

Eastport Health Care, Inc.

GET UP AND

GO

GO

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"Autumn is a second spring
when every leaf is a flower."

Albert Camus

To Help Prevent Breast Cancer, Avoid Excessive Estrogen Exposure

CURT DELLAVALLE holds a Ph.D. in environmental health from Yale University and a B.S. in biology from the University of Connecticut.

Good news: According to the National Cancer Institute's Annual Report to the Nation on the Status of Cancer, the overall rate of new cancer diagnoses continues to decline, and the rate of patients who survive at least five years after diagnosis is improving. These trends prove that although far too many people are still afflicted with cancer, cancer prevention strategies work.

But the news isn't all rosy. Cancer rates in women haven't declined for several decades and we aren't making progress in the fight against breast cancer. Each year, almost 250,000 American women are diagnosed with breast cancer, and in recent years that number has slowly risen.

Many people think there's little they can do to prevent breast cancer because they think it's all in their genes. But mutations of the two genes that are the most well-known risks, known as BRCA1 and BRCA2 genes, only cause 5 to 10 percent of breast cancers. Looking beyond genes, there is much that can be done to reduce risks.

Hormones drive many cases of breast cancer. Prolonged heavy exposure to the hormone estrogen is a major risk factor. Here are some things that will help you avoid excessive estrogen exposure and substantially lower your risk of breast cancer.

Since body fat plays a major role in estrogen production, maintain a healthy weight through diet and physical activity. EWG's new Cancer Defense Diet gives advice on what foods to eat to reduce cancer risk.

Drink in moderation, if at all. Alcohol can interfere with the action of estrogen in the body. Carefully consider hormone replacement therapy and oral contraception options. Talk to your doctor about the risks and benefits of these medications.

Reduce your exposure to endocrine-disrupting chemicals that are found in many foods, packaging items and consumer products.

Endocrine disruptors mess with our hormones. Many of them can mimic or interfere with estrogen in the body, and they have been found to cause mammary tumors in animal studies. EWG has good advice on how to avoid some of the most common endocrine disruptors. If you want to learn more, EWG took a deeper dive into the subject of endocrine disruptors. Go to www.EWG.org

EHC Wellness Team

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Wellness Team Mission is to promote, support and help provide access to a workplace that encourages environmental and social support for a healthy lifestyle.

The Dental Corner by Sue Drew

EHC Dental Department Oral Cancer Screening Advise:

Oral cancers include cancers of the lips, tongue, cheeks, floor of the mouth, hard and soft palate, sinuses, and pharynx (throat). These can be life-threatening if not diagnosed and treated early. And while the specific types of oral cancer are varied, the most common is squamous cell carcinoma.

Lesions on lips or in mouth---Usually red or white in color, these lesions can differ in shape and size but what is important to note is that they may not heal. The red lesions are called erythroplakia and the white, leukoplakia. Both can be dangerous, and red is more common than white.

Found mostly in the area inside of the mouth, they can also appear on the lips and outer lips too. These sores can be extremely painful, and as the mouth is a constant hive of bacteria, saliva, and movement, they are under constant friction.

The best option if anyone has a lump, lesion, or a chronic irritation in their mouth is to see a dental provider ASAP. They will assess the lesion and refer the patient to the proper Oral Surgeon to have a biopsy, if necessary.

Submitted, Sue Drew, RDH/IP

Healthy Mexican Sweet Potato Skins

Ingredients: [See full instructions on pinchofyum.com](http://www.pinchofyum.com)

- 3 medium sweet potatoes
- 1 can corn, rinsed and patted dry
- 1 can black beans, rinsed and drained
- 1 tablespoon butter
- 1/2 yellow onion, chopped
- 2-4 INDIVIDUAL chipotle peppers in adobo sauce, minced or pureed (not the whole can!)
- 1 ounce light cream cheese
- 1/4 cup light sour cream
- 1 teaspoon salt (+ more to taste)
- 1/2 cup cilantro, roughly chopped
- 6 tablespoons shredded cheese (Pepperjack, Cheddar, Colby Jack... anything will work)

Preheat oven to 350 degrees..Saute the onion in the butter over medium heat until soft and translucent. Set aside.Remove sweet potatoes from the oven when fork-tender. Let cool for 5-10 minutes. Cut the sweet potatoes in half. Scrape the flesh of the sweet potatoes out, leaving the skins intact. Sometimes leaving a thin layer of potato inside of the skins helps them hold together better.

