



# Healthy Aging in Neighborhoods of Diversity across the Life Span

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## The Healthy Journey

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U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES • NATIONAL INSTITUTES OF HEALTH • NATIONAL INSTITUTE ON AGING

### CANCER AND CANCER SCREENING

Ask your neighbor “What is cancer?” and you will get different answers... “It’s bad.” “It can kill you.” “The cure can be worse than the disease.” There is some truth in each of these answers. What many people do not realize is that some cancers are curable and that some are preventable. And just as with any health problem, the sooner you begin treatment, the more successful you will be in curing the disease.

### Breast cancer

Many women worry that they may develop breast cancer. Anyone can develop breast cancer. Although it is much more common in women, both men and women can develop breast cancer. Some risk factors for breast cancer include family history of breast cancer, obesity, alcohol consumption, smoking, and prolonged use of hormone replacement therapy.

### *A tumor is an abnormal new mass of tissue that serves no purpose*

Every cell in your body has a certain lifespan. It is born, grows, dies, and then it is replaced by another healthy cell. However, something happens within certain cells. They may begin to reproduce rapidly and abnormally. Too many of them reproduce until they become a tumor. Tumors sometimes develop their own blood supply. Tumors may send out cells to other parts of the body where other tumors may develop. This is called metastasis. There was a time when the diagnosis of cancer was a death sentence. This is no longer the case.

Let’s talk about some of the most common cancers and what we can do about them.



### Screening for breast cancer

Regular screening test for breast cancer, such as an annual mammogram and a breast exam during your annual checkup, allow you and your doctor to ensure that your breasts are as healthy as they can be. Routine screening

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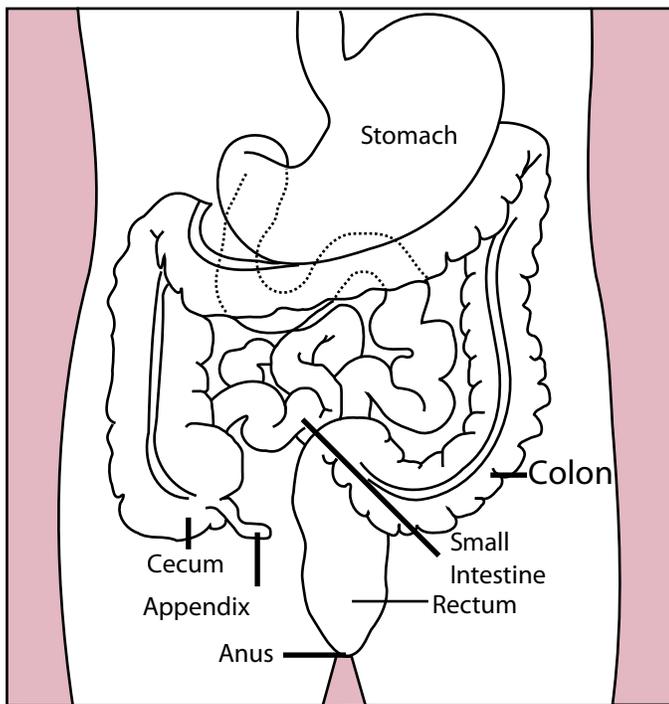
also increases the likelihood that your doctor will find breast cancer early, when it is most treatable.

### ***Colorectal cancer***

Colorectal cancer is the second leading cause of cancer deaths in the United States. Colorectal cancer is sometimes called colon cancer or bowel cancer. Many deaths due to colorectal cancer happen because the cancers were found too late to be cured. If colorectal cancer is found early enough, usually it can be cured by surgery.

Colon cancer begins in the large intestine (called the colon). Rectal cancer begins in the rectum, the part of the large intestine closest to the anus.

Some of the symptoms of colon cancer can include diarrhea, constipation, black malodorous stools, blood in stools, extreme fatigue, weight loss, and severe anemia. If you have these symptoms, it is important to have a regular screening for colon cancer.



### ***Screening for colon cancer***

Checking the stool for occult blood (Fecal Occult Blood Test) detects invisible amounts of blood in the feces, a possible sign of several disorders, including colon cancer. The test is painless and can be done at home or in the doctor's office along with a rectal exam. The presence of

blood in the stool requires more testing such as colonoscopy, flexible sigmoidoscopy, or barium study.

