What if the entire world joined forces to fight cancer? Tuesday, February 4th is World Cancer Day, a time when organizations and individuals around the world send a message: Ending cancer should be a global health priority.

The Union for International Cancer Control (UICC) organizes World Cancer Day with aims to dispel damaging myths and misconceptions about cancer.

Myth 1: We don’t need to talk about cancer. 
Truth: While cancer can be a difficult topic to address, particularly in some cultures and settings, dealing with the disease openly can improve outcomes at an individual, community and policy level. The American Cancer Society has lots of pointers for talking about cancer, whether it’s with friends and family, your doctor, or others.

Myth 2: Cancer... There are no signs or symptoms. 
Truth: For many cancers, there are warning signs and symptoms and the benefits of early detection are indisputable.

Myth 3: There is nothing I can do about cancer. 
Truth: There is a lot that can be done at an individual, community and policy level, and with the right strategies, a third of the most common cancers can be prevented, according to the UICC. Avoiding tobacco, maintaining a healthy body weight, eating right and getting enough exercise, and getting appropriate cancer screening tests can all make a significant difference.

Myth 4: I don’t have the right to cancer care. 
Truth: All people have the right to access proven and effective cancer treatments and services on equal terms, and without suffering hardship as a consequence. The American Cancer Society is committed to fighting cancer worldwide.

Take control of your health and reduce your cancer risk.

- Stay away from tobacco.
- Stay at a healthy weight.
- Get moving with regular physical activity.
- Eat healthy with plenty of fruits and vegetables.
- Limit how much alcohol you drink (if you drink at all).
- Protect your skin.
- Know yourself, your family history, and your risks.
- Have regular check-ups and cancer screening tests.

For information on how to reduce your cancer risk and answers to other questions about cancer, please call The American Cancer Society anytime, day or night, at 1-800-227-2345 or visit online at www.cancer.org.

Source: cancer.org / American Cancer Society
9 Healthy Substitutions for Everyday Foods

Source: American Heart Association

When it comes to cooking and baking there are easy (and tasty) heart-healthy substitutions you can incorporate in your daily meal preparation. Substituting new foods for your tried and true staples might feel foreign at first. But if you stick with it you will start to notice positive reactions from your body and even learn to love the taste.

1. **Whole-wheat flour** is more fibrous than white counterparts and more likely to keep you full throughout the day.

2. **Unsweetened applesauce** or any fruit puree and canola oil (1:1) can replace butter in your recipes to reduce amount of saturated fat.

3. **Greek yogurt** is delicious on its own or instead of sour cream (squeeze lemon into non-fat plain Greek yogurt, stir and serve).

4. **Avocados** are full of the fats your heart needs to stay healthy; just remember moderation (as with most foods). Try a serving of avocado instead of cheese or mayo on your sandwich. Another great alternative is hummus.

5. **Extra-virgin olive oil** is a tasty, heart-healthy substitution for butter when cooking; also a great replacement for creamy salad dressings: mix balsamic vinegar, olive oil (3:1 ratio), a squeeze of a lemon, and salt and pepper.

6. **Ground turkey** can sub for ground beef in chili, pasta sauce and burgers. Reducing your consumption of red meat is a serious step in reducing your chances of heart diseases (or a recurrence).

7. **Dark leafy greens** like spinach, arugula, watercress and kale can be used in place of watery greens like iceberg and romaine, which lack important nutrients. Try mixing different greens in with lettuces you are comfortable with.

8. **Skim milk** or fat-free half and half can be your go-to if dairy is a regular part of your diet. For baking, replace heavy cream or whole milk with reduced-fat or skim milk. You may want to try substituting dairy entirely for plant-based milks like soy, almond and rice.

9. **Egg whites** can generally replace the need for a whole egg when baking; typically 2 egg whites to 1 egg. (Be sure to check your recipe as it can sometimes vary.) Lose the yolk when you eat hard boiled eggs to cut your cholesterol intake without cutting the flavor. If you’re concerned about waste, consider buying the egg white cartons for easy omelets and cooking.

**Turkey Chili** from MayoClinic.com

**Ingredients**
- 2 cups chopped zucchini
- 1 teaspoon olive oil
- 1 cup chopped onion
- 2 cups chopped celery
- 1 cup chopped bell peppers
- 2 teaspoons chopped fresh garlic
- 1 pound chopped cooked turkey
- 1 1/2 tablespoons chili powder
- 1 teaspoon cumin seed
- 2 cups diced canned tomatoes, no-salt-added variety
- 4 cups canned kidney beans, rinsed and drained
- 2 cups low-sodium vegetable broth
- 1 teaspoon brown sugar

**Nutritional analysis / serving (1.5 cups):** Calories 277; Total fat 5 g; Saturated fat 1.5 g; Monounsaturated fat 2 g; Cholesterol 43 mg; Total carbohydrate 32 g; Dietary fiber 9 g; Sodium 315 mg; Protein 26 g

**Directions**
Preheat the oven to 475 F. Spray a glass baking dish with cooking spray. Arrange zucchini in a single layer in baking dish. Roast for 8 to 10 minutes until slightly tender and lightly browned. While the zucchini is roasting, add oil and chopped onions to a dutch oven or soup pot. Saute over low heat until onions are browned. Add celery and peppers and continue to saute. Add garlic, turkey, chili powder and cumin seed. Cover and simmer for about 5 minutes. Stir in the tomatoes, kidney beans, vegetable broth, brown sugar and the roasted zucchini. Cover and simmer for 15 minutes. Ladle into warmed individual bowls. Serve immediately.