



# Prevention

National Colon Cancer Prevention Month March 2020

## COLON CANCER AWARENESS MONTH

### COLORECTAL CANCER PREVENTION

**Healthy behaviors and cancer prevention:** In 2018, the updated World Cancer Research Fund/American Institute for Cancer Research (WCRF/AICR) **Cancer Prevention Recommendations** (Third Expert Report on Diet, Nutrition, Physical Activity) were published.<sup>1</sup> A 7-point scale (with an optional 8<sup>th</sup> point for breastfeeding) was developed to evaluate the impact of guideline compliance.<sup>2</sup> Increased **guideline compliance is associated with reduced cancer incidence**. In the Atherosclerosis Risk in the prospective Communities cohort study, **each additional point in the 7-point scale reduced colorectal cancer incidence by 12%** in both white and black populations.<sup>3</sup>

#### WCRF/AICR) Cancer Prevention Recommendations

**1. Be a healthy weight.**

BMI: 18.5-24.9 (0.5 pt); 25.0-29.9 (0.25 pt); <18.5 or ≥ 30.0 (0 pt)

Waist circumference (in): M <37, F <31.5 (0.5 pt); M 37-<40, F 31.5-<35 (0.25 pt); M ≥40, F ≥35 (0 pt)

**2. Be physically active** (minutes/week moderate-vigorous activity): ≥150 (1 pt); 75->150 (0.5 pt); <75 (0 pt)

**3. Eat a diet rich in wholegrains, vegetables, fruit, and beans**

Fruits and vegetables (g/day): ≥400 (0.5 pt); 200-<400 (0.25 pt); <200 (0 pt)

Total fiber (g/day): ≥30 (0.5 pt); 15-<30 (0.25 pt); <15 (0 pt)

**4. Limit consumption of “fast foods” and other processed foods** high in fat, starches or sugars (tertiles)

**5. Limit consumption of red and processed meat** (g/week): Red meat <500 and processed meat <21 (1 pt); red meat <500 and processed meat ≥21-100 (0.5 pt); red meat >500 or processed meat >100 (0 pt)

**6. Limit consumption of sugar-sweetened drinks** (total g/day): 0 (1 pt); >0-≤250 (0.5 pt); >250 (0 pt)

**7. Limit alcohol consumption** (g/day): 0 (0 pt); M >0-≤28 (2 drinks); F >0-≤14 (1 drink) (0.5 pt); M >28 (2 drinks); F >14 (1 drink) (0 pt)

**8. (Optional) For mothers: breastfeed your baby**, if you can: 6+ months (1 pt); 0-<6 months (0.5 pt); never (0 pt)

**NOTE:** The maximum WCRF/AICR) Cancer Prevention Recommendations score for these items is 7.0 (8.0 if including the optional breastfeeding recommendation for mothers). The scale offers multiple approaches for reducing colorectal cancer risk. On average, a 1-point increase in the score reduces colorectal cancer risk by 12% in Caucasian and African American patients. The “fast food” and highly processed food item excludes red and processed meats and sugar sweetened drinks. It is left defined by tertiles to allow for variation in national diets and in food frequency questionnaires used to quantify dietary components.

### COLORECTAL CANCER SCREENING

**Knowledge Increases Screening:** Knowledge about lifestyle risk factors was associated with willingness to undergo screening in the Norwegian population.<sup>4</sup>

**Ongoing Colonoscopy:** The initial colonoscopy in the US PLCO Screening Trial contributed about 70% of the observed reduction in cancer incidence, while 30% was attributed to subsequent (surveillance) colonoscopies.<sup>5</sup>

#### REFERENCES

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# The Strang Cancer Prevention Cookbook

## Walnut-Raisin Bread

**Reduce your Risk for Cancer by Eating a Healthy Diet!**

### 2 Loaves

3 cups warm water  
1 1/4-ounce envelope active dry yeast  
4 cups whole wheat flour  
1 tablespoon plus 1 teaspoon salt  
1/4 cup honey  
1/4 cup walnut oil  
2 tablespoons olive oil  
1 cup crushed walnuts  
3/4 cup raisins  
2 1/2 cups all-purpose flour



In a small bowl combine 1/2 cup of the water with the yeast. Stir lightly to combine and let sit for 5 minutes.

In a mixer or mixing bowl combine the whole wheat flour and salt. Make a small well in the center by pushing the flour to the sides. Pour the yeast, remaining water, honey and walnuts and olive oils into the center; mix. Add the walnuts, raisins and 1 cup of the all-purpose flour and mix. Add the remaining all-purpose flour 1/3 cup at a time, working the dough together; it should be moist and lightly sticky.

Place the dough on a work surface dusted lightly with flour and knead for 8 minutes until the dough is soft and elastic (add more flour only if the dough is very sticky).

Place the dough in a large, lightly greased bowl, cover tightly with plastic wrap, and let rise in a warm (but not hot) place until doubled in size, about 1 1/2 hours.

Punch down the dough and shape into 2 oval loaves. Line a baking sheet with parchment paper sprayed lightly with cooking spray. Place the loaves on the baking sheet and let it rise until almost doubled in size, about 40 minutes.

Preheat the oven to 375 F. Bake the loaves on the middle oven rack for 40 to 45 minutes, rotating the pan midway through baking; the bread should be browned lightly. Lift off the baking sheet; the loaves should sound hollow when tapped on the bottom.

Calories 161, Protein 5g, Carbohydrates 25g, Fat 5g, Cholesterol 0 mg, Dietary fiber 3g, Saturated fat 1g

Phytochemicals: phytic acids, plant polyphenols (phenolic acids), plant sterols, protease inhibitors

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