Before you have this test, you are given a medicine to make you relaxed and sleepy. A thin, flexible tube connected to a video camera is put into your rectum. Then, the doctor looks at your whole colon. The tube can also be used to remove polyps and cancers during the exam. Colonoscopy may be uncomfortable, but it is usually not painful. Testing for colorectal cancer should be started at age 50 years. You should begin screening at a younger age if any of the following is true for you:

- Have had colorectal cancer or large polyps in the past
- Have a close relative (brother, sister, parent or child) who has had colorectal cancer before age 60
- Have ulcerative colitis or Crohn's disease

### ***Prostate cancer***

Prostate cancer is the most common type of cancer found in American men, other than skin cancer. African American men are at higher risk of having prostate cancer than white men. Some of the risk factors for prostate cancer include age greater than 50 years and a family history of prostate cancer. People with prostate cancer can have any of these symptoms

- Difficulty starting to urinate
- Less force to the stream of urine
- Dribbling after you finish urinating
- Frequent urination
- Blood or pus in the urine
- Pain or burning feeling while urinating
- Pain with ejaculation
- Hip or back pain that does not go away over time

### ***Screening for prostate cancer***

The doctor can do a digital rectal exam. A normal prostate feels firm. If there are hard spots on the prostate, your doctor may suspect cancer. PSA is short for prostate-specific antigen. Men who have prostate cancer may have a higher level of PSA in their blood. However, the PSA level can also be high because of other, less serious causes, such as infection or enlargement of the prostate gland. Screening for prostate cancer finds many cases of cancer. It also may find conditions that aren't cancer.

**Human papillomavirus (HPV)**

HPVs are now recognized as the major cause of cervical cancer. In 2007, nearly 4,000 women will die from it. Some types of HPV cause genital warts. HPV may play a role in cancers of the anus, vulva, and vagina. Infection with HPV is a risk factor for cancer of the penis. Having sex with multiple partners is a risk factor for HPV infection. You may not know that your cervix is infected with HPV until a Pap test shows abnormal cells. There isn't a cure for HPV. Most HPV infections go away by themselves. However, if you have any cell changes on your cervix, your doctor will talk to you about your treatment options. There is a vaccine available that targets HPV-16 and HPV-18 as well as other HPV types. These are the HPV strains responsible for about 70 percent of the cases of cervical cancer.

**Screening for cervical cancer and HPV**

Cervical cancer screening should begin approximately three years after a woman begins having sexual intercourse, but no later than at 21 years old. Screening should be done every year with the regular Pap test or every 2 years using the newer liquid-based Pap test plus the HPV DNA test. Women who have had a total hysterectomy (removal of the uterus and cervix) do not need to undergo cervical cancer screening, unless the surgery was done as a treatment for cervical precancer or cancer.

This HPV test can identify 13 of the high-risk types of HPV associated with the development of cervical cancer. The test can detect high-risk types of HPV even before there are any conclusive visible changes to the cervical cells. There are currently no tests approved to detect HPV infection in men.

*Cancer, continued on page 6*

**SCREENINGS SAVE LIVES**

Cancer claims the lives of more than 10,000 Marylanders every year. African Americans carry a higher burden of breast and cervical cancers, oral cancer, and prostate cancer. These cancers, often diagnosed at a later stage, are a leading cause of death among African American women and men.

Many people do not get the screening tests that can lead to early detection, giving them a better chance of survival — even a cure. The Baltimore City Cancer Program, in

partnership with Johns Hopkins and the University of Maryland, provides no-cost cancer screenings to uninsured and under-insured residents of Baltimore City.

Screening tests help people live longer and healthier lives. You can be an active participant in your care, and that of your loved ones. Call for more information and make an appointment today!

No-cost screenings offered through the Baltimore City Cancer Program

Type of Cancer	Who should be screened?	Screening Tests	Screening Guidelines*	More information
Breast	All women	<ul style="list-style-type: none"> <li>Breast Self-Exam</li> <li>Clinical Breast Exam</li> <li>Mammogram</li> </ul>	<ul style="list-style-type: none"> <li>Monthly starting at age 20</li> <li>Every 3 years ages 20-39, then annually</li> <li>Yearly for women 40 plus</li> </ul>	University of Maryland Medicine UniversityCare Health Centers 410-328-HOPE (4673)
Cervical	All women	<ul style="list-style-type: none"> <li>Pap Test</li> </ul>	<ul style="list-style-type: none"> <li>Yearly starting at age 18 or if sexually active</li> <li>At age 30 and 3 normal tests, every 2-3 years</li> </ul>	Same as above
Oral	All adults	<ul style="list-style-type: none"> <li>Inspection of the mouth</li> </ul>	<ul style="list-style-type: none"> <li>Yearly by dentist or medical provider</li> </ul>	Same as above
Prostate	All Men	<ul style="list-style-type: none"> <li>Digital Rectal Exam</li> <li>PSA blood test</li> </ul>	<ul style="list-style-type: none"> <li>Annually starting at age 50</li> </ul>	Johns Hopkins Medicine Community Sites & Clinics 410-955-1348

\*Based on American Cancer Society Guidelines (2007) for people with an average risk of cancer and without symptoms.

