

SHARSHERET

Survivor Strong: Healthy Living During and After Cancer

Wednesday, May 30, 2018

To listen to the presentation by phone:

Dial: +1 (415) 655-0052

Access Code: 822-865-748

Pin: When asked for a pin please press the # sign

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,

The Cooperative Agreement DP14-1408 from
the Centers for Disease Control and Prevention,
and

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WHO WE ARE

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.

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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

To ask a question, please type your question into the text box to the right of your screen.

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

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HEALTHY LIVING: NUTRITION

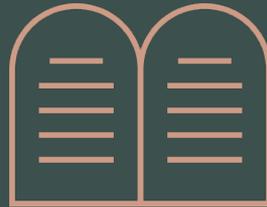
Rachel Beller, MS, RDN
CEO,
Beller Nutritional Institute



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10 Commandments You CAN Control To Help Fight Cancer



Rachel Beller MS, RDN

CEO, Beller Nutritional Institute

bellernutrition.com

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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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10 Nutrition Commandments

Your Blueprint For Optimal Health



1. Stay Fit



6. Rethink That Drink



2. Fiber Up



7. Ditch the Added Sugar



3. Veg Out



8. Toss the Processed



4. Go Pro



9. Go With Your Gut



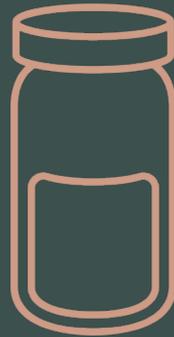
5. Get an Oil Change



10. Spice It Up



10th Commandment : Thou Shalt Spice It Up



A Pinch of Prevention

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



ScienceNow 45 Summer 2013

AICR ScienceNow



The Spices of Cancer Protection

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.

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 zeroing 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.

The potential for spices to affect cancer risk is an appealing area of study for scientists because spices are non-caloric and eaten in combination with other foods. They are also easily incorporated

studied spices, with over 1,700 lab studies published over the last few decades. It has been used for centuries to treat numerous inflammation-related disorders, including skin conditions, pain and gastrointestinal problems. There are now clinical trials examining its role in reducing cancer risk.

Turmeric gets its yellow pigment from curcumin, a polyphenol that is the primary phytochemical scientists are investigating for its anticancer potential. In the lab, curcumin modulates cell signaling pathways, suppresses tumor cell proliferation and induces apoptosis of cancer cells. There is evidence that curcumin can suppress inflammation and inhibit tumor survival, initiation, promotion, invasion and metastasis.

The findings from lab studies have led to clinical trials in humans, which are generally small but have generated promising findings. In one trial, for example, five patients with Familial Adenomatous Polyposis (FAP) consumed supplement-level amounts of curcumin and quercetin daily. After six months these patients showed a reduction in the number and size of polyps



Save the Date
2013 AICR Annual
Research Conference,
November 7-8 in
Bethesda, Md.
visit aicr.org

Multiple cancer-related processes may account for spices' ability to inhibit experimentally induced cancers.



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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 



Phytochemicals: The Cancer Fighters in Foods. AICR.org. http://www.aicr.org/reduce-your-cancer-risk/diet/elements_phytochemicals.html.
Published 2018.

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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

