



February is Heart Health and Cancer Prevention Month!

When you look at the ways to keep your heart healthy and to prevent a cancer diagnosis or cancer recurrence, the recommendations significantly overlap.

The graphic to the right is an easy to understand handout that is perfect to share with loved ones, teachers, and others!

To print a copy from our website, [click here.](#)

Community Education Opportunity



Along with caring for its residents, Francis House offers free Community Education on grief, self-care, death, dying and many other topics.

For information on upcoming events, [click here.](#)

Putting AICR's Cancer Prevention Recommendations into Action

- Be a Healthy Weight:** Manage weight with healthier food choices. Experiment with AICR's healthy recipes that include a variety of plant-based meals.
- Be Physically Active:** Start small. Take a 15-minute walk in the morning and in the evening to get 30 minutes of activity each day.
- Eat a Diet Rich in Whole Grains, Vegetables, Fruits and Beans:** Use the New American Plate Model for your meals. Fill 2/3 (or more) of your plate with vegetables, fruits, whole grains and beans. Fill 1/3 (or less) of your plate with animal protein.
- Limit Consumption of "Fast Foods" and Other Processed Foods That Are High in Fat, Starches or Sugars:** Choose healthy snacks. Limit chips, cookies and sugary cereals and swap with nutrient packed veggies and hummus or fresh fruit and reduced fat yogurt.
- Limit Consumption of Red and Processed Meat:** Swap red meat for chicken, fish or turkey. Use hummus or bean dip on a sandwich instead of processed meat.
- Limit Consumption of Sugar-Sweetened Drinks:** Drink mostly water. Make a pitcher of fruit-infused water to add extra flavor.
- Limit Alcohol Consumption:** Choose sparkling water or 100% fruit juice. If you do choose to drink, try putting a splash of wine into soda water for a light spritzer.
- Do Not Use Supplements for Cancer Prevention:** Build your meals around plant foods to meet nutritional needs through diet alone.
- For Mothers: Breastfeed Your Baby, If You Can:** Evidence suggests breastfeeding can help protect mothers by lowering risk for breast cancer.
- After a Cancer Diagnosis: Follow Our Recommendations, If You Can:** Check with your health professional about what is right for you. AICR's recommendations are a blueprint for not only lowering cancer risk, but also other chronic diseases and cancer recurrence.

Not smoking and avoiding other exposure to tobacco and excess sun are also important in reducing cancer risk. Following these Recommendations is likely to reduce intakes of salt, saturated and trans fats, which together will help prevent other non-communicable diseases. For more information and resources on practicing healthy habits to reduce cancer risk, take the Healthy10 Challenge at www.healthy10challenge.org.

BLOOD DRIVE AT HOA's 5008 BRITTONFIELD OFFICE ON FRIDAY, MARCH 1 8 a.m. - 1 p.m.



According to the American Red Cross, cancer patients use nearly 25% of the blood supply – more than patients fighting any other disease. That's just one of the many reasons why we host a blood drive every three months at our 5008 Brittonfield Parkway office.

We also know that cancer survivors are often motivated to donate blood to give back for the help they've received. So, we are inviting you to join our blood drive:

Friday, March 1 from 8 a.m. - 1 p.m.
on the third floor of our 5008 Brittonfield Parkway Office in East Syracuse

To make an appointment [click here!](#)

Meanwhile, if you are wondering if you're able to donate blood as a fellow cancer survivor...

Blood Donation Eligibility Criteria for Cancer Survivors

Your eligibility to donate depends on the type of cancer you were diagnosed with and your treatment history.

- If you had leukemia or lymphoma, including Hodgkin's Disease and other cancers of the blood, you are not eligible to donate.
- Other types of cancer are acceptable if the cancer has been treated successfully, it has been more than 12 months since treatment was completed and there has been no cancer recurrence in this time.
- Lower risk in-situ cancers, including squamous or basal cell cancers of the skin, that have been completely removed and healed do not require a 12-month waiting period.
- Precancerous conditions of the uterine cervix do not disqualify you from donation if the abnormality has been treated successfully.

It's best to discuss your particular situation with the American Red Cross health historian at the time of your donation, or you can speak with a donor eligibility specialist at 1-866-236-3276. You can also contact your own doctors and health providers to discuss if blood donation is right for you.

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HOA Hematology-Oncology Associates of CNY

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Our experts can help you learn your risk of cancer [Learn More](#)

