

OCTOBER 2022

Healthy Living

Did you know that October is Breast Cancer Awareness Month?



Breast cancer is the second leading cause of cancer death among women, and each year it is estimated that over 252,710 women in the United States will be diagnosed with breast cancer and more than 40,500 will die.

Genetic risk factors include:

- Gender: Breast cancer occurs nearly 100 times more often in women than in men
- Age: 2 out of 3 women with invasive cancer are diagnosed after age 55
- Race: Breast cancer is diagnosed more often in Caucasian women than women of other races
- Family history and genetic factors: If your mother, sister, father or child has been diagnosed with breast cancer or ovarian cancer, you have a higher risk of being diagnosed with breast cancer in the future
- Menstrual and reproductive history: Early menstruation (before age 12), late menopause (after 55), having your first child at an older age, or never having given birth can also increase your risk for breast cancer
- Dense breast tissue

Environmental and lifestyle risk factors include:

- Lack of physical activity: A sedentary lifestyle with little physical activity
- Poor diet: A diet high in saturated fat and lacking fruits and vegetables
- Being overweight/obese
- Drinking alcohol
- Radiation to the chest
- Combined hormone replacement therapy (HRT)

However, keep in mind:

60-70% of people with breast cancer have no connection to these risk factors at all, and others with risk factors will never develop cancer.



FEATURED RECIPE

Roasted Cauliflower and Potato Curry Soup

Ingredients

- 2 teaspoons ground coriander
- 2 teaspoons ground cumin
- 1 ½ teaspoons ground cinnamon
- 1 ½ teaspoons turmeric
- 1 ¼ teaspoons salt
- ¾ teaspoon ground pepper
- 1/8 teaspoon cayenne pepper
- Small head cauliflower, cut into florets (about 6 cups)
- 2 tablespoons extra-virgin olive oil, divided
- 1 large onion, chopped
- 1 cup diced carrot
- 3 large cloves garlic, minced
- 1 ½ teaspoons grated fresh ginger
- 1 fresh red chili pepper, such as serrano or jalapeno, minced, plus more for garnish
- 1 (14 oz) can no salt added tomato sauce
- 4 cups low-sodium vegetable broth
- 3 cups diced peeled russet potatoes (1/2 inch)
- 3 cups diced peeled sweet potatoes (1/2 inch)
- 2 teaspoons lime zest
- 2 tablespoons lime juice
- 1 (14 oz) can coconut milk
- Chopped fresh cilantro for garnish



Directions

1. Preheat oven to 450 degrees F.
2. Combine coriander, cumin, cinnamon, turmeric, salt, pepper and cayenne in a small bowl. Toss cauliflower with 1 tablespoon oil in a large bowl, sprinkle with 1 tablespoon of the spice mixture and toss again. Spread in a single layer on a rimmed baking sheet. Roast the cauliflower until the edges are browned, 15 to 20 minutes. Set aside.
3. Meanwhile, heat the remaining 1 tablespoon oil in a large pot over medium-high heat. Add onion and carrot and cook, stirring often, until starting to brown, 3 to 4 minutes. Reduce heat to medium and continue cooking, stirring often, until the onion is soft, 3 to 4 minutes. Add garlic, ginger, chili, and the remaining spice mixture. Cook, stirring, for 1 minute more.
4. Stir in tomato sauce, scraping up any browned bits, and simmer for 1 minute. Add broth, potatoes, sweet potatoes, lime zest and juice. Cover and bring to a boil over high heat. Reduce heat to maintain a gentle simmer and cook, partially covered and stirring occasionally, until the vegetables are tender, 35 to 40 minutes.
5. Stir in coconut milk and the roasted cauliflower. Return to a simmer to heat through. Serve garnished with cilantro and chilies, if desired.