Healthy choices in diet helps reduce risk of breast cancer

By Karen Hawkins,
Defense Commissary Agency dietitian

Making healthy choices in your diet, exercising regularly and maintaining a healthy weight can be helpful in preventing breast cancer. So when shopping at your commissary, look for foods that promote breast health awareness and cancer research. Many food manufacturers are partnering with organizations dedicated to raising awareness for research funding to find a cure.

Maintain a healthy weight. There are plenty of reasons to lose the pounds and maintain a healthy weight. Here's one more: Research has proven there is a link between obesity and breast cancer. If you gain more weight later in life, especially after menopause, you may be at higher risk of developing breast cancer. Fat cells provide estrogen, and breast cancer is linked to how much estrogen you are exposed to during your lifetime.

Stay physically active. Research has shown that women who participated in more than five hours per week of strenuous activity had a lower risk of invasive breast cancer compared with least-active women. Try to get at least 30 minutes of exercise on most days of the week, according to the U.S. Dietary Guidelines. Start slowly and build up to your targeted goal, if you haven't been exercising regularly. Also, don't forget weight-bearing exercise such as walking or weight lifting keeps your bones strong.

Eat healthy. This includes limiting fat in your diet and choosing fruits and vegetables high in antioxidants, such as spinach and other dark, leafy greens. The average person needs no more than 60 to 70 grams of fat each day. Also, to help protect against breast cancer, limit alcohol consumption to less than one drink a day, as there is a strong link between the two.

Recently, research has shown that doing monthly breast self-exams may have a limited effect on finding breast cancer, so talk with your health care provider about when and how to do them. It is also recommended that you talk with your health care provider about when to start having mammograms. And, remember that a healthy lifestyle may be the best protection against breast cancer.

For more information about making healthy choices, visit Ask the Dietitian and post your questions on the Defense Commissary Agency (DeCA) Dietitian Forum. Be sure to look for other useful information in the Dietitian's Voice archive. Sign up with the DeCA Dietitian on Twitter and get messages sent to your cell phone today. For delicious recipes, check out Kay's Kitchen. And to enjoy all your commissary has to offer, sign up for the Commissary Connection.

DeCA operates a worldwide chain of commissaries providing groceries to military personnel, retirees and their families in a safe and secure shopping environment. Authorized patrons purchase items at cost plus a five percent surcharge, which covers the costs of building new commissaries and modernizing existing ones. Shoppers save an average of more than 30 percent on their purchases compared to commercial prices – savings worth more than $4,400 annually for a family of four. A core military family support element, and a valued part of military pay and benefits, commissaries contribute to family readiness, enhance the quality of life for America's military and their families and help recruit and retain the best and brightest men and women to serve their country.

(Right) A mammogram technician aids a patient in completing her annual mammogram evaluation. Breast cancer is the leading form of cancer found in women. Making healthy choices in your diet, exercising regularly and maintaining a healthy weight can be helpful in preventing breast cancer.

U.S. Navy file photo

For relationship survival, honesty is definitely the best policy

By Yvette Currie, CFAY Fleet and Family Support Center

While attending a social excursion recently, I was put on notice by a friend with "you want me to be completely honest with you? Well, here goes... " Not only did this make me nervous, but I braced myself as a barrage of insulting conjecture came flying forth with a fierceness I had not yet experienced with my friend.

Often times, couples will come into my office, with a chasm between them seemingly a lifetime long. They display and report hurt and distance and fear and distrust. They go round and round and argue utilizing the same phrases and statements, and tell me these are the same arguments they have at home, which is repetitive and unproductive.

When it is time for apologies, they are often cerebral exercises. "I am sorry" typically stated by the husband and the response is typically the wife saying, "Yes, I've heard all this before."

There is often follow-up questioning, typically by the wife such as "but why, why did you do it in the first place?" And, there is the husband's typical come back with "I am sorry, I won't do it again."

Sometimes, these conversations or variations of this conversation occur over and over, session after session. Sometimes, ultimately, the repetitious feedback loop will alter and new information will be divulged, perhaps something on the lines of "I'm sorry, I did it because, I didn't want to be around you, that's why."

At this point in the session, the other party, often the wife, will frequently cry at the new revelation. This is where the entire dynamic changes.

