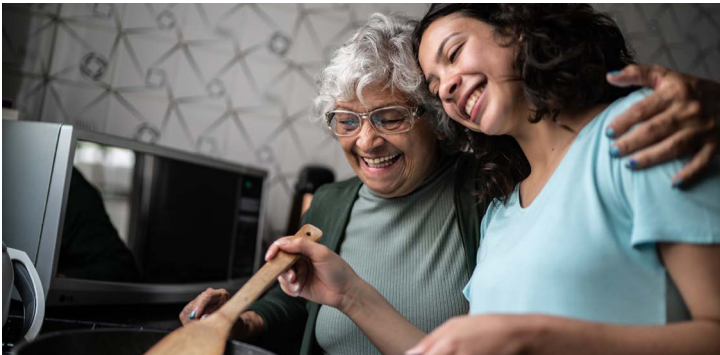


A healthier today

# Rush Generations

and a vital tomorrow



→ Your Health

## Eat Well, Live Well: How Diet Can Help Prevent Cancer



Christy C. Tangney,  
PhD, CNS  
Nutritionist

Eating a healthy diet doesn't just help you feel better and maintain a healthy weight — it can also lower your risk of developing cancer. But with new studies constantly appearing in the media, it can be easy to feel overwhelmed by so many dietary recommendations.

**Christy C. Tangney, PhD, CNS**, a nutritionist at Rush, offers a concise list of evidence-based tips on what to eat and what to avoid.

**What to eat (and drink)**

**High-fiber foods.** “Foods rich in fiber — beans and legumes, whole-grain cereals, bread with at least 3g of fiber per slice — are essential,” Tangney says. “I advise adding one portion of these foods to every meal.”

**Fruits and vegetables.** Diets rich in colorful fruits and vegetables, especially cruciferous ones like broccoli and cauliflower, are linked to better cancer survival rates. “Aim for 2 to 3 cups of non-starchy vegetables and 1½ to 2 cups of fruit daily,” Tangney says. Berries and other dark-colored fruits offer added protection through antioxidants.

**Water.** Hydration plays a key role in preventing several cancers. “Drinking enough water daily supports organ function and helps the immune system work effectively,” Tangney says.

**Soy.** Soy products contain isoflavones, plant compounds linked to a reduced risk of cancer recurrence in survivors of breast cancer. A 2017 study of a large, ethnically diverse group of women found a 21% reduction in mortality among those with high isoflavone intake, particularly among those who had hormone receptor-negative tumors or who didn't receive hormone therapy. If you've been treated for cancer, it's important to consult your oncologist or dietitian to make sure soy is recommended for you.

One cup of soy milk contains just over 10 milligrams of isoflavones, which is enough to meet the daily target. “Try replacing cow's milk with soy milk in your cereal, or blend it with fruit to make a smoothie,” Tangney says.

**What to avoid**

**Red and processed meat.** Consuming large amounts of red and processed meat is tied to a higher risk of colorectal, prostate and stomach cancers. “Limit red meat to 18 ounces per week, and avoid processed meats like sausage and deli cuts,” Tangney says.

**Alcohol.** Alcohol is linked to several cancers, including breast and liver cancer. Tangney advises that, based on current data, no amount of alcohol is considered advisable, and that it's also best to avoid alcohol completely during cancer treatment.

**Supplements.** In some circumstances, your provider might recommend a supplement like vitamin B12 or calcium plus vitamin D, but in general dietary supplements often fall short of their promises. “Supplements aren't a substitute for a healthy diet,” Tangney says. “Research even shows that some — like selenium and vitamin E — may increase cancer risk.”

Instead, she urges people to focus on whole foods. “A balanced, plant-based diet benefits everyone, not just survivors of cancer. It also lowers the risk of heart disease, diabetes and more.”

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→ Join us on Oct. 15 for a discussion on breast and lung cancer. See the calendar insert for details.

