

community activities

Taking Steps Toward a Healthy Lifestyle

Maintaining a healthy lifestyle can reduce a woman's risk of conditions such as cancer and osteoporosis. Moreover, it's easy to incorporate exercise and healthy eating into your daily lifestyle.

These encouraging lessons were learned by 75 people who attended a lay audience seminar – called *Women's Health: Taking Steps Toward a Healthy Lifestyle* – that was included as part of the Lynne Cohen Foundation Symposium on Women's Cancers that the NYU Cancer Institute co-sponsors each year. This year the symposium's co-sponsors included Bellevue Hospital Center, the University of Southern California, MD Anderson Cancer Center, and the University of Alabama. The lay audience seminar was held on April 14.

Loren Wissner Greene, M.D., Clinical

Associate Professor, Department of Medicine (Endocrinology), described steps women can take to reduce their risk of osteoporosis, such as getting enough calcium and vitamin D, engaging in weight-bearing and resistance exercise, and taking certain medications when



appropriate. Shulamit Braun, M.S., R.D., Nutritionist, NYU Clinical Cancer Center, addressed the importance of good nutrition and its role in reducing the risk of cancer. And Olga Kalandova,

M.S., P.T., Cred. M.D.T., Supervisor, Outpatient Physical Therapy Department, Rusk Institute of Rehabilitative Medicine, told audience members how to integrate exercise into their everyday activities, and then led the group in an exercise routine that they did in their seats.

“It's important for women to educate themselves, make informed choices, and participate in their own care,” said Julia Smith, M.D., Ph.D., Clinical Assistant Professor of Medicine and a specialist who oversees medical oncology in the Lynne Cohen Cancer Screening & Prevention Project for High Risk Women at Bellevue. “There's no single combination of measures that will guarantee good health, but in this seminar we heard about lifestyle choices and daily decisions that do make a difference.” ■