

Joining Forces to Fight Cancer

Wyoming Comprehensive Cancer Control Consortium

Mediterranean Diet May Reduce the Risk of Breast Cancer

In addition to the many benefits boasted by a Mediterranean diet, including protecting against heart disease and helping prevent memory loss, potentially reducing the risk of breast cancer can be added to the list. In a recent study, it was found that women who followed the Mediterranean with supplemental olive oil diet compared to a low-fat diet had a 68% lower chance of developing breast cancer. The study was done with approximately 4,000 women ages 60 to 80 with a five year follow-up. It was mentioned that additional larger studies were needed to further confirm these findings. A Mediterranean diet is one that consists of eating primarily fish, legumes, fruits, vegetables, nuts, and olive oil. The study also said that a Mediterranean diet that was supplemented with olive oil was more protective against breast cancer than a Mediterranean diet that was not supplemented with olive oil, or that was supplemented with nuts.

Welcome Morgan Powell!


Morgan Powell is the new Outreach and Media Coordinator with the Wyoming Comprehensive Cancer Control Program, she joined the program in September. She is a 2015 graduate of the University of Wyoming with a Bachelor's of Science in kinesiology and health

promotion. She is excited that she is able to use her degree to bring awareness to the public about the cancer services available to the state of Wyoming. In her spare time, Morgan enjoys reading, playing with her cat, baking, and crocheting. She also enjoys hiking locally, and adventures to new places.



Non-familial breast cancer risk could be predicted by genetic alterations

In Sweden, a study was recently done on genetics and their relationship to breast cancer. It is well



known that the BRCA1 gene is an inherited gene that predisposes women to breast cancer. However, most cases of breast cancer are spontaneous, with the cause being something other than BRCA1 gene. In Sweden, a study was recently done on genetics and their relationship to breast cancer, and it was found that in women that did not have the BRCA1 gene, but developed breast cancer, that tissue far away from the cancer site had genetic deviation in other cancer genes. About 40% of the women in the study had at least one genetic deviation. The researchers are hopeful that this study will lay the foundation for early detection by genetic testing, as well as a theory of why reoccurrence happens. And while this does begin to lay the foundation for both of these, it will require further testing to definitely confirm these results.

Easy Healthy Fall Recipes

Easy Chicken Noodle Soup

Serves: 4-6

Ingredients:

- 1 pound(ish) boneless chicken
- 1 quart chicken broth
- 2 tablespoons olive oil
- 2 stalks celery, chopped
- 2 carrots, peeled and diced
- 1 medium onion, diced
- 1 red pepper, cored and diced
- 1 pint(ish) mushrooms, chopped
- 3 tablespoons of apple cider vinegar, or to taste
- Egg noodles, to preference
- Salt and Pepper to taste
- Thyme to taste

Instructions:

1. Heat olive oil in a stock pot over medium heat. Add onion, carrot, red pepper, mushrooms, and celery. Cook until tender.

2. Add chicken broth, chicken, apple cider vinegar, salt and pepper, and thyme. Bring broth to a boil.
3. After the broth is at a boil, turn the heat to low and simmer for about 30 minutes.
4. About 10-15 minutes before it is done, add the egg noodles.
5. Serve with rustic bread if desired.

Pumpkin Spiced Latte

Serves 4

Ingredients:

- 1 (13.5-oz [399-ml]) can full-fat, unsweetened coconut milk
- 2-4 tbsp (30-45 ml) maple syrup, depending on desired sweetness
- 2 tbsp (17 g) pumpkin puree
- 2 tbsp (29 g) butter or ghee*
- 1 tsp (5 ml) vanilla extract
- ½ tsp ground cinnamon
- ¼ tsp ground nutmeg
- 2 cups (473 ml) hot, strongly brewed coffee or 4 espresso shots
- 4 oz (113 g) whipped coconut cream or grass-fed heavy whipping cream, for garnish (optional)
- Ground cinnamon, for garnish (optional)

*Use coconut oil for strict dairy free.

Instructions:

1. Add the coconut milk, maple syrup, pumpkin puree, butter, vanilla extract, cinnamon and nutmeg to a blender. Blend until smooth.
2. Warm the pumpkin milk over medium-low heat for 10 minutes or until the milk starts to steam.
3. Meanwhile, prepare your coffee or espresso.
4. Once your milk is hot, place it back into the blender and blend for about 10 seconds to froth the milk, making sure your hand is on the lid to avoid any messes.
5. Divide the hot coffee and milk between 4 cups. Garnish with whipped cream and cinnamon, if desired!