

# InFlight

## Wellness Weekly

**HEALTH PROMOTION**  
United States Air Force

Wellness Tips To Better Your Life

Healthy Weight & Nutritional Fitness



### BREAST CANCER AWARENESS

## Nutrition Recommendations to Decrease Risk of Postmenopausal Breast Cancer

There is convincing scientific evidence on the relationship between weight and postmenopausal breast cancer. The American Institute for Cancer Research (AICR) has found that having greater body fat (as measured by BMI, waist circumference and waist-hip ratio), as well as, greater weight gain in adulthood (after age 30), will increase a woman's risk for breast cancer.

Unintended weight gain increases risk for breast cancer after menopause, and we know nutrition plays an important role in weight maintenance! AICR recommends that we make 2/3 or more of our plate plant-based foods. Plant-based foods include vegetables, fruits, whole grains, nuts, and beans. The other 1/3 or less of our plate can be animal protein, which includes meat, poultry, fish, eggs, and dairy.

A great example of putting these recommendations into practice is to create a "cancer-protective breakfast" as a way to manage weight and hunger:

1. Choose a 100% whole grain as your "breakfast base." This can include oatmeal, whole wheat bread, quinoa, or whole-grain cereals. These are a great source of dietary fiber, which is an important nutrient to increase feelings of fullness and keep your digestive tract regular.
2. Add a rainbow of fruits and/or vegetables! Add berries to your cereal, avocado to your toast, or a medley of vegetables to your breakfast burrito. Vegetables and fruits are important source of plant nutrients and additional fiber.
3. Include a healthy protein to keep you feeling full for longer. Nuts and nut butters, seeds, eggs, yogurt, cottage cheese, and tofu are all great options.



Although there are many factors that may contribute to a person's risk for breast cancer, there are only certain behaviors that we can control, known as "modifiable behaviors." These behaviors include the food choices we make, how much physical activity we do daily, and if we consume alcohol and/or tobacco products.

The AICR offers a 12-week "New American Plate" Challenge to encourage healthy eating behaviors, increased physical activity and weight management. The program consists of weekly emails, an online community, and an online journal. To learn more, visit <http://napchallenge.org/about-the-challenge/>.

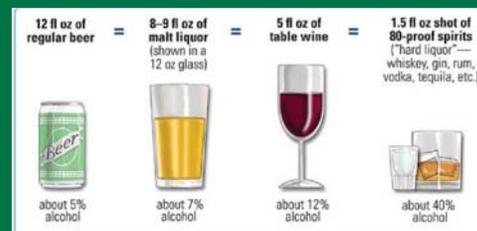
American Institute for Cancer Research: Breast Cancer. Retrieved from <https://www.aicr.org/continuous-update-project/breast-cancer.html>  
 American Institute for Cancer Research: Building a Cancer-Protective Breakfast. Retrieved from <https://blog.aicr.org/2019/08/30/building-a-cancer-protective-breakfast/>

 **AIR FORCE MEDICINE**  
TRUSTED CARE...ANYWHERE  
[WWW.AIRFORCEMEDICINE.AF.MIL](http://WWW.AIRFORCEMEDICINE.AF.MIL)

See calendar on other side to see what is going on this week

### Does Alcohol Increase Breast Cancer Risk?

According to the American Institute for Cancer Institute (AICR), there is strong evidence that drinking alcohol increases the risk of premenopausal and postmenopausal breast cancer. For cancer prevention, the AICR recommends not drinking any alcohol; however, if you do choose to drink, limit your intake to 2 drinks daily for men, and 1 drink per day for women.



Although the exact link between alcohol and breast cancer is unknown, there are three hypotheses:

- The empty calories from alcohol can lead to weight gain, and excess body fat can lead to increased cancer risk
- Ethanol, or the alcohol in these beverages, can increase levels of estrogen and other hormones associated with breast cancer
- People who drink alcohol may have reduced folate absorption

In addition to breast cancer, alcohol intake also increases risk of mouth, pharynx, larynx, esophagus, liver, stomach, and colorectum cancers.

