

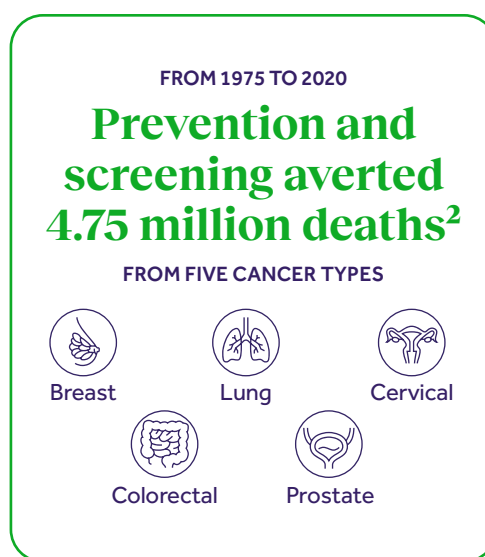


# Control the controllable: Cancer screenings and prevention

Cancer is the second-leading cause of adult deaths in the United States.<sup>1</sup> It would be hard to find a person or family that hasn't been affected by this disease.

While this fact may seem scary, it's not all bad news. Making certain lifestyle choices can help lower cancer risk.<sup>3</sup> These actions, along with regular screenings, could reduce your chances of being diagnosed with cancer. And if you are diagnosed, early detection could improve your chances of survival.

The most common cancers (in descending order) are breast, prostate, lung, colorectal and skin cancers.<sup>1</sup> Interestingly, these, like many types of cancers, have risk factors that can be controlled.<sup>3</sup>



## Awareness counts

Being aware of how you feel when you're healthy is important. Regular self-exams of skin, breasts and testicles allow you to understand what your "normal" baseline is. Listen to your body when things look or feel different. Noticing new aches, pains or feeling something being "not right" is easier when you're in tune with it.

Participating in regular screenings is an incredible tool to use and may even reduce your risk or catch it early. Early detection can make all the difference in your prognosis and treatment plan. Talk with your provider about the screening options and timing that's best for you.

### People of average risk should consider the following:<sup>4</sup>

#### Breast cancer

Screening imaging (mammography, ultrasound, MRI, etc.) is recommended every two years from 40 through 74.

#### Cervical cancer

Screenings should start at age 21. This should also include hrHPV (high-risk human papillomavirus) testing done every five years. These should continue until age 65.

#### Colorectal cancers

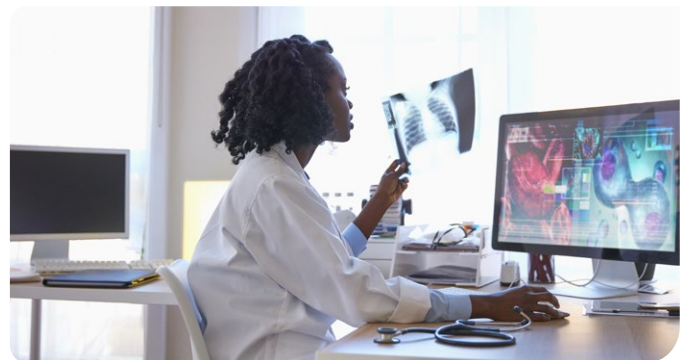
Based on individual risk factors, regular screening should start between the ages of 45 to 49, either with a stool-based test or by a direct visualization approach (colonoscopy, sigmoidoscopy, CT colonography) and continue until age 75. Your doctor will help you find the best fit.

#### Prostate cancer

Between the ages of 55 to 69, talk to your healthcare provider about prostate cancer screening options and individual risk factors.

#### Lung cancer

A low-dose CT (LDCT) scan for people ages 50 to 80 is recommended annually for those who currently smoke or have quit within the past 15 years.



