Survivor Strong:
Healthy Living During and After Cancer

Wednesday, May 30, 2018

To listen to the presentation by phone:
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WELCOME

June Mandeville-Kamins, LCSW
Senior Support Program Coordinator
Sharsheret

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THANK YOU

This program is made possible with generous support from:

The Siegmund and Edith Blumenthal Memorial Fund,

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Sharsheret supports young Jewish women and families facing breast and ovarian cancer at every stage. We help you connect to our community whatever your personal background, stage of life, genetic risk, diagnosis, or treatment.
HEALTHY LIVING

• Navigating your survivorship journey with nutrition and exercise

• Bone health

• Smoking and alcohol cessation

• Incorporating healthy living options into your life

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THRIVING AGAIN

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QUESTIONS

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Questions will be addressed in the order received during the question and answer session following the presentation.

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HEALTHY LIVING: NUTRITION

Rachel Beller, MS, RDN
CEO,
Beller Nutritional Institute

10 Commandments
You CAN Control To Help Fight Cancer

Rachel Beller MS, RDN
CEO, Beller Nutritional Institute
bellernutrition.com

Nutrition isn’t the only answer, but it can be part of the answer.

No single food or diet can prevent or cure cancer, but the right nutrition can power your immune system and make you feel better and help to prevent cancer recurrence...and it doesn’t have to be overly complicated or expensive.

According to AICR, it’s recommended for cancer thrivers to follow recommendations for cancer prevention after treatment.

Diet, Nutrition, Physical Activity and Cancer; A Global Perspective, Third Global Report = a new standard of excellence for public health recommendations for those who wish to reduce cancer risk or live well after diagnosis...

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10th Commandment: Thou Shalt Spice It Up
A Pinch of Prevention

“Spices can transform the nutrient profile with just a pinch.”

From allspice to turmeric, the hundreds of available spices come packed with phytochemicals, many studied for their cancer-fighting properties. A growing body of research—primarily lab studies—is now zeroes in on the role specific spices may play in reducing cancer risk.

“There is more and more documentation that several compounds in spices have anti-cancer properties,” says John Milner, PhD, Director of the Human Nutrition Research Center at the US Department of Agriculture and co-author of a recent review of spices for cancer prevention.

One reason for the increased interest stems from lab studies demonstrating plausible pathways in which spices may work to reduce cancer risk. “There are several potential mechanisms that go all the way from changing carcinogen metabolism to modifying the microbiome to cell signaling—all changes that would inhibit the growth of a tumor,” says Milner.

For centuries, cultures have used spices to improve health and ward off disease. Research is now helping to unravel how these flavor enhancers may also protect against cancer.

Explosion of Research

In just the past five years:

❖ More than 1,900 studies conducted on Turmeric
❖ 1,600 on Cayenne
❖ 1,400 on Garlic
❖ 800 on Cloves
❖ 750 on Cinnamon
Phytochemicals
Naturally occurring plant chemicals

❖ Laboratory studies have shown they...
   ◇ Stimulate immune system
   ◇ Reduce inflammation
   ◇ Prevent DNA damage, repair cells
   ◇ Slow cancer cell growth
   ◇ Regulate hormones

Spices

Why is this important, and why are we talking about spices?

❖ Cancer prevention
❖ Weight loss
❖ Gut health
❖ Prevents diabetes
❖ Anti-inflammatory properties

Adding Daily Power
Starts in your Power Pantry

- Used medicinally in ancient times
- Not just for flavor - for PREVENTION
- Sustainable, flexible, affordable, SIMPLE
- Forever change the way you look at your pantry

Antioxidant Power of Foods
More than 3,100 foods, beverages, spices and herbs used worldwide


Just A Pinch Makes a Big Punch!

Ounce for ounce, spices provide up to $10 \times$ the antioxidants of nuts and seeds. They're so potent that even small amounts make a BIG difference. And the effect is CUMULATIVE!