**Rush Generations**

Brought to you by the Department of Social Work and Community Health

710 S. Paulina St.  
Chicago, IL 60612-3872  
[rush.edu/rushgenerations](http://rush.edu/rushgenerations)

## Care for Your Well-Being During the Holidays



Erin Emery-Tiburcio, PhD, ABPP  
Clinical psychologist

**Erin Emery-Tiburcio, PhD, ABPP**, a clinical psychologist at Rush, shares the following strategies to help you manage stress and find moments of peace and joy.

### Honor loved ones and treasure the present

The loss of family members or close friends can feel especially poignant during the holidays. Honoring their memory can help ease some pain and shift your focus to gratitude for having shared time with them. You might light a candle, share a story or continue a favorite tradition in their honor.

It's also natural to feel lonely, particularly if you're living far from family or no longer have the same holiday traditions. Isolating yourself can often make those feelings stronger. Instead, consider reaching out with activities like attending a local event, inviting a neighbor for coffee or scheduling time with a friend.

### Lighten your load

If you're involved in caregiving, the holidays can add another layer of pressure. And if you're used to being the one who hosts, you may feel like you need to do it all.

But this is a good time to ask for help. Suggest a potluck meal, or ask others to help with shopping or decorating, or simplify traditions where possible.

### Find calm and do what you love

Even in busy times, it's important to take care of yourself. A few slow, deep breaths can help reduce stress in the moment. Make time for activities that bring you joy, like reading,

The holiday season is a time many look forward to, but it can also bring emotional challenges, especially if you're coping with loss, feeling lonely or balancing caregiving responsibilities.

listening to music, spending time in nature or just enjoying a cup of tea.

### Seek professional support when you need it

If you've been feeling down for more than two weeks and notice any of the following signs, it may be time to speak with a health care professional:

- Fatigue or low energy
- Changes in appetite or weight
- Irritability or restlessness
- Difficulty sleeping or sleeping too much
- Feelings of hopelessness or guilt
- Loss of interest in things you once enjoyed
- Trouble concentrating
- Nervousness or worries that you just can't shake

If you're having thoughts about death or suicide, dial 988 to have a free, confidential talk with a trained counselor. You can also call 988 if you're struggling and just need to talk to someone, or if you're looking for support for a friend. And you can connect with 988 via text, online chat or deaf/hard of hearing options; go to [988lifeline.org](https://988lifeline.org) for information.

It's important to know that you're not alone, and that support is available. Taking care of your emotional health is one of the most valuable gifts you can give yourself this season.

**Join us on Dec. 3 for a discussion on holiday highs and lows. See the calendar insert for details.**

## Make a Difference: Volunteer as a Health Mentor

Research shows that volunteering has major benefits for older adults. It can help improve your physical and mental health, boost your sense of purpose and help you build new relationships.

If you have one or more chronic health conditions like diabetes, heart disease or arthritis, you can make a difference as a volunteer health mentor for Rush University students. And you'll realize one more unique benefit from your volunteer work: As part of the program, you'll create and work toward a personal wellness goal.

Health mentors help future health care professionals understand the importance of non-medical factors like education and communication in working with patients. As a mentor, you'll meet with students virtually on Zoom, so you can volunteer from the comfort of home. The commitment is just one hour, once a month for three months. When you complete your meetings, you'll receive \$60 as thanks for your participation.

Visit [tinyurl.com/HealthMentors](https://tinyurl.com/HealthMentors) to see a video of health mentors talking about their experiences, or scan the QR code below with your phone to watch.

For information about becoming a health mentor, email [Hannah.Weitzman@rush.edu](mailto:Hannah.Weitzman@rush.edu).



# Rx for Healthy Aging: Get Moving



Sheila Dugan, MD  
Physical medicine and  
rehabilitation specialist

What if someone told you that there's a medicine that offers only good side effects, you don't have to go to the pharmacy to get it and it's totally free?

You might think scientists had been working overtime on another wonder drug, but it's not anything new. It's good old-fashioned physical activity.

"I think it's time we look at physical activity in a new way," says **Sheila Dugan, MD**, a physical medicine and rehabilitation specialist at Rush. "In fact, I think we should prescribe exercise in the same way we prescribe other medicines and treatments.

