

HOW TO REACH US

If you have any suggestions for topics, articles or just need to talk to us, please feel free to contact us. You can reach **LET'S TALK..... NEWSLETTER** at Forum Health's Cancer CareCenters by calling (330) 884-4152 or (800) 222-4603.



PUMPKIN: BEYOND HALOWEEN

By Pam Evans, RD, LD, CDE

Besides being great for Halloween fun, pumpkins make wonderful eating. Just one-half cup of canned pumpkin provides 4 grams of fiber, no fat or cholesterol, and only 50 calories. Pumpkin also has more beta-carotene per serving than any other commonly eaten food. Your body converts beta-carotene into vitamin A, and it may protect against heart disease and some cancers.

Fresh Pumpkins

Small sugar or pie pumpkins are best for eating. Be sure pumpkins are clean and dry, then store in a cool, dry dark place. Depending on storage conditions, pumpkins may last for several months. To make pumpkin puree, peel pumpkin and cut into chunks. Steam pumpkin chunks until quite tender and drain well. Puree in a food processor or use a potato masher, then drain again through a fine sieve of coffee filter. You may also bake unpeeled, seeded pumpkin halves until tender, about 1 hour. Scoop the flesh out of the shell and puree. This puree will be drier so you won't need to drain it. Puree may be frozen for up to six months.

Canned Pumpkins

Canned pumpkin puree is easy to use and works well in recipes. Be sure to purchase plain pumpkin and not the pie filling, which contains sugar and other ingredients.

Cooking Tips

- You can substitute pumpkin for winter squash in most recipes.
- Stir pumpkin puree into soups, chilies and stews.
- Cut a fresh pumpkin into cubes and toss with 1 tablespoon oil, 2 tablespoons thawed apple juice concentrate and a dash of nutmeg. Put into a

baking pan coated with cooking spray and roast in a 400-degree oven for 30 minutes or until tender, stirring once.

- Make delicious, quick pumpkin soup by heating 1 can (15oz) pumpkin, 1 can (14.5 oz) broth, ½ cup water or skim milk, and 1 teaspoon mild curry powder together in a medium saucepan.
- Soften 1 pint nonfat vanilla ice cream, fold in ½ cup canned pumpkin, 2 tablespoons sugar and ½ teaspoon pumpkin pie spice. Refreeze, then scoop into 4 dishes to serve.

Pumpkin Trivia

For anything and everything you could ever want to know about pumpkins, go to www.pumpkinnook.com.



RECIPE

PUMPKIN PIE OATMEAL

- 1 small apple, finely diced
- 2/3 cup apple juice
- 2/3 cup skim milk
- ½ cup pumpkin puree
- ½ teaspoon pumpkin pie spice or cinnamon
- 2/3 cup quick oatmeal, uncooked

Combine everything but the oatmeal in a 1-1/2 quart microwave-safe dish. Bring just to boiling in the microwave (about 4-5 minutes on full power). Stir in oatmeal and heat at full power for 1 minutes longer. Serves 2 -3.

BREAK ANY HABIT FOR GOOD

Written by Norma Connelly, LISW, EAP

Nervous habits are hard to break because you aren't conscious of doing them. This exercise makes it easier for your brain to notice when you're doing them. How? When you find yourself doing something you'd like to stop, put one bean in an empty cup. You'll see how often you're doing your habit and that will send a visual message to your subconscious making you more aware of the habit. At the end of every day, put all the beans back into one cup. After a few days, you'll notice that the number of beans in the empty cup will be fewer and fewer until there are none and your habit is gone.

SMOKELESS TOBACCO: TIPS TO QUIT

Written by Pam Stephenson, RN, MSN, CS, AOCN, CHPN

Many people believe that smokeless tobacco, or chewing tobacco, is a safe alternative to smoking. It is not. If you have found yourself caught with a smokeless tobacco habit there are some things you can do to try to quit. Kicking the habit is difficult and you have to want to be free from the nicotine to be free. The following is the advice of the American Academy of Family Physicians (AAFP) for stopping the use of smokeless tobacco. They admit that this advice may not apply to everyone and recommend that you discuss your strategy with your physician before attempting to quit using smokeless tobacco.

Tip #1. Choose a date to quit and stick to it. The date should be one to two weeks in the future to allow you to plan your strategy for quitting. Think about what you will do when the urge to chew strikes – consider a hobby. Use the two weeks to cut down on the amount you chew and make sure that all smokeless tobacco is out of the house before the target date arrives.