## DIETARY FAT AND BREAST CANCER

Breast cancer is the leading cancer in American women, and the second most common cause of cancer death. However, the choices you make today, especially food choices, can help reduce your risk in the future.

The Dietary Guidelines for Americans suggest you get 20-35% of your calories from fat. Unfortunately, many Americans consume much more than this recommended amount. This increases their risk for breast cancer and obesity.

Over the years fat has gotten a bad reputation. Fats *are* important, they provide your body with energy, essential fatty acids your body needs to function normally, plus they help your body absorb vitamins A, D, E, and K. However, moderation is important to help prevent breast cancer.

### *Low-fat fast food choices*

Choosing fast foods that are low in fat can be difficult. Some fast food choices have half the fat requirements in just one item. An entire meal can provide much more than the maximum recommendation.

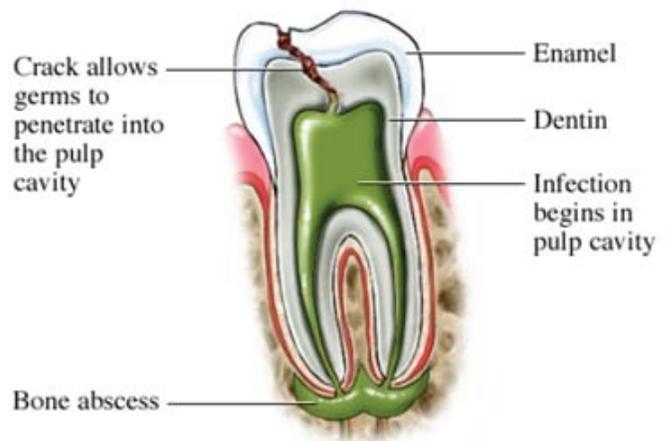
- Choose smaller portions – Order the small fries, small hamburgers, and 4-piece chicken nuggets rather than the larger versions save fat and calories
- Go for the “no frills” version – Traditional hamburgers, Chicken Nuggets, and the Egg McMuffin are lower in calories and fat than the fancier versions such as the Double Quarter Pounder with Cheese, the Chicken Selects, or the Sausage Biscuit with Egg
- Try a salad with low fat dressing
- Pick a healthy side order – Instead of fries, choose one of the new healthy side orders such as fruit or baked potato chips
- Pick veggie pizza toppings instead of meat toppings
- If you get a dessert, skip the toppings which add extra calories and fat

### *Making low fat choices*

Many fast food restaurants offer low-fat choices. Some of them are listed on page 6.

## WHEN A TOOTHACHE IS MORE THAN JUST A TOOTHACHE

We don't usually think of pain as a good thing but it is important to realize that pain can be a friend. Pain can be our first warning that something is wrong. And when the pain comes in the form of a toothache it is very often very important that it be assessed and treated as soon as possible. Recently in Maryland, a 12-year old boy died as the result of the complications from a tooth abscess. But many people read about this tragedy and wondered how can a toothache kill someone? Let's look at how this can happen.



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When a person has an untreated cavity in his mouth it is a site for chronic infection. The break in the tooth enamel can allow bacteria to infect the pulp of the tooth, pus will develop and the resulting infection is called an abscess. This collection of bacteria can spread through the blood system, can infect the bone, can cause problems with the heart and can even travel to the brain. It is so important to take care of the problem early. Treatment with antibiotics and the proper dental repair can prevent such dire complications. But dental care is expensive. Suppose you don't have money for a dentist and no dental insurance?

*Toothache, continued on page 7*

## ***Eating Healthy at Fast Food Restaurants***

*(low fat options are highlighted)*



### **MCDONALDS NUTRITION INFORMATION**

<b>McDonalds Burgers</b>	<b>Calories</b>	<b>Grams of Fat</b>
Double Quarter Pounder with Cheese	740	42
<b>Hamburger</b>	<b>250</b>	<b>9</b>

<b>McDonalds Chicken</b>	<b>Calories</b>	<b>Grams of Fat</b>
Chicken McNuggets (10 piece)	840	24
Chicken Selects® Premium Breast Strips (10 pc)	1270	66
<b>Premium Grilled Chicken Classic Sandwich</b>	<b>420</b>	<b>10</b>