"You can think of regular exercise as a kind of anti-aging treatment, because it can help prevent the diseases we now most associate with aging, like heart disease, cognitive decline and diabetes."

And the good news is that a number of studies have shown that you don't have to be a marathon runner to get the payoff. Even moderate exercise has profound health benefits.

## Start slowly

Moderate exercise is akin to walking briskly. One way to measure if you're in the moderate range is if you can speak in short, three- or four-word phrases. If you're having trouble speaking because you're breathing hard, you're probably into "intense activity" range and should slow down a bit.

On the other hand, if you find it easy to hold a conversation speaking in full sentences, you're in a low-intensity range and might want to pick up the pace.

"My suggestion for those who are new to exercise or haven't been exercising much is to start slowly," says Dugan. "You may want to start out with 10-minute bouts of exercise until you're doing three sessions in one day. Then you could do 30-minute bouts or, if it works better for your schedule, continue with the three, 10-minute sessions."

Other activities that fall under the "moderate exercise" umbrella include water aerobics, doubles tennis, leisurely bicycling (under 10 mph) and ballroom dancing.

## Warm up, cool down and limber up

Before you exercise, you want your muscles and connective tissue to be warmed up to lower your risk of injury, Dugan says. She offers the following tips:

- Always warm up. This can be as simple as walking for five minutes and then doing your exercise.
- After you warm up, stretch.
- When you're done exercising, slow down, cool down and stretch again.

## Get a doctor's OK

Check with your doctor before you start any exercise program, especially if it's been a long time since you last exercised, if you're taking medication or if you're having any physical or health problems.

Watch for these potential (pleasurable!) side effects of moderate physical activity:

- Feeling and looking better
- Having more energy and less stress
- Sleeping better
- Strengthening your bones and muscles
- Lowering your risk of chronic diseases like heart disease and diabetes, and even some cancers
- Lowering high blood pressure



## Set yourself up for success

Make things simple and set achievable goals. You can slowly add to your physical activity as you achieve success with smaller goals. And don't forget to factor in all the activities that help you meet your activity goals for the day, such as walking to the store rather than driving, playing with the grandkids or raking leaves.

Some more ideas for squeezing exercise into the day:

- Take stairs instead of the elevator.
- Add walking to your daily routine, e.g., take a walking break at lunchtime.
- Park the car farther away, so you walk more to get to your destination.
- Use exercise time as social time — for example, catch up with friends and family on daily walks.

**Join us on Nov. 5 for a discussion on managing diabetes. See the calendar insert for details.**

## Rush Generations

20th Anniversary

A healthier today and a vital tomorrow

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(800) 757-0202



PLEASE NOTE: All physicians featured in this publication are on the medical staff of Rush. Some of the physicians are in private practice and, as independent practitioners, are not employees or agents of Rush. Rush is an academic health system comprising Rush University Medical Center, Rush Copley Medical Center and Rush Oak Park Hospital.

## 4 Signs of a Scam

Scammers are getting more and more sophisticated, so we consumers have to be extra savvy. The U.S. Federal Trade Commission has identified red flags to watch for, including the following:

1. Calls pretending to be from an organization you know, like the IRS or a charity
2. Calls or emails saying that you have a problem or have won a prize
3. Pressure for you to act right away
4. Being told you have to send money in a specific way (e.g., by purchasing gift cards, wiring money or buying bitcoin)

### A few simple rules can help keep you from becoming a victim:

- Don't give your personal or financial information in response to a request you didn't expect.
- Don't click on links you get via email or text, or return a call to a number that shows up on your caller ID. Instead, look up the legitimate website or phone number.
- Don't succumb to pressure to provide information or act right away. Before you do anything in response to a call, text or email, tell a friend, family member or trusted neighbor what happened. Talking about it could help you realize it's a scam.