## Preventive things you can do<sup>3,5</sup>



**Don't smoke or  
use tobacco**



**Stay physically  
active**



**Maintain a  
healthy weight**



**Avoid too  
much sun**

## Eat healthy foods

Some foods play a role in preventing cancer. Adopting a healthy eating pattern can reduce overall risk of some cancers by 10%-20%.<sup>6</sup>

**The best options to help prevent cancer are:**

- ✓ Prioritizing fiber-rich foods like whole grains, beans and lentils
- ✓ Consuming fresh fruits and veggies
- ✓ Limiting processed foods
- ✓ Avoiding sweetened beverages



This is a lot of information to incorporate into your health planning. However, eating simple, clean meals made with whole foods is one step in the right direction.

## Spinach and mushroom risotto

**Makes: 4 servings | Prep: 10 mins | Cook: 35 mins**

This healthy recipe combines fresh vegetables and herbs.<sup>7</sup> Made without butter or cream, it still tastes rich but has very little fat. For a decadent touch, drizzle individual portions with truffle oil or extra-virgin olive oil before serving.



## Ingredients

- 4 cups reduced-sodium, low-fat chicken broth (or vegetable broth)
- 2 Tbsps extra-virgin olive oil, divided
- ½ onion, finely chopped
- 1 garlic clove, minced
- 1 cup arborio or carnaroli "risotto" rice, rinsed and drained
- ½ cup dry white wine (such as sauvignon blanc or pinot grigio)
- 12 oz assorted mushrooms (such as shiitake, cremini and button), sliced
- 3 cups fresh baby spinach, coarsely chopped
- 1 tsp fresh thyme leaves
- ¼ cup freshly grated Parmesan cheese
- Salt and freshly ground black pepper
- Truffle oil, optional



## Preparation

In a saucepan, bring the broth to a simmer. Cover and keep warm over low heat.

In a large stockpot over medium heat, add 1 Tbsp of the olive oil. Sauté the onion for 2 to 3 minutes. Add the garlic and sauté for 1 minute. Add the rice and sauté for 1 minute. Add the wine and stir until it is almost completely absorbed.

Begin slowly adding the broth,  $\frac{1}{2}$  cup at a time, stirring frequently. Wait until the liquid is almost completely absorbed before adding more, 2 to 4 minutes. Continue to add the broth, stirring frequently, for 20 to 30 minutes, or until the risotto has a creamy texture but is still al dente (just firm). You may not need to use all of the broth.

Meanwhile, in a skillet over medium-high heat, add the remaining 1 Tbsp of oil. Sauté the sliced mushrooms for 3 to 5 minutes, or until they have softened and released their liquid.

When the risotto is ready, stir in the spinach until wilted. Add the mushrooms, thyme and cheese and stir to combine. Season with salt and pepper and serve immediately. Drizzle individual servings with a small amount of truffle oil or olive oil if desired.

## Nutrition

Serving size: 1.5 cups



Calories: 320 | total fat: 12 g | saturated fat: 3 g | sodium: 450 mg | cholesterol: 10 mg  
total carbs: 40 g | fiber: 3 g | sugars: 2 g | protein: 10 g | potassium: 500 mg

Learn how Livongo can help support you on your wellness journey.  
To sign up or learn more, go to [Go.Livongo.com](https://Go.Livongo.com).

<sup>1</sup><https://seer.cancer.gov/statfacts/html/common.html>

<sup>2</sup><https://www.cancer.gov/news-events/press-releases/2024/cancer-deaths-averted-prevention-screening-contribution>

<sup>3</sup><https://www.cancer.org/cancer/risk-prevention.html>

<sup>4</sup><https://www.uspreventiveservicestaskforce.org/uspstf/recommendation-topics/uspstf-a-and-b-recommendations>

<sup>5</sup><https://nutritionsource.hsph.harvard.edu/cancer/preventing-cancer/>

<sup>6</sup><https://www.mdanderson.org/cancerwise/36-foods-that-can-help-lower-your-cancer-risk.h00-159774078.html>

<sup>7</sup><https://www.cancer.org/cancer/risk-prevention/diet-physical-activity/eat-healthy/find-healthy-recipes/main-dishes/spinach-and-mushroom-risotto.html>