1 cup Oatmeal (26) $\rightarrow$ 208 $\rightarrow$ 256

$10x!$

Sweet Potato (158) $\rightarrow$ 340 $\rightarrow$ 584

Adding spices increases antioxidant value by 370% vs. eating the sweet potato by itself

2 cups vegetables (733) $\rightarrow$ 1,103

2 tsp Turmeric (234); ¼ tsp. each Garlic (74), Black Pepper (50) and Parsley (12) (370 total for all spices)

Adding spices increases antioxidant value by almost 40% vs. eating vegetables alone

Spices Help Fight Cancer of All Types
Breast, Colon, Gastric, Lung, Prostate, Skin, Pancreatic, Esophageal, Cervical, Ovarian…and on and on...


Breast Cancer
So many good and healthy spices such as:

Basil
Black pepper
Cacao
Cardamom
Cinnamon
Cilantro
Cloves
Fenugreek
Garlic
Ginger*
Orange Peel
Oregano
Parsley
Rosemary*
Sumac
Thyme
Turmeric

*Ovarian-specific

Breast/Ovarian Cancer

- **Rosemary**: large body of research has revealed its potent cancer-fighting effects, including anti-tumor activities in breast and ovarian cancer.
- **Black Pepper**: piperine has been shown to selectively halt the growth of breast cancer cells--without affecting normal breast cell growth.
- **Cacao**: packed with polyphenols, may promote cancer cell death.
- **Orange Peel**: anti-cancer compounds (hesperidin and D-limonene) may boost enzymes that break down carcinogens.
- **Paprika + Cayenne**: capsaicin may kill off human breast cells (apoptosis).
- **Turmeric**: regulate genes that may lead to cancer, block cancer cell growth, kill tumor cells, halt metastasis.
- **Sumac**: higher antioxidant activity than black pepper, red pepper, fennel, cardamom, turmeric, and nutmeg.

Weight Loss

❖ Cayenne

◇ Increases energy expenditure by raising the body’s core temperature: burn ~50 additional calories per day
◇ Appetite reduction

❖ Cumin

◇ Cumin oil (~1 teaspoon cumin seeds/day) x 8 weeks: significant weight loss over placebo group\(^1\)
◇ \(\frac{1}{2}\) teaspoon Cumin powder daily: lost more weight, burned fat, slimmer waists than women with counseling alone\(^2\)

❖ Fenugreek, Ginger, Nutmeg, Orange Peel

◇ Reduce appetite and regulate digestion

Gut Health
Black Pepper, Cayenne, Cinnamon, Ginger, Oregano, Rosemary Extracts

❖ Study: Inoculated petri dishes with different spices and looked at bacterial growth

❖ Promoted healthy gut bacteria (*Bifidobacterium* and *Lactobacillus*)

UCLA study “Prebiotic Potential and Chemical Composition of Seven Culinary Spice Extracts”
Qing-Yi Lu, Paula H. Summanen, Ru-Po Lee, Susanne M. Henning, David Heber, Sydney M. Finegold, and Zhaoping Li

Gut Health
Black Pepper, Cayenne, Cinnamon, Ginger, Oregano, Rosemary Extracts

❖ Findings:
◇ Inhibited bad gut bacteria
◇ *Fusobacterium*, *Clostridium*
◇ *Ruminococcus*

Human Studies Show Health Benefits

Bioavailability of Herbs and Spices in Humans as Determined by ex vivo Inflammatory Suppression and DNA Strand Breaks

Susan S. Percival, PhD, John P. Vanden Heuvel, PhD, Carmelo J. Nieves, MSc, Cindy Montero, MSc, Andrew J. Migliaccio, BS, Joanna Meadows, BS

Food Science and Human Nutrition, University of Florida, Gainesville, Florida (S.S.P., C.J.N., C.M., A.J.M.), Veterinary and Biomedical Sciences, Penn State University, University Park, Pennsylvania, and INDDO Biosciences Inc., State College, Pennsylvania (J.P.V.H.)

