

## 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