Healthy Living

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Diet, exercise, smoking, and other lifestyle choices you make all impact your overall health and your risk for cancer. To help you stay well, the American Cancer Society offers the Healthy Living Newsletter, a monthly email with useful information on eating right, staying active, and other steps you can take to help reduce your cancer risk. | Español

How to Find Reliable Health Info Online

Be a savvy searcher when you're looking for health information or buying prescription drugs online. Find reliable answers to your medical questions and avoid being scammed.

LEARN MORE

6 Tips for Managing Stress

Have a lot on your mind? While stress is a natural part of daily life, it can damage your health if you let it get out of control. Try these 6 stress reducers to help you keep your cool.

Burned out on exercise? Try the buddy system.

If your solo exercise routine is leaving you less than energized, try working out with a friend for some added motivation and rewards.

Food Safety: Dyes and Additives
Food dyes make fruit punch red and toothpaste blue. **But how safe are they?** Read about how the FDA regulates color additives in our food.

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**Recipe: Raspberry-Peach Yogurt Smoothie**

What better way to enjoy healthy yogurt than in a **delicious smoothie**? Our creamy raspberry-peach concoction makes a yummy breakfast or snack.
How to Find Reliable Health Info Online

When you’re facing a serious illness, the Internet can be a valuable resource. A good online search can help you find answers to your questions and connect you with people and resources to help when you need it most.

But a bad search can get you wrong or outdated facts, medical information that may not apply to you, or even worse, an invitation to be scammed when you’re most vulnerable. Here are some ways to stay savvy as you search online:

- Look for trustworthy and reliable websites as your sources. Sites affiliated with government agencies, hospitals, universities, and major public health and health advocacy organizations, such as the American Cancer Society, are often the best places to find quality information on the disease. These organizations work to provide fact-based articles that are reviewed by noted experts and updated often.

- Check with the Health On the Net Foundation (HON). HON is an organization based in Switzerland whose mission is to guide people to useful and reliable online medical and health information. Participating websites must agree to abide by an ethical code of conduct, which covers things like authorship, documentation of materials, and sponsorship of the site.

- Be suspicious of websites that make claims of “miraculous cures” or “secret ingredients” only available from one company, sites that feature stories of people who have had amazing results from a product without showing clear scientific data, and sites that make it hard to connect with the person or business.
running the site. Such sites may contain information that is not based on careful science and may deliver misleading information in order to sell you a product.

Although the Internet can be a useful way to learn more about health information, programs, and services, it is not meant to take the place of a doctor's care. If you have a serious illness, seek the advice of a trained health professional who can look at the specific details of your health and help you make informed choices.

**Buying Prescription Drugs Online**

Buying prescription drugs online can save you time and money, but you should watch out for a few things.

Some websites that sell prescription drugs are operating without a license, operating illegally, or operating from a foreign country where shipments to the US are unregulated. That means the US has not checked to make sure the medicine was shipped and stored properly, is within its expiration date, and contains the ingredients the website says it does.

In addition, some sites that say they’re from Canada really get their drugs from Asia, South America, or Eastern Europe, where fake drugs are more widespread and rules are not enforced as strictly. And some fake sites have stolen consumers’ financial or other personal information.

The US Food and Drug Administration says a safe website for buying online prescriptions has these 4 things:

- It’s located in the US and licensed in the state where it’s operating.
- It has a licensed pharmacist you can contact with questions.
- It requires a prescription from a doctor licensed in the US.
- It has a way for you to talk to a person if you have problems.

The [National Association of Boards of Pharmacy](https://www.nabp.net) reviews websites to determine if they maintain safe pharmacy practices. Check the list for the ones it recommends.
6 Tips for Managing Stress

Stress is a natural part of our daily lives. It can be triggered by any demand, from filing income taxes and commuting to work, to serious life changes such as death, divorce, and illness.

When you face a stressful situation, your pulse quickens, you breathe faster, your muscles tense, and your brain uses more oxygen and increases activity. In the short term, it can boost your immune system. But if the stress response lasts too long, it can damage your health.