<b>McDonalds Breakfasts</b>	<b>Calories</b>	<b>Grams of Fat</b>
Deluxe Breakfast (Large Size Biscuit)	1280	65
Sausage Biscuit with Egg (Large Size Biscuit)	260	45
<b>Egg McMuffin</b>	<b>300</b>	<b>12</b>

<b>McDonalds Fries</b>	<b>Calories</b>	<b>Grams of Fat</b>
Large French Fries	570	30
<b>Small French Fries</b>	<b>250</b>	<b>13</b>

<b>McDonalds Desserts</b>	<b>Calories</b>	<b>Grams of Fat</b>
Chocolate Triple Thick Shake (32 fl oz cup)	1160	27
<b>Vanilla Reduced Fat Ice Cream Cone</b>	<b>150</b>	<b>3.5</b>

### **WENDYS NUTRITION INFORMATION**

<b>Wendys Burgers</b>	<b>Calories</b>	<b>Grams of Fat</b>
Big Bacon Classic	590	30
<b>Jr. Hamburger</b>	<b>280</b>	<b>9</b>

<b>Wendys Chicken</b>	<b>Calories</b>	<b>Grams of Fat</b>
Chicken Club Sandwich	650	31
10 Piece Nuggets	460	30
<b>Ultimate Chicken Grill Sandwich</b>	<b>370</b>	<b>8</b>

<b>Wendys Fries</b>	<b>Calories</b>	<b>Grams of Fat</b>
Large French Fries	540	26
Small French Fries	370	18
<b>Baked Potato Chips</b>	<b>130</b>	<b>2</b>

### **PIZZA HUT NUTRITION INFORMATION**

<b>Pizza Hut Pizza</b>	<b>Calories</b>	<b>Grams of Fat</b>
14" Large Meat Lovers Pan Pizza (1 slice)	530	31
14" Large Cheese Pan Pizza (1 slice)	390	19
<b>14" Fit n' Delicious Pizza Ham, Onion, Mushroom (1 slice)</b>	<b>210</b>	<b>6</b>

### **KENTUCKY FRIED CHICKEN NUTRITION INFORMATION**

<b>KFC Chicken</b>	<b>Calories</b>	<b>Grams of Fat</b>
Extra Crispy Chicken Breast	370	22
Original Recipe Chicken Breast	340	17
<b>Original Recipe Chicken Breast without skin or breading</b>	<b>150</b>	<b>3.5</b>

<b>KFC Sandwiches</b>	<b>Calories</b>	<b>Grams of Fat</b>
Triple Crunch Sandwich	640	36
Tender Roast Sandwich with Sauce	430	18
<b>Tender Roast Sandwich without Sauce</b>	<b>300</b>	<b>4.5</b>

**CHANGE OF ADDRESS**

*Have you moved? Are you planning to move?*

It is important to us that we know exactly how to contact our participants. HANDLS is a longitudinal study. We will examine the same participants approximately every 3 years over the next 20 years.

We would like you to let us know if you have moved or if you are planning on moving soon. You may call us toll-free at 1-866-207-8363 (option 7) and we will take your change of address information over the phone.

If you prefer, you may complete the change of address form and mail it to us at:

HANDLS Study Change of Address  
 National Institute on Aging  
 5600 Nathan Shock Drive – Mailbox 6  
 Baltimore, MD 21224

Our continuing contact with you is the key to the HANDLS study. Thank you so much for taking time to let us know how to stay in touch with you.

**HANDLS Change of Address**



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Name

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Old address

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New address

---

Old area code & phone number

---

New area code & phone number

---

MRV location at last visit

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**MOLLY MCBUTTER FAT-FREE MASHED POTATOES**

*From www.mollymcbutter.com*

**Ingredients**

6 medium potatoes

½ cup skim milk

¼ cup Molly McButter

**Directions**

- (1) Peel and quarter potatoes
- (2) Cook potatoes in enough water to cover them for approximately 20 minutes
- (3) Drain and mash
- (4) Add milk and Molly McButter

