotto. Season with salt and pepper and serve immediately.

Per Serving (for four servings)
 Calories: 425
 Total Fat: 8 g
 Saturated Fat: 2.7 g
 Trans Fat: 0.0 g
 Dietary Fiber: 4 g



CLICK HERE to order
The Great American Eat-Right Cookbook.

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FIGS – More than a “Newton”

Heralded as one of the world’s healthiest foods, the fig is experiencing a resurgence in popularity that hasn’t happened in its nearly 2,000-year life span.

Figs are devoured for their unique texture of sweet chewy flesh and crunchy seeds. Unfortunately, many of us only know the fruit from its many mentions in the Bible, and from “Fig Newton” snacks. There’s so much more to know.

- Figs have the highest fiber content of any fresh or dried fruit, one of the highest calcium contents of any fruit, and they’re chock full of antioxidants.
- Fresh figs are available in your supermarket from June to September and are extremely perishable. Store them on a paper towel in the refrigerator and eat within three days.
- Figs contain a natural humectant, a chemical that extends the freshness and moistness of baked foods. Consider replacing half the butter or oil in your next baked recipe with a fig puree. It not only enhances the moistness of your food, it adds a healthy dose of sweetness!
- Consider topping your breakfast cereal with a few chopped dried figs, quarter them in salads, or even stuff a fresh fig with goat cheese and almonds for an instant appetizer.

In the Next Issue

- **Grow your Own Vegetables**
- **Local Produce: A Healthy and Smart Choice**
- **Tips for Dealing With Seasonal Allergies**

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All content for BecauseWeCare is provided by the American Cancer Society.

Meeting the growing consumer and employee demands for increased health services on the job, the American Cancer Society Workplace Services program provides corporate tools and resources to initiate or enhance existing employee health and wellness services.

To sign up for this e-newsletter, please log on to www.acsworkplacesolutions.com. To learn more about American Cancer Society programs, services, and upcoming events, please call 1-800-ACS-2345 or visit www.cancer.org.