Cancer: Control Your Risks

Cancer is the second most common cause of death in the United States, accounting for one in every four, according to the American Cancer Society. The National Institutes of Health estimate the overall cost of cancer in 2007 was $219.2 billion. These are grim statistics, but we can control our risks.

April is National Cancer Control Month and the perfect time for you to test your cancer risk knowledge.

Quiz

1. Does alcohol increase cancer risk?
   a. Yes
   b. No
   c. Inconclusive

2. Do antioxidants reduce the risk of cancer?
   a. Yes
   b. No
   c. Inconclusive

3. Does drinking coffee cause cancer?
   a. Yes
   b. No
   c. Inconclusive

4. If our genes determine cancer risk, can diet and exercise help prevent cancer?
   a. Yes
   b. No
   c. Inconclusive

5. Should large amounts of processed meats be avoided?
   a. Yes
   b. No
   c. Inconclusive

6. Will increasing physical activity lower cancer risk?
   a. Yes
   b. No
   c. Inconclusive

7. Can drinking tea help reduce cancer risk?
   a. Yes
   b. No
   c. Inconclusive

8. Does drinking water help prevent cancer?
   a. Yes
   b. No
   c. Inconclusive

9. Do the TECO Energy benefits cover preventative cancer screenings at 100 percent?
   a. Yes
   b. No
   c. Inconclusive

Answers

1. A – Yes. Excessive alcohol increases the risk of cancer of the mouth, pharynx, larynx, esophagus, liver, and breast, and probably the colon and rectum. The combination of alcohol and tobacco increases the risk of some cancers far more than drinking or tobacco use alone.

2. A – Yes. Studies suggest that people who eat more fruits and vegetables, which are rich sources of antioxidants, may have a lower risk of some types of cancer. However, benefits of antioxidant supplements are currently being studied, but have not yet shown a reduction in cancer risk.

3. B – No. Caffeine may increase symptoms of fibrocystic breast lumps in some women, but there is no evidence that it increases the risk of breast or other types of cancer.

4. A – Yes. Dietary nutrients can protect DNA from being damaged. Physical activity and weight control may delay or prevent the development of cancer in people with an increased genetic risk for cancer.

5. A – Yes. Some studies have linked eating large amounts of processed meat to increased risk of colorectal and stomach cancers. Eating processed meats and meats preserved by methods involving smoke or salt increases exposure to potential cancer-causing agents.

6. A – Yes. People who engage in moderate to vigorous levels of physical activity are at a lower risk of developing colon and breast cancer. Although weight plays an important role in cancer risk, the importance of activity is independent of weight control.

7. C – Inconclusive. Tea may help prevent against cancer because of its antioxidant content. Studies from human population studies are still mixed.

8. A – Yes. Drinking water may reduce the risk of bladder cancer. Water dilutes the concentration of cancer-causing agents in the urine and shortens the time in which they are in contact with the bladder lining.

9. A – Yes. The TECO Energy benefits cover mammograms, prostate specific antigen (PSA), and colonoscopies screenings at 100 percent. Diagnostic tests have a different level of coverage.

The information provided in this article is based on multiple studies compiled by the American Cancer Society, but is not attended to replace advice given by your physician.

Source: www.cancer.org
Event Calendar

April 16  Winter Haven Fitness Open House (7 a.m.)
May 7    WOC Fitness Open House (7 a.m. – 8:30 a.m.)
May 7    COC Fitness Open House (9 a.m. – 10:30 a.m.)
May 7    Ybor Fitness Open House (11 a.m. – 1 p.m.)
May 14   Bayside Fitness Open House (7 a.m. – 8:30 a.m.)
May 14   Big Bend Fitness Open House (9 a.m. – 10:30 a.m.)
May 14   EOC Fitness Open House (11 a.m. – 2 p.m.)
May 19-23 National Employee Health and Fitness Week

Healthier You

Phytochemicals and Cancer

Phytochemicals are a natural bioactive compound found in foods that fight diseases. They are found in fruits, nuts, whole grains and vegetables. Fruits and vegetables that are the brightest in colors typically contain the most nutrients and phytochemicals. Eating five to nine servings of colorful fruits and vegetables can decrease your cancer risk.

Here are some ideas on how to incorporate more fruits and vegetables into your daily diet:
- Breakfast - top your cereal with bananas, strawberries or blueberries. Add vegetables or salsa to eggs.
- Snack - top frozen yogurt with berries. Eat an apple with peanut butter. Snack on dried fruit. Eat celery with peanut butter or cut vegetables with hummus or other dip.
- Lunch - pack fruit to eat with your lunch. Start your meal with a salad or serve vegetables as a side dish.
- Dinner - include mandarin oranges in a salad, or chop up pineapple and add to coleslaw. Add vegetables to meatloaf or soup. Hide vegetables in common foods by pureeing them.

Sources: [www.mypyramid.gov](http://www.mypyramid.gov)

Safety Tip

Personal Protective Equipment at Home

Beginning with your first day as a team member at a TECO Energy, safety and accident prevention information comes your way. And, there’s little doubt about what types of personal protective equipment (PPE) are available and required as part of your job responsibilities. Posters, signs, videos, e-mails and safety meetings give you frequent reminders when to wear safety glasses, hard hats, hearing protection, respirators and other types of PPE.

What happens when you go home? Haven’t we all seen men and women mowing their lawns or their team members or their family members to have an accident. They encourage the use of PPE when workplace?