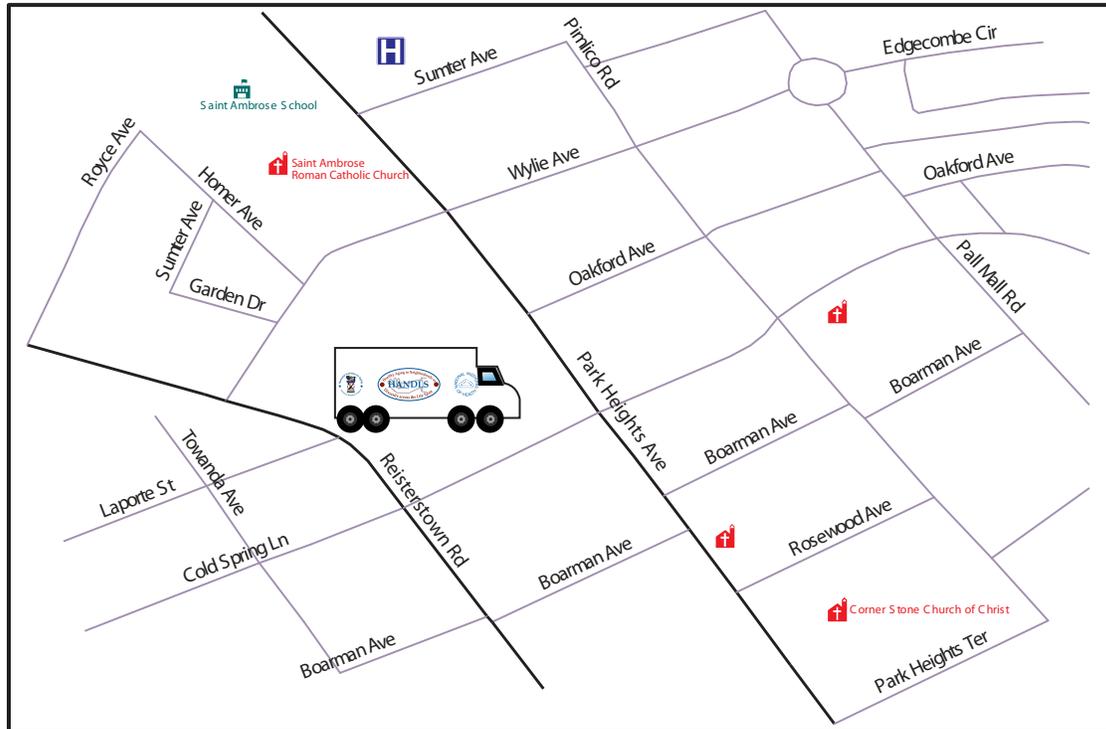
Makes 6 servings

*Cancer, from page 3*

***Recommendation for HPV vaccine***

The HPV vaccine is recommended for 11 to 12 year-old girls, and can be given as young as age 9. Ideally, girls and women should get the vaccine before they are sexually active. This is because the vaccine is most effective before getting HPV. Those who have not been infected with any of the four HPV types will get the full benefits of the vaccine. Those who may have acquired one or more of the strains will acquire protection for the types they have not been exposed to. Currently, there is no test available to tell if a girl or woman has had any or all of these four HPV types. The efficacy of the vaccine has not been tested in boys and men.

## OUR PRESENT LOCATION



We are parked at 4419 Reisterstown Road, near the intersection of Reisterstown Road and Cold Spring Lane behind McDonalds. This location is on the M2 bus route from Reisterstown Road and the #33 bus route from Cold Spring Lane.

### *Toothache, from page 4*

The Maryland Children's Health Program (MCHP) can help parents whose income is low and are not eligible for Medicaid. Applications are available from local health departments.

Baltimore. Health Care Access, Inc.  
1 Calvert Plaza  
201 E. Baltimore St., 9th Floor  
Baltimore, MD 21202

410 649-0512

The Baltimore City Department of Social Services is also a good place to start to inquire about eligibility for services.

Baltimore City DSS  
2000 North Broadway  
Baltimore, MD 21213

443-423-6300

Remember, good dental care begins right at home. Brushing twice a day and using dental floss to remove bits of food from between teeth are two critical steps toward keeping your smile gleaming white. Professional cleaning twice a year can help prevent little cavities from becoming big ones. And don't forget that bottled soda is really damaging to the teeth. There's a teaspoon of sugar in every ounce of cola. The phosphoric acid in cola drinks damage the enamel and set the tooth up for cavity development.

Many children (and adults) are afraid of visits to the dentist and may not complain of mouth or jaw discomfort. Parents should take a look in their children's mouths at least once a week and encourage them to tell Mom or Dad if they have any pain at all. Pain is a warning signal. Take care of toothaches so they don't lead to heartache.

# The Quarterly Newsletter for the HANDLS Community Healthy Aging in Neighborhoods of Diversity across the Life Span

The purpose of this study is to learn about changes in health over time. Using our medical research vehicles, we want to study as many people with different backgrounds as we can. We want this study to help us understand healthy aging by examining the effects of different backgrounds on changes in health over time. The information that we gather will help improve health and prevent disabilities. We want to do this for people from all backgrounds, particularly those in poor and minority communities.

For information about our study call **1-866-207-8363**  
or visit our website *[handls.nih.gov](http://handls.nih.gov)*



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