You can’t always avoid the stress in your life, but you can learn to better cope with it. The National Institutes of Health recommends these steps:

1. Set priorities: Decide what must get done and what can wait, and learn to say no to new tasks if you are overwhelmed.
2. Stay in touch with people who can provide emotional and other support. Ask for help from friends, family, and community or religious organizations to reduce stress due to work responsibilities or family issues, such as caring for a loved one.
3. Take time to do relaxing activities you enjoy, such as reading, yoga, or gardening.
4. Avoid dwelling on problems. Focus on what you have accomplished, not what you have been unable to do.
5. Exercise regularly. Just 30 minutes per day of moderate walking can help boost mood and reduce
Keeping Well in Mind, Body, and Spirit

If you're a cancer survivor or caregiver, take a free American Cancer Society I Can Cope® class and learn practical tips about keeping well in mind, body, and spirit.

6. If you feel like you are using drugs or alcohol to cope, or are having suicidal thoughts, see a mental health professional.
Burned out on exercise? Try the buddy system

Some days, taking time to exercise can seem like a serious chore. If you're feeling burned out on your solo routine or are finding it harder to get motivated to move as much as you should, it may be time to find an exercise buddy.

Exercising with a friend offers a host of benefits:

- **Accountability**: You are much more likely to lace up your athletic shoes if you know someone is counting on you to show up.
- **Encouragement**: Your friend can offer you support when you hit a plateau and help you push yourself to the next level.
- **Camaraderie**: That 3-mile course will go by in the blink of an eye if you and a buddy spend your time swapping stories as you run.

So find a pal, and share some fitness time. You may find exercising becomes your favorite part of the day!
Adding even a little more exercise into each day can have health benefits. Use these ideas to get motivated and be more active.
Food Safety: Dyes and Additives

Food dyes, also called color additives, are used in a wide variety of food, dietary supplements, and drugs. They are regulated by the US Food and Drug Administration (FDA) to make sure they're safe to eat. And according to the FDA, when used properly, food additives are very safe.

New color additives are tested in lab animals to determine whether they cause any health problems. The FDA evaluates these studies before clearing them for use in products sold in the US. In addition, the FDA takes the following steps to ensure safety:

- FDA approval of a color additive for one intended use does not automatically mean it’s approved for other uses.
- The FDA can take actions against companies – including seizing their products – if violations occur.
- The FDA monitors reports of problems related to color additives. If you experience a problem, contact your local FDA Consumer Complaint Coordinator.

According to the FDA, it is possible, but rare, to have an allergic reaction to a color additive. The FDA says people with a sensitivity to a specific additive should read product labels carefully.
Is There a Link to Cancer?

Learn more about food additives and their potential impact on cancer risk.
Recipe: Raspberry-Peach Yogurt Smoothie

Yogurt is made from milk, when living organisms (a kind of good bacteria) convert the milk’s sugar into lactic acid. That gives yogurt its unique flavor and texture. Look for yogurt marked with the “live and active cultures” seal. Those good bacteria can help strengthen your immune system.

Strengthening your immune system can be delicious! Just try our raspberry-peach yogurt smoothie from the Great American Eat-Right Cookbook, which you can get in the American Cancer Society bookstore.

Recipe: Raspberry-Peach Yogurt Smoothie

1 cup frozen raspberries
1 cup frozen peaches
1 (6-ounce) container nonfat plain or vanilla yogurt
¾ cup apple juice

In a blender, combine raspberries, peaches, yogurt, and juice. Process until smooth.

Serves 2.

Per Serving:
Calories 165
Calories from fat 5
Total fat 0.5 g
Saturated fat 0.1 g
Trans fat 0.0 g
Polyunsaturated fat 0.2 g
Monounsaturated fat 0.1 g
Cholesterol 5 mg
Sodium 60 mg
Total carbohydrate 37 g
Dietary fiber 2 g
Sugars 33 g
Protein 6 g