Tampa Electric Company’s Energy Supply is one area within TECO Energy that aggressively work in flip-flops and shorts with no safety glasses or hearing protection. Do you know anyone who takes the time to tie off a ladder? We all know people who have been cut or burned at home when, if they had been wearing gloves, the injury would not have occurred.

Does it make any sense to cut corners on safety at home when it can mean suffering a preventable injury, while incurring medical expenses and lost time? Shouldn’t our core values extend beyond the workplace?

Tampa Electric Company’s Energy Supply is one area within TECO Energy that aggressively encourages a “Take Safety Home” philosophy. The message is simple. The business unit doesn’t want their team members or their family members to have an accident. They encourage the use of PPE when performing household chores that could result in injury.

Carrying our primary core value home is easy. Encourage your spouse and children to wear recommended safety gear when using power tools. Demand that children and adults wear helmets when riding bicycles, scooters, razors, skateboards, roller blades, etc. Encourage your neighbors to be safe, too. You can use your company safety policy as a prompt to initiate the conversation. Above all, set a good example by always wearing proper PPE yourself. Your family, friends and neighbors will appreciate the advice when PPE saves them from a nasty injury.

Mark Downing, Director of Corporate Safety

RECIPES OF THE MONTH

Mint-Chocolate Meringue Cookies

Ingredients:
- 3 egg whites
- ¼ teaspoon cream of tartar
- ⅓ cup granulated sugar
- ⅛ teaspoon mint extract
- ⅛ cup mini chocolate chips or finely chopped bittersweet chocolate

Directions:
Preheat the oven to 300 degrees. Line two baking sheets with parchment paper, securing the edges with tape.

With an electric mixer, beat the egg whites and cream of tartar until soft peaks form. Gradually add sugar, 1 tablespoon at a time. Add cocoa powder and beat until the mixture becomes glossy. Add mint extract. Gently fold in chips.

Place mixture in a pastry bag fitted with a ⅛- or ¼-inch tip. Pipe 1-inch rounds onto the parchment, leaving 1 to 2 inches between cookies. With damp fingertips, press down any peaks. If a pastry bag isn’t available, spoon mixture into a zip-top bag and snip a ⅛-inch hole in the bottom corner of the bag. Batter can also be dropped with a tablespoon onto the parchment.

Bake for 25 to 30 minutes, rotating pans halfway through baking. Place baking sheets on a cooling rack for 10 minutes before peeling cookies off the parchment.

Nutritional Information:

Makes 60 cookies

Calories15
Total Fat 0 g
Cholesterol 0 mg
Carbohydrates 3 g
Protein 0 g
Sodium 0 mg
Fiber 0 g

RECIPE OF THE MONTH

Mint-Chocolate Meringue Cookies

Ingredients:
- 3 egg whites
- ¼ teaspoon cream of tartar
- ⅓ cup granulated sugar
- ⅛ teaspoon mint extract
- ⅛ cup mini chocolate chips or finely chopped bittersweet chocolate

Directions:
Preheat the oven to 300 degrees. Line two baking sheets with parchment paper, securing the edges with tape.

With an electric mixer, beat the egg whites and cream of tartar until soft peaks form. Gradually add sugar, 1 tablespoon at a time. Add cocoa powder and beat until the mixture becomes glossy. Add mint extract. Gently fold in chips.

Place mixture in a pastry bag fitted with a ⅛- or ¼-inch tip. Pipe 1-inch rounds onto the parchment, leaving 1 to 2 inches between cookies. With damp fingertips, press down any peaks. If a pastry bag isn’t available, spoon mixture into a zip-top bag and snip a ⅛-inch hole in the bottom corner of the bag. Batter can also be dropped with a tablespoon onto the parchment.

Bake for 25 to 30 minutes, rotating pans halfway through baking. Place baking sheets on a cooling rack for 10 minutes before peeling cookies off the parchment.

Nutritional Information:

Makes 60 cookies

Calories15
Total Fat 0 g
Cholesterol 0 mg
Carbohydrates 3 g
Protein 0 g
Sodium 0 mg
Fiber 0 g

RECIPE OF THE MONTH

Mint-Chocolate Meringue Cookies

Ingredients:
- 3 egg whites
- ¼ teaspoon cream of tartar
- ⅓ cup granulated sugar
- ⅛ teaspoon mint extract
- ⅛ cup mini chocolate chips or finely chopped bittersweet chocolate

Directions:
Preheat the oven to 300 degrees. Line two baking sheets with parchment paper, securing the edges with tape.

With an electric mixer, beat the egg whites and cream of tartar until soft peaks form. Gradually add sugar, 1 tablespoon at a time. Add cocoa powder and beat until the mixture becomes glossy. Add mint extract. Gently fold in chips.

Place mixture in a pastry bag fitted with a ⅛- or ¼-inch tip. Pipe 1-inch rounds onto the parchment, leaving 1 to 2 inches between cookies. With damp fingertips, press down any peaks. If a pastry bag isn’t available, spoon mixture into a zip-top bag and snip a ⅛-inch hole in the bottom corner of the bag. Batter can also be dropped with a tablespoon onto the parchment.

Bake for 25 to 30 minutes, rotating pans halfway through baking. Place baking sheets on a cooling rack for 10 minutes before peeling cookies off the parchment.

Nutritional Information:

Makes 60 cookies

Calories15
Total Fat 0 g
Cholesterol 0 mg
Carbohydrates 3 g
Protein 0 g
Sodium 0 mg
Fiber 0 g

To join a TECO Energy Power of Health Fitness Center, call 813-228-1131 or visit our website at [http://energy/wellness/](http://energy/wellness/).