Tip #2. It may be necessary to use nicotine replacement to make a gradual transition to becoming smoke free. The AAFP estimates that anyone using more than three pouches or tins of smokeless tobacco per week may need a nicotine supplement. It may be necessary for anyone who uses smokeless tobacco within 30 minutes of waking the morning or swallows the tobacco juice when they chew. The most popular form of nicotine replacement is in the form of a patch. Your doctor can help you decide if nicotine replacement is right for you, in the meantime, try sugarless gum, hard candy, or beef jerky to head off the urge to chew.

Tip #3. Put the money you are saving each week by not buying smokeless tobacco in a jar. Watch how fast the money adds up and periodically reward yourself with something special using the money you have saved on tobacco.

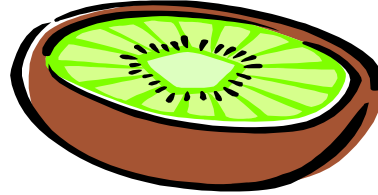
Tip #4. Be kind to yourself if you slip and start using smokeless tobacco again. It is very difficult to quit, though well worth the effort. If you do find

yourself unsuccessful the first time. . .try, try again. Think about what went wrong and how to avoid those situations the next time.



All things are difficult before they are easy.

-Thor



RECIPE

KEY LIME PIE

Healthy Eating Cookbook

- 1 ¼ cups graham cracker crumbs
- 2 tablespoons corn oil margarine, melted
- ½ cup frozen apple juice concentrate, thawed
- 1 envelope unflavored gelatin
- 2 tablespoons sugar
- 1/3 cup fresh lime juice
- 2 teaspoons lime rind zest, freshly grated
- ¼ teaspoon vanilla extract
- 1 ½ cups low-fat plain yogurt
- Fresh lime slices

Combine crumbs and margarine in a small bowl and mix well. Press crumb mixture over bottom and side of pie plate and freeze. Pour apple juice into a saucepan, sprinkle with gelatin, and let stand for several minutes or until gelatin is softened. Add sugar and cook over low heat until gelatin and sugar dissolve stirring constantly. Pour gelatin mixture into a mixer bowl, then add lime juice, rind and vanilla. Chill until mixture resembles raw egg whites, then beat until fluffy. Pour yogurt mixture into prepared crust and chill until firm. Garnish with lime slices. Makes 6 to 8 servings.

Approximately per serving: 152 calories; 5 grams of fat

IRESSA – A TREATMENT FOR LUNG CANCER

Written by Beverly Brunker, RN, BSN, OCN

Here in the Cancer CareCenter, we are participating in a clinical trial, using the drug Iressa. This once-a-day pill works to slow cancer growth by interfering with the cancer cell's internal growth signal (this is known as an Epidermal Growth Factor Receptor Inhibitor). This study targets patients, with non-small cell lung cancer who have failed other standard types of treatment, including both chemotherapy and radiation therapy.

The drug has not yet been approved for routine use, but is available on the Clinical Trial. It is one of a new class of so-called targeted therapies that works by specifically interfering with cancer growth rather than all tissues, as standard chemotherapy does. As a result, it carries far fewer side effects.

The drug is made by Astra-Zeneca and is provided free of charge to those patients enrolled on the trial. It is being studied in other types of cancer, as it awaits approval from the Federal Food & Drug Administration. For more information, please ask your doctor or call the study coordinator, Beverly Brunker, RN, BSN, OCN at the Cancer CareCenter at (330) 884-4176.

TO GRILL OR NOT TO GRILL??

Written by Debbie Gilbert, MS, RD,LD

Grilling is a popular cooking method for many Americans. But how safe is it? For many years researchers have been finding supporting evidence that links grilled "muscle meats" (red meat, poultry and fish) to some cancers. The culprits are identified as compounds, called HCAs (heterocyclic amines). These compounds have been shown to cause tumors in animals and may increase the risk of cancers of the breast, colon, stomach and prostate in humans.

Another concern in grilling is when fat from meat, poultry or fish drips onto hot coals or stones, another cancer-causing substance is formed called PAHs

(polycyclic aromatic hydrocarbons). These carbons are deposited back onto food through smoke and flare-ups caused by the drippings. Muscle meats are the main concern in grilling. Marinating seems to reduce the amount of HCAs and PAHs when you grill. The marinating may act as "barrier" keeping flames from touching the meat. Vinegar, citrus juice, herbs, spices, olive oil and safflower oil all seem to contribute to the prevention of HCA formation.