Key words: bioavailability, herb, spice, DNA strand breaks, antioxidant, human, inflammation

Effects of treating ox-LDL challenged THP-1 cells with serum from individuals before and after consumption of herb or spice capsules
The Study Explained

❖ Study Participants = herbs and spices
  ◦ ½ teaspoon of herbs/spices
  ◦ Rosemary, Ginger, Turmeric, and Clove
❖ Control Participants = no spices
❖ Researchers drew blood of participants
  ◦ Dripped blood onto Petri dish
❖ Measured how much of an inflammatory chemical (TNF-alpha) was produced

The Study Results

❖ Study Participants blood = lower amounts of TNF-alpha = lower inflammation

❖ Control Participant’s blood = no change

Consistency is KING! 7 Days...imagine daily!

Blood Sugar Regulation

Cinnamon, Ginger, Turmeric, Cumin, Fenugreek, Cloves, Garlic, Coriander, Black Pepper

❖ Antioxidant, anti-inflammatory
❖ Blood sugar control--helps decrease risk of breast cancer
❖ Cinnamon, Ginger, Fenugreek: Improve insulin sensitivity, increase glucose uptake to lower blood sugars (upregulate receptors)
❖ Ginger, Turmeric: Protect pancreatic B cells (where insulin is produced)
❖ Black Pepper: Inhibits formation of harmful compounds that are created with persistently high blood sugars which may lead to nephropathy, retinopathy, neuropathy, CVD

Anti-Inflammatory

Chronic inflammation has been linked to:
cancer, heart disease, Alzheimer’s, autoimmune diseases

- Allspice
- Basil
- Cacao
- Cayenne
- Cinnamon
- Cilantro
- Cloves
- Coriander
- Fenugreek
- Ginger
- Nutmeg
- Oregano
- Paprika
- Parsley
- Rosemary
- Saffron
- Sumac
- Thyme
- Turmeric

Spice Synergy: The Combo Effect

- **Absorption enhancers**: combos that boost absorption of active compounds
- **Synergistic action**: combined effect is greater than either on their own
- **Double dose**: spices that share similar benefits

Spiced Cancer Kickin’ Quinoa

Saute Onion with 1 TBSP oil
2 tsp. Turmeric
1 tsp. Cumin
1 tsp. Ceylon Cinnamon
¼ tsp. Black Pepper
2 cups Quinoa plus 2 cups Water
Cook 15 minutes
Top with Parsley

Parsley
Contains quercetin, which enhances absorption of curcumin

Cumin
Weight loss; cancer protective effects

Cinnamon
Anti-inflammatory; inhibits proliferation of cancer cells, i.e., breast, ovarian

Oil/Black Pepper + Turmeric
Enhanced absorption of curcumin

Cumin + Cinnamon
Combined antioxidant, anti-inflammatory effects

Golden Milk ChocoLatte

- ½ tsp. Ceylon Cinnamon
- ½ tsp. Cacao
- ⅛ tsp. Turmeric
- ⅛ tsp. Ginger
- Stir ingredients into warm plant based milk

All four major anti-inflammatory spices

Ginger + Cinnamon
- Combined antioxidant, anti-inflammatory effects
- Also helps regulate blood sugars

Cacao + Turmeric
- Synergistic action; inhibits cancer cell growth
- Absorption enhancer; Cacao helps with absorption of curcumin

More Synergism

The combos (and benefits) are endless!

- Cayenne + Cruciferous Vegetables
  MAJOR CANCER-FIGHTING COMBINATION

- Ginger + Cinnamon + Coffee
  SYNERGISTIC ANTIOXIDANT ACTIVITY WITH COFFEE

- Turmeric + Healthy Fats
  INCREASE CURCUMIN’S BIOAVAILABILITY 7 TO 8 FOLD!
  Add Turmeric to oils/dressings

- Turmeric + Omega-3 Rich Fish
  SUPER-CHARGED CANCER FIGHTER!
  DHA boosts curcumin by 10-20 times

DIY Power Pantry

Create your own spice blends

Turmeric + Black Pepper
Cacao + Cayenne
Garlic + Ginger + Cayenne
Oregano + Thyme + Clove
Cacao + Tumeric
Garlic + Turmeric + Black Pepper

Breakfast Shaker
CinnaPeel Spicer
Ceylon Cinnamon • Orange Peel • Ginger

Research-based health benefits
❖ Ceylon Cinnamon - Digestive aid, blood sugar control, breast health
❖ Ginger - Reduces cravings, minimizes fat cell creation, anti-inflammatory
❖ Orange Peel - Breast health, stomach soothing, blood sugar control

