

WOMEN VERSUS CANCER

I de-stress in the garden

Gardening gives me a chance to think, connect with nature and create beauty. And since some studies suggest a link between stress and tumor progression, I make time to do it.

DIANE M. SIMEONE, M.D. / director of the Pancreatic Cancer Center at the University of Michigan in Ann Arbor

I avoid dry cleaning

Some solvents used in dry cleaning contain chemicals that have been associated with breast cancer, so I ask shops if they offer “wet cleaning,” which is safer and involves a gentle machine washing, pressing and reshaping.

RUTHANN RUDEL / director of research, Silent Spring Institute in Newton, Massachusetts

I swap soda for coffee

Research shows that drinking two or more sodas a week almost doubles your risk for pancreatic cancer, so I’ve cut back. Now, if I need a pick-me-up, I reach for a strong, black coffee.

DIANE M. SIMEONE, M.D.

HOW WE KEEP IT HEALTHY

These cancer experts dedicate their lives to studying the disease. They tell us how they reduce their own risk.

BY SARA ANGLE

I sweat at least twice a week

Exercise decreases the risk for several types of cancer, including breast and colon, and being overweight is linked to many types of cancer.

That’s why I try to run 3 to 4 miles twice a week.

JANE CHAWLA, M.D. / medical oncologist at Texas Oncology in Austin

I drink my fruit

In general, the most colorful varieties have the most cancer-fighting antioxidants. Blend ¼ cup apple juice with 1 cup each raspberries and peaches, plus 6 oz nonfat vanilla yogurt.

It’s an easy way to boost your fruit intake.
COLLEEN DOYLE, R.D. / director of nutrition and physical activity, American Cancer Society in Atlanta

I keep my sunscreen where I can see it

I wear sunscreen every day to help prevent skin cancer, even if I’m working inside. By keeping it next to my toothpaste, I’ve made it part of my daily routine.

SUSAN SWETTER, M.D. / professor of dermatology, Stanford University Medical Center and Cancer Institute in Stanford, California