Alcohol and cancer risk. Retrieved from <https://www.aicr.org/reduce-your-cancer-risk/diet/alcohol-and-cancer-risk.html>  
 Alcohol and breast cancer risk: What to know. Retrieved from <https://www.mdanderson.org/publications/focused-on-health/alcohol-breast-cancer-risk-what-to-know.h30Z1591413.html>

## A Personal Message From Your Health Promotion Health Myth Busting Team



Dear Health Myth Busters,

I understand it's important to eat more plant-based foods according to USDA's MyPlate, but I am concerned about breast cancer and soy. Is it safe to eat soy foods, or do they increase my risk of developing breast cancer?

Sincerely,  
Soy Scared

Dear Soy Scared,

Traditional soy foods include tofu, tempeh, edamame, soy nuts and soy milk. There is a lot of confusion about soy and breast cancer due to the isoflavone content of soy, which are healthy chemicals produced by plants (also known as phytochemicals). Isoflavones can act like estrogen in the body, and certain types of breast cancer have been linked with increased estrogen. However, most of the studies showing an increased risk of breast cancer and isoflavones from soy have been conducted in animals.

More recently, when soy and breast cancer studies are conducted in humans, the results have been different. First, this is thought to be because the dose of isoflavones used in animal studies are much higher. Second, humans process soy differently than animals. For breast cancer prevention, studies have shown that a moderate amount of soy foods are healthy and safe to consume daily for both those eating to prevent breast cancer and for breast cancer survivors. Some human studies have shown that eating soy foods lowers the risk of breast cancer, and also have been linked to lower rates of heart disease.

A moderate amount of soy is 1-2 servings per day (one serving provides approximately 7 grams of protein). The American Cancer Society recommends avoiding soy dietary supplements, as the isoflavone content is much higher than that found in foods, and there has not been enough research to determine if they are safe.

Sincerely,  
Health Myth Busters

Soy and Cancer Risk: Our Expert's Advice. Retrieved from <https://www.cancer.org/latest-news/soy-and-cancer-risk-our-experts-advice.html>  
Soy and Cancer Survivorship. Retrieved from <https://www.aicr.org/patients-survivors/healthy-or-harmful/soy.html>

Got questions on other health issues related to sleep health, physical activity, tobacco, or nutrition? Share them with us and we will help you "Bust The Myths!" Send your questions to [usaf.jbsa.afmsa.mbx.hpo@mail.mil](mailto:usaf.jbsa.afmsa.mbx.hpo@mail.mil). Make sure to include in the subject line "Health Myth Buster." For more online health tips visit the Air Force Health Promotion webpage <https://www.airforcemedicine.af.mil/Resources/Health-Promotion/> or [https://www.facebook.com/Joint-Base-Andrews\\_Health-Promotion\\_120094328077726](https://www.facebook.com/Joint-Base-Andrews_Health-Promotion_120094328077726)

HERE'S WHAT'S GOING ON  
WHERE YOU LIVE AND WORK

<https://www.resilience.af.mil/>

**Your Local Health Promotion Office**

Contact: Sylvia Goff, Health Promotion Coordinator, JBA  
Phone: 240-612-1745  
Email: [sylvia.a.goff.civ@mail.mil](mailto:sylvia.a.goff.civ@mail.mil)

Monday	Tuesday	Wednesday	Thursday	Friday
Classes are held at Malcolm Grow Medical Clinic, 1060 West Perimeter Rd., Joint Base Andrews MD				
<b>Taking Action - Healthy Weight Management</b> Mondays at 1500 Register at: 240-612-2703/857-7186	<b>Tobacco Cessation Program</b> Tuesdays at 1500 Register at: 240-857-7186	<b>Group Lifestyle Balance - Pre-Diabetes</b> Wednesdays at 1200 Register at: 240-612-2678	<b>Freedom from Sleep Troubles - Sleep Optimization</b> Thursdays at 1400 Register at: 240-612-1130/857-7186	<b>Health Habit Workshop - Making Changes Stick</b> Fridays at 1300 Register at: 240-857-7186
<b>Comprehensive Fitness Incentive Program (C-FIP)</b> 12 wk prgm - Mon/Wed/Fri 0700-0800, Tactical Fitness Ctr, Register at: <a href="https://www.signupgenius.com/go/8050f4ea4a62ca7f85-cfip">https://www.signupgenius.com/go/8050f4ea4a62ca7f85-cfip</a>				