

# Fond du Lac Cancer Program HSD Staff Newsletter

## May 2022

### Cancer Month:

- May is National Melanoma and Skin Cancer Awareness month. The ribbon color is Black.



### Cancer Awareness Day/Week:

- World No Tobacco Day is May, 31st, 2022. The ribbon color of Lung Cancer/Tobacco Cessation is white.
- National Women's Health Week is May 8<sup>th</sup>-14<sup>th</sup>, 2022



### Cancer Statistic or Risk Factor:

- American Indians in Minnesota have the highest rates for lung cancer.
- Tobacco use remains the single largest preventable cause of death and disease in the United States. About 500,000 Americans die every year from smoking.
- People who have a close family member with melanoma and those who had bad sunburns as a child are more likely to get skin cancer.

### Cancer Screening and Prevention:

#### Lung Cancer – LDCT Scan (Low-dose Computed tomography)

- Age 55-80: 20+ Pack year history, current smoker or quit in last 15 years

#### Skin Cancer – Monthly self-exam

- Discuss any risk factors with your doctor and dental provider during regular check-ups. Learn more at [AICAF.org/HPV](http://AICAF.org/HPV)

**In Recognition of Cancer Awareness:** In recognition of World No Tobacco Day, May 31<sup>st</sup>, Fond du Lac Cancer Control Project asks you to show your support by wearing white shirts. **Share your photos with Jolene, FDL Cancer Health Educator @ [jolenegansen@fdlrez.com](mailto:jolenegansen@fdlrez.com) with: World No Tobacco**

Day in the subject line to get entered into the monthly staff drawing by 4:30pm on May 31<sup>st</sup>. Please help raise awareness of Lung Cancer/Tobacco Cessation by participating.

## Recipe of the Month



### Fruit Salad with Poppy Seed Dressing

The creamy poppy seed dressing in this recipe contains low-fat yogurt, which is an excellent source of B vitamins, protein, and calcium. Some experts claim that yogurt, when ingested, supplies the intestinal tract with good bacteria to help keep it in good working order.

- 8 cups fresh fruit, cut into bite-sized pieces
- 2-2/3 cups low-fat vanilla yogurt
- 1 teaspoon poppy seeds

#### Directions

1. Combine all fruit into a large bowl.
2. In a smaller bowl, fold poppy seeds into yogurt with whisk or spatula.
3. Spoon a portion of fruit salad into individual serving dishes, then pour 2 to 3 tablespoons of yogurt mixture over the fruit- or set out the fruit salad and yogurt dressing separately and invite your guests to help themselves.

*Note: For this salad we used equal parts peeled peaches and oranges, chunks of pineapple, grapes, and berries. Use any fruit you like.*

Makes 8 servings, each serving 184 calories and 1.5 grams of fat

Recipe adapted from: <https://www.cancer.org/healthy/eat-healthy-get-active/eat-healthy/find-healthy-recipes/appetizers-side-dishes/fruit-salad-with-poppy-seed-dressing.html>