Combo effects, too!
❖ Ginger + Cinnamon - increase antioxidant, anti-inflammatory effects
❖ Orange Peel + Cinnamon - anti-cancer effects; Orange peel especially protective against breast cancer

Garlic - may lower breast cancer risk

Turmeric - anti-cancer effects selectively preventing growth of tumor cells without damaging normal cells

Black Pepper - enhances absorption of Curcumin

Onion - may lower breast cancer risk

Parsley - Apigenin (Antioxidant) may prevent breast cancer
Protein Shaker
Savory Sizzle

Paprika • Garlic • Turmeric • Cumin • Black Pepper • Cayenne

❖ Paprika + Cayenne - double dose of antioxidant Capsaicin
❖ Cumin + Cayenne - both have weight loss effects (weight loss may reduce risk of post-menopausal breast cancer)
❖ Turmeric + Garlic - keep your blood vessels clear (lower heart disease risk)
❖ Black Pepper + Turmeric - boost absorption of Curcumin by 2,000%

All 6 spices = cancer-fighting effects
❖ Paprika + Turmeric: especially effective against breast cancer
❖ Sprinkle on Fish: DHA boosts Curcumin absorption by 10-20 times and boosts its cancer-fighting effects

Spice Up Your Day

☑ Beverages
☑ Breakfast
☑ Lunch
☑ Dinner
☑ Snacks
☑ Dessert
☑ Dips

Spice Up Your Breakfast

- **OATMEAL**
  - Ceylon Cinnamon
  - Ginger
  - Nutmeg
  - Clove

- **SWEET POTATO**
  - Ceylon Cinnamon
  - Allspice
  - Ginger

- **EGGS**
  - Turmeric
  - Cumin
  - Garlic
  - Pepper

- **SMOOTHIE**
  - Cacao
  - Turmeric
  - CinnaPeel Spicer

Spice Up Your Lunch and Dinner

**FISH**
Paprika, Garlic, Turmeric, Cumin, Pepper

**OIL/DRESSING**
Garlic, Cumin, Cayenne, Pepper, Coriander

**SOUP**
Savory Sizzle or Cumin

**ROASTED CRUCIFEROUS VEGETABLES**
Cayenne (capsaicin), Garlic, Onion, Turmeric, Pepper, Parsley (quercetin)

Anytime Spicing

❖ **Marinara Sauce:** Add ¼ tsp. Thyme, Rosemary, Red Chili Flakes and 1 tsp. Parsley, Oregano, Basil

❖ **Hummus:** Stir in Paprika, Za’atar, Vegitude, Savory Sizzle, Moroccan blend, Sumac, Turmeric or Saffron

❖ **Nut Butter:** Stir in or sprinkle Ceylon Cinnamon, Cacao, Cayenne, Golden Chocolatte, CinnaPeel Spicer

❖ **Coffee:** Add Ceylon Cinnamon, a pinch of Cardamom and Clove, Ginger
  ◦ Ginger + Cinnamon = synergistic antioxidant activity when combined with coffee

❖ **Popcorn:** Add your favorite sweet or savory spice blends

Rachel’s AM Riser & De-Bloat Me Tea

AM Riser

- 6-8 cups filtered water
- 3-inch fresh ginger root (washed/unpeeled/sliced)
- 2-inch fresh turmeric root (washed/unpeeled/sliced)
- 10 sprigs fresh mint or parsley
  *Optional add-ins: 1 tsp Ceylon Cinnamon, slices of fresh lemon, and/or a pinch of black pepper

**Directions:** Add all ingredients to medium sized pot. Bring to simmering boil and simmer for 8-10 minutes. Strain if desired. Enjoy chilled or warm.
Tips and Tricks

Do’s:

❖ Be consistent
   ◦ ¼ -½ tsp. makes a difference
   ◦ Pinch at every meal

❖ Diversify
   ◦ Like an investment portfolio

❖ Buy organic
   ◦ Sterilized with steam

❖ Replace annually

❖ Read labels

❖ Start slowly

Don’ts:

