



Here comes "Pink" October!! I understand that non-profit organisations need fundraising. However, it seems that many of them are

contradicting themselves. I saw sugary milk chocolates sold by Australian Heart Foundation, sausage sizzles in mental health awareness events and pink plastic bottles and lollies in a Breast Cancer Fun Run. The Cancer Council boasts how much they collected and the 5 year survival (not cured) rate is increased. What about the rate of its diagnosis? Here is what the Cancer Council can with our precious money.*¹

- **\$5** Can produce a meditation DVD to help women deal with the impact of a cancer diagnosis and treatment.
- **\$10** Can help pay for an Information Pack to help a woman cope after surgery.
- **\$50** Can help fund a call to a cancer nurse on 13 11 20, that informs and supports a woman through her cancer diagnosis.
- **\$100** Can help provide accommodation for a woman who needs to travel and stay away from home to access treatment.
- **\$500** Can cover some of the costs of recruiting women into a studies to understand the causes of cancer.
- **\$1,200** Can go towards supporting research into breast and gynaecological cancers.

Don't you think that they should prevent more cancer happening? Do they need \$500 just to teach us what the cause of the cancer is? If they can make a DVD with \$5 donation, surely they can make some flyers to educate people how to reduce their risks. They advise to eat healthy, eat more vegetables and fruits. How? Their handy tip is; Include vegies with your lunch. Oh, okay!?! Even 3 year-old kids can come up this strategy. This is not realistic. This doesn't help us at all. I'd like everyone to know that cancer is preventable and a kind of wake-up call to take care of their health. It is time we should listen to the body. You could spend \$5 to buy your vegetable, couldn't you?

Pink smoothie (1 serving)

1 ripe banana, ½ steamed beetroot
½ cup coconut cream, ¼ teaspoon turmeric
¼ teaspoon cinnamon powder
1 cup of greens
(e.g. rockets, lettuce, baby kale, red cabbage, celery, steamed broccoli etc.)
Some water or coconut water to adjust thickness
(Optional additions)
¼ cup herbs (e.g. coriander, parsley, basil, oregano etc.)
Sweetener – one of the below
1 date, 1 teaspoon honey / coconut nectar/ black strap molasses



Directions:

1) Put everything except for water in a blender. Process 30 seconds or until everything is blended well.
2) Pour into a glass. Pour some water in a jug and process 10 seconds. Add to your smoothie. If it is still too thick, add some more water and mix well. Enjoy!

10 things you can do to reduce the cancer risk.

1. Stop having refined sugar. (including artificial sweeteners)
2. Eat more fibre and have a PINK smoothie. (if you don't like salad)
3. Manage your stress. *²
4. Have a good quality of sleep. *³
5. Do some daily exercise or keep moving. *⁴
6. Quit smoking. *⁴
7. Stop using plastic bottles, cups and cutleries. *⁵
8. Have 20 minutes sun exposure a day or Vitamin D supplement. *⁶
9. Drink green tea. *⁷
10. Have a happy social life and/or ditch the unhappy relationship. *⁸

*1 <https://www.pinkribbon.com.au/about-us/how-your-money-helps/>

*2 Kruk J & Aboul-Enein HY. (2004) Psychological stress and the risk of breast cancer: a case-control study. *Cancer Detect Prev.* 2004;28(6):399-408.

*3 White AJ et al. (2017) Sleep characteristics, light at night and breast cancer risk in a prospective cohort. *International Journal of Cancer.* 2017 Dec 1;141(11):2204-2214.

*4 Kiechle M et al. (2017) Smoking and physical inactivity increase cancer prevalence in BRCA-1 and BRCA-2 mutation carriers: results from a retrospective observational analysis. *Arch Gynecol Obstet.* 2017 Oct 3.

*5 Antoniou MN et al. (2017) Editor's Highlight: Transcriptome Profiling Reveals Bisphenol A Alternatives Activate Estrogen Receptor Alpha in Human Breast Cancer Cells. *Toxicol Sci.* 2017 Aug 1;158(2):431-443.

*6 Shaikat N et al. (2017) Association between Vitamin D deficiency and Breast Cancer. *Pak J Med Sci.* 2017 May-Jun;33(3):645-649.

*7 Pistollato F et al. (2017) The use of natural compounds for the targeting and chemoprevention of ovarian cancer. *Cancer Lett.* 2017 Oct 7. pii: S0304-3835(17)30619-5

*8 Lillie HM et al. (2017) "He would never let me just give up": Communicatively Constructing Dyadic Resilience in the Experience of Breast Cancer. *Health Commun.* 2017 Sep 27:1-9.