I have observed an entire shift in the relationship dynamic, right before my very eyes. The husband, typically observing the tears, will begin to agitate endlessly in his seat, talk compulsively, look away, and will appear to become extraordinarily uncomfortable.

When I ask him the standard therapeutic question, "what is going on for you right now?" He'll often reply, "I have no idea what to do, when she cries, I can't fix it." Upon further probing from me, the rationale often whittles down to "I feel helpless."

So, what is the alternative? Save the wife from hurting, save the husband from feeling helpless, alter, conceal, or omit the truth.

This plan of relationship survival comes into my office over and over. It's often unconscious and takes a while to uncover. Its inception is noble, saving someone's feelings from being hurt. Who wouldn't think this logic charitable? Unfortunately, the outcome is far different than the intent. The unfortunate impact, I've observed, is decay in trust. The wife wonders if her husband has ever been honest with her, which causes her to ask herself if she's just a fool, feels shut out of her husband's inner world, and the husband feels more and more criticized by his wife – despite his best intentions.

What is the antidote, honesty?

Not the not type of honesty mentioned at the beginning of this article. Brutal honesty is far different than emotional honesty, taking personal responsibility - kind of honesty, revealing oneself - kind of honesty. This self revelatory, real, intimacy-building kind of honesty may, at times, wound the other person. It will not destroy the other person.

On the other hand, the deep traumatic pain individuals tend to disclose, in therapy, is typically related to abandonment and betrayal. These tend to be the most intense, unbearable in intimate relationships. Honesty about one's inner world, fears, likes, dislikes, et cetera, is not something typically reported in therapy as ultimately destructive to marriages.

Brutal honesty tends to come out in a blast, accusatory, full of intensity, sometimes in anger, and tends to induce the desire to move away. It can be experienced as criticism and for some; it is experienced as criticism of one's entire core being. It is no surprise then that defensive walls tend to materialize in response.

Emotional honesty tends to come out softer, full of emotion, tentative and induce the feeling of compassion in the other person. The desire to move closer, often results. Despite the benefits of emotional honesty, it appears to be the most elusive to the majority of couples I see.

This level of honesty requires the ability to tolerate being uncomfortable for a little while, to accept one may not be able to fix it, in the moment, or spare one's spouse pain. It also means allowing one's spouse to have their own feelings, no matter how different, oppositional, inconvenient, unconventional, ill timed, et cetera.

Sharing the complete self, through emotional honesty, can lead to an intimacy deeper than ever imagined, can strengthen the compassion, can lead to a profound understanding of one another. Isn't that, ultimately, what we all crave, to be heard and understood?

For further exploration of your relationship dynamics, please see a therapist at the Commander Fleet Activities Yokosuka Fleet and Family Support Center by calling for an appointment at 243-7878.

NAVSUP Naval Supply Systems Command

U.S. FLEET & INDUSTRIAL SUPPLY CENTER YOKOSUKA HOLIDAY MAILING DATES

Holiday Mailing Dates 2010

(For Planned Delivery by Christmas Day)

Military Mail Address to: ⇨ Mail Class: ⇩	APO/FPO AE ZIPS 090-092	APO/FPO AE ZIPS 093	APO/FPO ZIPS 094-098	APO/FPO ZIPS 340	APO/FPO ZIPS 962-966	United States
Express Mail Military Service	18 Dec 10	Not Available	18 Dec 10	18 Dec 10	18 Dec 10	18 Dec 10
First Class Mail Letters/Cards	10 Dec 10	4 Dec 10	10 Dec 10	10 Dec 10	10 Dec 10	10 Dec 10
Priority Mail	10 Dec 10	4 Dec 10	10 Dec 10	10 Dec 10	10 Dec 10	10 Dec 10
Parcel Airlift	3 Dec 10	1 Dec 10	3 Dec 10	3 Dec 10	3 Dec 10	3 Dec 10
Space Available Mail	26 Nov 10	20 Nov 10	26 Nov 10	26 Nov 10	26 Nov 10	26 Nov 10
Parcel Post	12 Nov 10	12 Nov 10	12 Nov 10	12 Nov 10	12 Nov 10	12 Nov 10