❖ Buy in bulk bins

❖ Buy conventional

❖ Fumigation
   ◦ Chemical gas WHO not safe
   ◦ Irradiation - Gamma rays affect nutrient value

❖ No added salt, sugars, fillers, additives, artificial colors, flavors, preservatives, anti-caking agents

10 Nutrition Commandments
Your Blueprint For Optimal Health!

1. Stay Fit
2. Fiber Up
3. Veg Out
4. Go Pro
5. Get an Oil Change
6. Rethink That Drink
7. Ditch the Added Sugar
8. Toss the Processed
9. Go With Your Gut
10. Spice It Up

For more info about our programs and services, go to: bellernutrition.com

@RachelBellerRDN

HEALTHY LIVING: EXERCISE

Dr. Jessica Clague DeHart
Assistant Professor,
City of Hope

Dr. Susan Love
Chief Visionary Officer,
Dr. Susan Love Research Foundation

Survivor Strong: Healthy Living During and After Cancer

Movement, Moderation and Mindfulness

For audio by phone: Dial: 1 (415) 655-0052, Access Code: 822-865-748, Pin: #
1. Exercise and Cancer: What, When and How?
   a. Before Treatment
   b. During Treatment
   c. After Treatment

2. Smoking and Cancer: Still bad?

3. Alcohol and Cancer: How much is too much?
Exercise

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HOW EXERCISE IMPACTS YOUR BREAST CANCER RISK

Factors that can help LOWER the risk of BREAST CANCER:
- Healthy weight
- Physical activity
- Not smoking
- No alcohol use

REGULAR EXERCISE LOWERS THE RISK OF BEING DIAGNOSED WITH BREAST CANCER AND LOWERS THE RISK OF CANCER COMING BACK.

Exercise Helps Prevent Breast Cancer

31 Ways to Fight & Prevent Breast & Ovarian Cancers
October 13

Sitting Is The New Smoking

Help REDUCE Your CANCER RISK WITH Regular EXERCISE
Benefits of Exercise

Diabetes & Heart Disease

Body Weight

Excess Estrogen from Fat Tissue

Cancer Risk

Quality of Life

Depression & Anxiety

Inflammation

Pain & Fatigue

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Exercise & Cancer Risk

There is a strong association between physical activity and a decreased risk of these cancers:
- Postmenopausal Breast
- Colorectal
- Endometrial

Between sedentary behavior and an increased risk of these cancers:

Risk of Breast Cancer by 20-40%
Risk of Colon Cancer by at least 20%
Risk of Endometrial Cancer by 20-30%
Risk of Other Cancers


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Exercise During Treatment

**During Chemo & Radiation**
- Is safe
- Decreases fatigue & nausea
- Maintains or improve physical ability
- Keeps bones healthier
- Keeps heart healthier
- Helps to maintain a healthy body weight
- Decreases depression & anxiety
- Increases quality of life to keep a positive outlook

**Recommendations**
- Always let your clinical team know you are exercising
- Stay as active as possible
  - Will ebb and flow
  - Take your time
  - Consider side-effects and timing
  - Set attainable goals
- Precautions to prevent falls and infections
- Lymphedema specialist post-surgery
- Aerobic and strength training
- Try for 30 minutes each day

**Ask for a physical therapy consultation**
Benefits

• Is safe
• Decreases risk of recurrence
• Increases survival
• Decreases treatment side effects
• Decreases treatment collateral damage
• Maintains or improve physical ability
• Keeps bones and heart healthier
• Helps to maintain a healthy body weight
• Decreases depression & anxiety
• Increases quality of life & self-esteem

Recommendations

• Always let your clinical team know you are exercising
• Stay as active as possible
• Increase activity
• Precautions to prevent falls
• Precautions to prevent lymphedema
• AEROBIC: 150 minutes (2½ hours) of moderate activity OR 75 minutes (1¼ hours) of vigorous activity per week
• STRENGTH: 2 days per week
• At least 10 minutes at a time
• Spread out throughout the week