Mix the flesh of the sweet potatoes with the cream cheese, sour cream, chipotle peppers, and salt. You can use a mixer or just a spoon, depending on how soft the potatoes are. When well-mixed, gently stir in the black beans, roasted corn, sauteed onions, and cilantro.Scoop the filling into the skins and top each with 1 tablespoon shredded cheese. Broil for about 5 minutes or until cheese is melted.

Upcoming Events:

- Weekly every Thursday, noon -1pm at Eastport Health Care, in conference room, Way to Wellness with Barb Vittum, nutrition & wellness class. Free and open to public
- Cancer Support Group, 5:00–6:00pm at Eastport Health Care, in conference room, Cancer Support Group is for anyone living with cancer, for the patient, survivor, family member caregiver or anyone touched by cancer. Meets the second Tuesday of every month, for details about this group call Cancer Support Center of Maine CSCOM 207-322-0960, Free
- Caregiver Community Circle, Christ Church, Key street, Eastport, Friday, December 1, 10:30pm . For caregivers caring for loved one with dementia at home. A local community circle convened to provide a place for caregivers and others to converse, receive support and build a network of resources. Meets every 6th Friday.
- Heartsaver® CPR, November 18 @ 9:00 am - 12:00 pm, Machias Memorial High School One Bulldog Lane Machias, ME 04654 Heartsaver® CPR AED is a video-based, instructor-led course that teaches adult and child CPR and AED

Eastport Health Care is an equal opportunity employer & provider



News Worthy!!

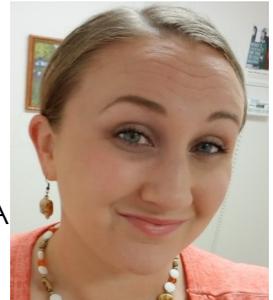
Welcome to Eastport Health Care

EHC Behavioral Health Eastport, Machias
& Calais would like to welcome
Tiffany Crowe, Helen Merchant
Kya Brown and Jennifer Cushing

Helen Merchant, CC MA



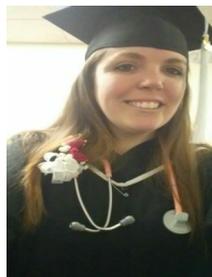
Tiffany Crowe, CNA



Jennifer Cushing , CMA
Sorry Jen we are late
welcoming you



Kya Brown CMA



NOVEMBER IS LUNG CANCER AWARENESS MONTH

know the symptoms:

B Blood when you cough or spit

R Recurring respiratory infections

E Enduring cough that is new or different

A Ache or pain in shoulder, back or chest

T Trouble breathing

H Hoarseness or wheezing

E Exhaustion, weakness or loss of appetite

If any of these symptoms are troubling you, see your doctor.

Find free patient resources, learn more about risks and symptoms and join the movement to double lung cancer survival by 2022 at

freetobreathe.org



free to breathe
a partnership for lung cancer survival

The Five Causes of Lung Cancer

Smoking, particularly of cigarettes, is by far the main contributor to lung cancer

Radon Gas, colorless and odorless gas causing mutations that sometimes turn cancerous.

Asbestos, causes a variety of lung diseases, including lung cancer. Asbestos can also cause cancer of the pleura, called mesothelioma.

Air Pollution, outdoor air pollution has a small effect on increasing the risk of lung cancer., such as fine particulates and sulfate aerosols, release in traffic exhaust.

Genetics, it is estimated that 8 -14% of lung cancer is due to inherited factors. In relatives of people with lung cancer, the risk is increased 2.4 times. This is likely due to a combination of genes.