**Join us on Oct. 1 for a discussion on elder frauds and scams. See the calendar insert for details.**



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## Fall 2025 Free Health and Aging Events

The following lectures will be held virtually. You can view them online or listen to them via phone. Lectures typically last about one hour. For updates on Rush Generations programs, sign up for our emails at [bit.ly/RushGenerations](https://bit.ly/RushGenerations).



### To join these lectures online,

visit the Rush Generations  
YouTube page at the  
time of the event:  
[cutt.ly/RushGenYouTube](https://cutt.ly/RushGenYouTube)



### To dial in via phone (audio only),

call **(312) 626-6799** at the  
time of the event and enter  
**meeting ID 413 655 0125#**.

### October

#### Elder Frauds and Scams

**Wednesday, Oct. 1, 1 p.m.**

Protecting yourself from fraud begins with awareness. Join us to hear from experts about the most common scams targeting older adults and how to spot the warning signs.

#### Breast and Lung Cancer

**Wednesday, Oct. 15, 1 p.m.**

Breast and lung cancer remain two of the most commonly diagnosed cancers in the U.S., and early detection can make all the difference. Rush providers will discuss risk factors, warning signs and screening recommendations.

#### Medications and Aging

**Wednesday, Oct. 29, 1 p.m.**

As we age, medications can affect our bodies differently. In this Schaalman Senior Voices lecture, Rush experts will discuss how to manage these changes safely, keep your medications organized and talk with your health care team.

### November

#### Understanding and Managing Diabetes

**Wednesday, Nov. 5, 1 p.m.**

Diabetes can lead to serious health complications if not properly managed. Join Rush providers for a discussion on the causes, risks and effective management of diabetes. You'll learn about screening, treatment options and strategies for maintaining healthy blood sugar levels and preventing long-term complications.

#### Caregiving 101

**Wednesday, Nov. 19, 1 p.m.**

Are you a caregiver who's finding it a challenge to take care of yourself while you care for someone else? We'll share tips for focusing on your personal well-being, so you're better able to care for your loved ones.

### December

#### Holiday Highs and Lows

**Wednesday, Dec. 3, 1 p.m.**

Our annual holiday discussion is an important touchpoint for many Rush Generations members. Join us in a festive activity while also discussing ways to recognize and manage the lows that sometimes come with the holiday season.

#### Arthritis and Cold Weather: Managing Joint Pain

**Wednesday, Dec. 17, 1 p.m.**

Do your joints ache more when the temperature drops? Cold weather can worsen symptoms, making it harder to stay active and comfortable. Hear from experts who will share ways to manage joint pain during the winter months.

For updates from Rush Generations, sign up for our emails at [bit.ly/RushGenerations](https://bit.ly/RushGenerations).

# Workshops



This quarter's offerings are a mix of in-person, online via Zoom and over the phone.



**To participate in in-person events,** pre-registration is required. Please call (800) 757-0202 to reserve your spot.

zoom

**To participate in the Zoom event,** you'll need internet access and Zoom on a computer, tablet or smartphone with a webcam. Please call (800) 757-0202 and be ready to provide a valid phone number and email address so we can send you a Zoom link. *If you don't have access to Zoom but would like to join a self-guided version of the workshop with a weekly conference call check-in, please call (800) 757-0202.*



**To participate in the phone workshop,** please call (800) 757-0202 to reserve your spot and get call-in information.

## WRAP (Wellness Recovery Action Plan)

**Wednesdays, Oct. 1 to Nov. 12**  
**9:30 a.m. to noon**

Johnston R. Bowman Health Center  
710 S. Paulina St., Suite 316  
Chicago, IL 60612

In this supportive workshop, you'll create a personalized wellness plan, learn stress management techniques and develop tools for maintaining your well-being and managing life's challenges.

## Walk With Ease

**Mondays, Wednesdays and Fridays**  
**Oct. 6 to Nov. 14**  
**10 to 11:30 a.m.**

McCormick YMCA  
1834 N. Lawndale Ave.  
Chicago, IL 60647

You'll enjoy self-paced walking plus health education with a certified facilitator to help improve mobility, reduce pain and connect with others.