**Ask for a physical therapy consultation**
Moderate vs Vigorous

Moderate Intensity
- Walking briskly (3 miles per hour or faster, but not race-walking)
- Water aerobics
- Bicycling slower than 10 miles per hour
- Tennis (doubles)
- Ballroom dancing
- General gardening

Vigorous Intensity
- Race walking, jogging, or running
- Swimming laps
- Tennis (singles)
- Aerobic dancing
- Bicycling 10 miles per hour or faster
- Jumping rope
- Heavy gardening (continuous digging or hoeing)
- Hiking uphill or with a heavy backpack

Talk test
- Moderate: You can talk, but not sing, during the activity
- Vigorous: You will not be able to say more than a few words without pausing for a breath
To identify and develop exercise interventions that not only elicit biological changes effective in reducing disease but also are feasible for the average person to implement and maintain.
**CUE + ROUTINE + REWARD = HABIT**

start small but start
Resources

Living Well after Cancer

Hospitals
Rehab Facilities
Cancer Centers
Universities

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Bone Health
Bone Health

- Talk to your clinical team
- Some treatments can have an effect on bone density
- Have bone health as a part of your survivorship care plan
- Weight-bearing exercise
- Diet: Calcium and Vitamin D
- Limit alcohol
- Do not smoke
- Medications:
  - Bisphosphonates
  - Raloxifene
  - Targeted therapies
- Special circumstances
1 in 8 cancer cases are caused by smoking

1 in 5 cancer deaths are caused by smoking

Smoking can cause 16 types of cancer

QUIT SMOKING

RISK OF CANCER RECURRENCE

LIFE EXPECTANCY

RISK OF OTHER ILLNESSES

EFFECTIVENESS OF CANCER TREATMENT

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• If you don't smoke, don't start
• Stopping is very hard, but there are lots of resources to help
• If you do smoke, use every resource you can find to help you quit:
  • The American Lung Association offers a free online smoking cessation program.
  • The American Cancer Society also has a quit smoking program
  • You can also call the American Cancer Society at 1-800-ACS-2345 to get support and free advice on how to stop smoking from trained counselors
  • Ask your doctor about medications that can be taken as a pill, chewed as gum, or worn as a patch on the skin
  • Try acupuncture and meditation to reduce cigarette cravings
  • Find social support such as friend who's also quitting or who can cheer you on when you're feeling you can't make it on your own
  • There are also cancer-specific resources such as the Stop Smoking Support Thread on the Breastcancer.org Discussion Board
Alcohol

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How Much is Okay?

Drinking is okay? But...how much is too much???

• If you drink alcohol, limit your consumption
  • No more than 1 drink per day for women
  • No more than 2 drinks per day for men

• A drink =
  • Wine or beer or hard liquor
  • Anything with alcohol in it

• One drink =
  • 12 ounces of run of the mill beer (5% alcohol)
  • 5 ounces of wine (12% alcohol)
  • 1.5 ounces of 80 proof liquor (40% alcohol)

• Be aware of over pouring
How Much is Okay?

What Is a Standard Drink?

12 fl oz of regular beer = 8–9 fl oz of malt liquor (shown in a 12 oz glass) = 5 fl oz of table wine = 1.5 fl oz shot of distilled spirits (gin, rum, tequila, vodka, whiskey, etc.)

IPA: 9% alcohol
12 ounces = 1.8 drinks
Double IPA: 14% alcohol
12 ounces = 2.8 drinks

Typical Margarita = 1.8 drinks
Cadillac Margarita = 2.7 drinks

https://RETHINKING DRINKING NIAAA WEBSITE

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Overall Wellbeing

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Take Home Messages

• Adopt a physically active lifestyle...get up and move!
• Eat a healthy diet and balanced diet
• Do not smoke
• If you drink, limit your alcohol intake
• Be mindful and breathe
PERSONAL STORY

Sharon shares her personal survivorship journey, and how she integrates healthy living after her diagnosis.

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Your feedback is important to us.

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TRANSCRIPT, SLIDES, AND VIDEO AVAILABLE

You will be able to access the transcript and video of the webinar at:

https://sharsheret.org/resource/teleconferences-webinars/

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