

THE BEACH ISSUE! DOS, DON'TS AND DOUBLE DON'TS

GLAMOUR

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● **Keep your weight stable**

Your jeans getting a little tighter as you get older—no big deal. But putting on 21 to 30 pounds after age 18 may hike your risk of breast cancer later in life by 40 percent. How to keep the scale steady: “Weigh yourself regularly,” says James Hill, of the University of Colorado Denver, whose study of successful dieters found this one step was key to avoiding pound creep. If you pack on more than a few, dropping the weight may bring your risk back down. (For a healthy eating and exercise plan, go to glamour.com/bbg.)

● **Get enough of the sunshine vitamin**

Mounting research suggests that vitamin D, which many Americans are deficient in, can help prevent breast, ovarian and colon cancer. Your body can make D from the sun: If you're pale, that means 10 minutes daily; brown-skinned women may need up to 30 minutes of exposure. (Be sure to apply SPF directly after.) Or get at least 1,000 IU of vitamin D every day from a supplement or food like cooked salmon and canned tuna.

● **Quit smoking now**

Cigarettes are responsible for one in three cancer deaths in the U.S. “If everyone stopped smoking tomorrow, lung cancer would become relatively rare in 20 years,” says Thomas J. Glynn, Ph.D., director of cancer science and trends at the American Cancer Society. And nonsmokers: Feel free to object when the people around you smoke. Living or working with a smoker increases your lung cancer risk by up to 30 percent.

● **Think what brown can do for you**

As in brown rice and fiber-rich bread and pasta. Between 1973 and 2001, cases of deadly esophageal cancer rose from 300,000 to 2.1 million worldwide. One possible theory: During that time, intake of refined carbs like sugar and packaged, processed foods jumped too. “Fiber is like a sponge, soaking up harmful compounds in the gut and whisking them out of the body,” says Rachel Beller, R.D., who specializes in nutritional oncology.

● **Make steak a treat, not a staple**

Women who eat two ounces of red meat daily may have a 30 to 40 percent higher risk of colon cancer over time than women who eat it a couple of times a week. “Meats are OK once in a while,” says Doyle, ACS's director of nutrition and physical activity. “But stick with mostly lean poultry, fish or vegetarian options.”

● **Wear SPF!**

“Sun exposure is like smoking: They both age your skin—and they both can kill you,” says Seth Matarasso, M.D., clinical professor of dermatology at University of California at San Francisco. Make sunscreen part of your daily routine.

● **Go organic (at least sometimes)**

“Some pesticides have carcinogenic potential,” says Alyson Mitchell, Ph.D., associate professor of food science and technology at the University of California at Davis. Don't feel like paying \$4 for a banana? Choose organic just for produce that is most heavily treated with pesticides, like peaches and strawberries.

● **Grill safely**

Nothing says summer like barbecue. But researchers recently found that women who regularly ate grilled meat more than once a week had a 47 percent higher

risk of breast cancer than women who ate it once a week or less. Why? Cooking meat at high temperatures, whether by grilling, frying or other methods, creates potentially cancer-causing chemicals. But grilling can pose an extra risk. When fat drips onto hot coals or burners, it produces carcinogenic smoke that binds to food. Meat is considered the worst offender, since its higher fat content makes it drip and smoke more. To play it safe, choose lean cuts and don't char the meat.

● **Consider the Pill**

Taking oral contraceptives that contain both estrogen and progestin for even a short period of time can lower your risk of the most common form of ovarian cancer, a University of Hawaii study found this spring. (Being on the Pill for more than 10 years may reduce risk by as much as 80 percent.) Even after you stop using the Pill, benefits can last for years.

● **Get the HPV vaccine**

The Centers for Disease Control recommends that girls and women ages 11 to 26 get the HPV vaccine called Gardasil, which helps protect against cervical cancer. But even older women should consider it, says Diane Harper, M.D., director of the Gynecologic Cancer Prevention Research Group at Dartmouth-Hitchcock Medical Center in Lebanon, New Hampshire. “This is not a virgin vaccine,” she says. “It's effective regardless of age and sexual activity.”

● **Breast-feed if you can**

You always hear about the health benefits for babies, but it's good for moms, too. Research shows that if American women breast-feed each of their children for 15 months, up to 11 percent of breast cancer cases might be prevented annually. “Even breast-feeding for at least six months over your lifetime—say, three months for two children—will give some benefits,” says Anne McTiernan, M.D., Ph.D., coauthor of *Breast Fitness*.

● **Find your inner optimist**

More than a third of adults believe they have little control over whether they get cancer, says Doyle. That's bad news, since surveys show that people who believe they have more control are more likely to exercise regularly and eat fruits and vegetables. “There are things we can do every day to reduce our cancer risk,” says Doyle. Now's the time to start. ©

THE ANTICANCER MILKSHAKE

Calcium-rich foods may reduce colorectal cancer risk. One serving of this low-fat banana shake provides 37 percent of your daily calcium needs.

4 medium-large bananas, peeled and frozen

1 can (12 oz.)

2% evaporated milk

2 tsp. vanilla extract

Blend ingredients until smooth.

(209 calories, 2 grams fat per serving)

Serves 4

RECIPE BY PAM ANDERSON,
AUTHOR OF THE PERFECT
RECIPE FOR LOSING WEIGHT &
EATING GREAT