## Take Charge of Your Diabetes (Zoom)

**Thursdays, Oct. 23 to Dec. 11**  
**(no class Nov. 27)**  
**9:30 a.m. to noon**

You'll feel more in control of your health with this workshop, where you'll build skills and learn tools to manage your diabetes symptoms and keep your blood sugar under control.

## Take Charge of Your Health

**Tuesdays, Nov. 4 to Dec. 16**  
**9:30 a.m. to noon**

Johnston R. Bowman Health Center  
710 S. Paulina St., Suite 316  
Chicago, IL 60612

Anyone living with ongoing mental and/or physical health conditions can benefit from this workshop that offers skills and support for managing your health.

## Learning to Live Well With Chronic Pain: Telephone Toolkit

**Mondays, Nov. 10 to Dec. 15**  
**10 to 11 a.m.**

*This class will be held via phone.*  
**Call (800) 757-0202 to register and receive the number you'll call at class time.**

A workshop for people living with chronic pain, this program gives you skills to better cope with day-to-day pain.

## A Matter of Balance

**Tuesdays and Thursdays,**  
**Nov. 11 to Dec. 9**  
**(no class Nov. 27)**  
**1 to 3 p.m.**

Johnston R. Bowman Health Center  
710 S. Paulina St., Suite 316  
Chicago, IL 60612

This workshop can help you reduce fall risks, build strength and balance and overcome the fear of falling.

### Español (Spanish)

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-312-563-2987 (TTY: 1-312-563-2987).

### Polski (Polish)

UWAGA: jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer 1-312-563-2987 (TTY: 1-312-563-2987).

### 繁體中文 (Chinese)

注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電 1-312-563-2987 (TTY: 1-312-563-2987)

### 한국어 (Korean)

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-312-563-2987 (TTY: 1-312-563-2987)번으로 전화해 주십시오.

### Tagalog

PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 1-312-563-2987 (TTY: 1-312-563-2987).

### العربية (Arabic)

ملاحظة: إذا كنت تتحدث اللغة العربية، فإن خدمات المساعدة اللغوية متاحة لك مجاناً. اتصل بالرقم 1-312-563-2987 (TTY: 1-312-563-2987).

### Русский (Russian)

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните по телефону 1-312-563-2987 (телетайп: 1-312-563-2987).

### ગુજરાતી (Gujarati)

સૂચના: જો તમે ગુજરાતી બોલતા હો, તો નિ:શુલ્ક ભાષા સહાય સેવાઓ તમારા માટે ઉપલબ્ધ છે. ફોન કરો 1-312-563-2987 (TTY: 1-312-563-2987).

### اُردو (Urdu)

خبردار: اگر آپ اردو بولتے ہیں، تو آپ کو زبان کی مدد کی خدمات مفت میں دستیاب ہیں۔ کال کریں 1-312-563-2987 (TTY: 1-312-563-2987).

### Tiếng Việt (Vietnamese)

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-312-563-2987 (TTY: 1-312-563-2987).

### Italiano (Italian)

ATTENZIONE: In caso la lingua parlata sia l'italiano, sono disponibili servizi di assistenza linguistica gratuiti. Chiamare il numero 1-312-563-2987 (TTY: 1-312-563-2987).

### हिंदी (Hindi)

ध्यान दें: यदि आप हिंदी बोलते हैं तो आपके लिए मुफ्त में भाषा सहायता सेवाएं उपलब्ध हैं। 1-312-563-2987 (TTY: 1-312-563-2987) पर कॉल करें।

### Français (French)

ATTENTION: Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1-312-563-2987 (ATS: 1-312-563-2987).

### λληνικά (Greek)

ΠΡΟΣΟΧΗ: Αν μιλάτε ελληνικά, στη διάθεσή σας βρίσκονται υπηρεσίες γλωσσικής υποστήριξης, οι οποίες παρέχονται δωρεάν. Καλέστε 1-312-563-2987 (TTY: 1-312-563-2987).

### Deutsch (German)

ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-312-563-2987 (TTY: 1-312-563-2987).