Although researchers disagree on the effects of grilling, one should always err on the side of safety. Grilling should be fine if you don't grill over an open flame or let the meat touch the fire or burn. Consider eating grilled foods in moderation.

Here are some recommendations for safe grilling:

- Marinate your meats before grilling.
- Choose lean, well trimmed meats.
- Remove the skin from poultry.
- Avoid high fat meats such as ribs or sausages.
- Pre-cook meats, fish and poultry in the oven or microwave before grilling.
- Keep your meat portions small.
- Use tongs or a spatula to turn foods.
- Turn often and cook on lower temperature.
- Avoid letting juices drip on to the fire.
- Do not let flames touch the food.
- Remove all charred or burnt portions.
- Grill marinated vegetables or fruits as an alternative.



RECIPE

CLASSIC MARINADE

½ cup rice or white wine vinegar

1 Tbsp. canola oil

¼ cup finely chopped onion

1 small bay leaf

2 sprigs fresh rosemary, thyme or oregano (or ½ tsp dried)

2 cloves garlic, finely minced

½ tsp. freshly ground black pepper

In bowl, combine marinade ingredients until well blended. Add food and turn several times until all sides are coated. Cover and refrigerate for at least 30 minutes, occasionally turning food so that marinade is evenly distributed. Drain and discard marinade. Grill, turning often to prevent charring.



BE THANKFUL AND GET WHAT YOU EXPECT!

*Written By Deborah M. Dashko, RN, BA, LPC,
OCN, CHES, CPDS*

As I sit here to prepare an article for the October/November newsletter, many things come to mind ... the harvest, mums, pumpkins, turning of the leaves and Thanksgiving Day. November 28th is the actual "Day of Celebration", but I think many of us have been thinking of what we are thankful for since September 11th, 2001.

One of the traditional things that I do at Thanksgiving is to make a list of all the things that I am thankful for in my life. You may think that this is a hard task, but I can tell you that it is not! I usually punch out over fifty things in a matter of minutes, without even slowing down. Most of those "things" I'm thankful for turn out to be people. Have you ever made a list like that? It's amazing what such a simple exercise does for your attitude.

I have lived by what I call "basic laws of life". One of those laws is: **In any given situation, you can take one of two attitudes: Be thankful for what you have, or regret that you don't have more.** The attitude you choose will determine your happiness in life.

Another familiar law ... "**you tend to get what you expect**", is really a part of the attitude of being thankful. The more you learn to be thankful in your life, the more things come into your life to be thankful for. The more good things come into your life, the more you tend to expect good things. That's pretty neat! It's a cycle you can start by simply being thankful for what you already have.

I think that when you learn to be thankful for even the problems in your life, then you start to understand what the principle of being thankful is all about. We all know that when the problem occurs, this is hard to do. But if you look back at a crisis

that you have conquered and worked through, I'll bet that you can see the "good" that came from the "bad."

Develop the habit of being thankful for everything in your life, and you'll find yourself becoming a happier person. You stop feeling out of control when you start realizing that problems are actually steps toward good things in your life. You find yourself remaining calm when it seems the world is falling apart around you. It's a good feeling! And as always ... it's a matter of choice!

THANKS FOR THE SILVER LINING

Written by Mary C. Morris, MSED., LSW

Through the generosity of many people, the Silver Lining Fund has been able to brighten the lives of many cancer patients and their families. The Fund was initiated in 1972, by Dr. Lawrence Pass, MD and a group of dedicated volunteers, and is still going strong almost thirty years later. Eligibility is based on financial need and circumstances. Individuals must be residents of the Mahoning Valley and being actively treated for a cancer-related diagnosis. The fund is unable to pay doctor/hospital bills but, is meant to provide some assistance while other avenues are being explored, or agency paperwork being processed.

The Silver Lining Fund is maintained primarily by donations from people in the community. It is one of the few Funds that is available directly to the patients. If you would like further information for either assistance, or to make a donation, please contact The Silver Lining Fund, 500 Gypsy Lane, Youngstown, Ohio 44501, ((330) 744-5558 or (330) 884-4189.

We Can Help

THE 
SILVER LINING
CANCER FUND INC.