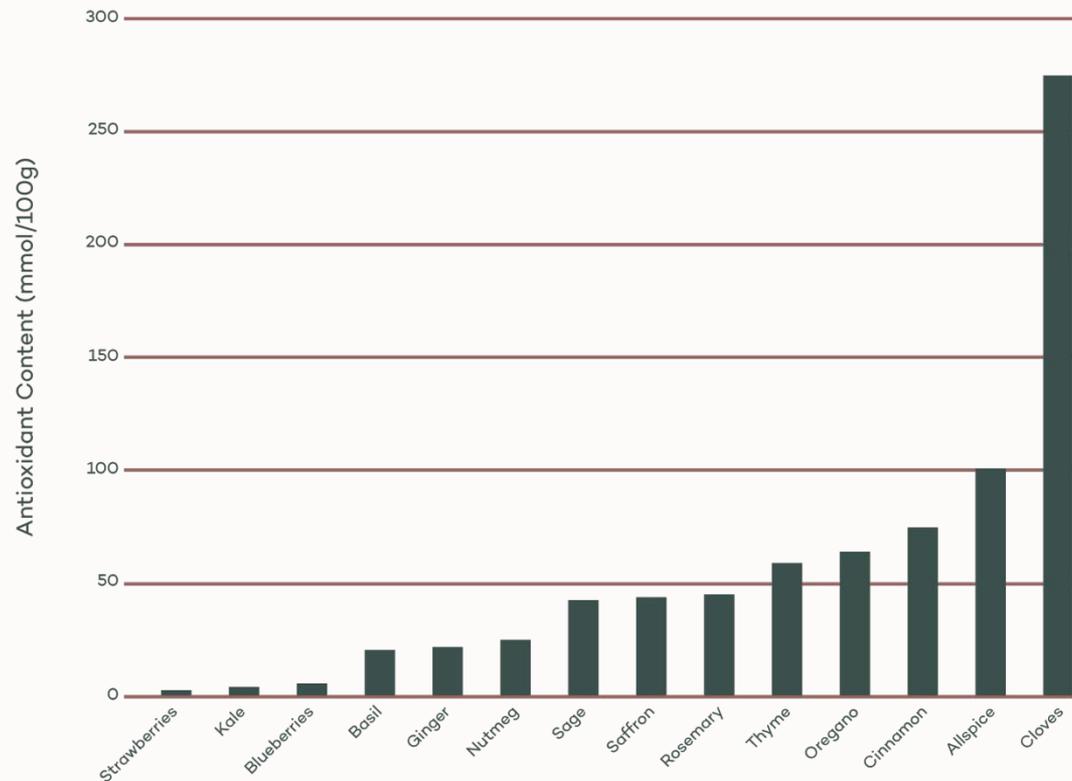


- ❖ Used medicinally in ancient times
- ❖ Not just for flavor - for PREVENTION
- ❖ Sustainable, flexible, affordable, SIMPLE
- ❖ Forever change the way you look at your pantry



Antioxidant Power of Foods

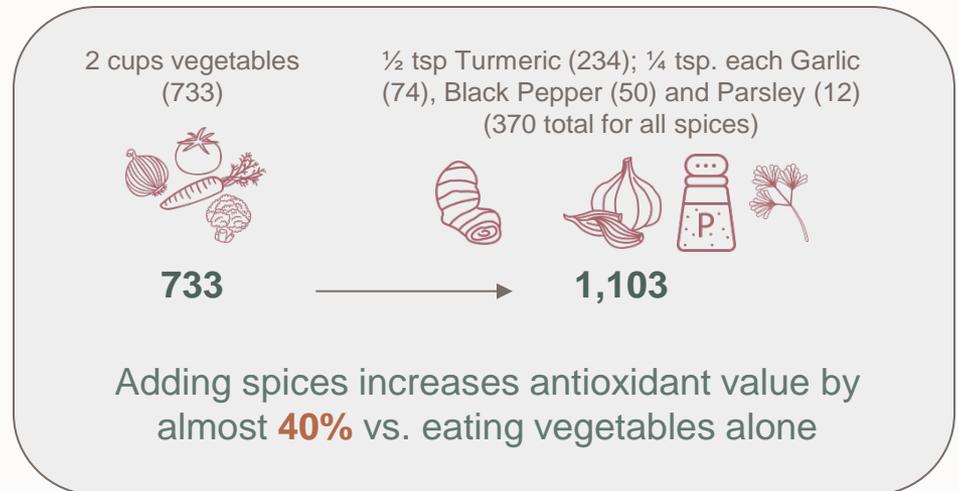
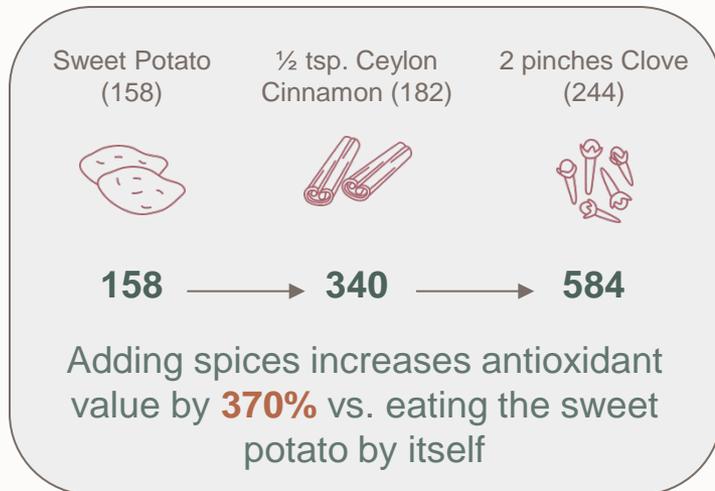
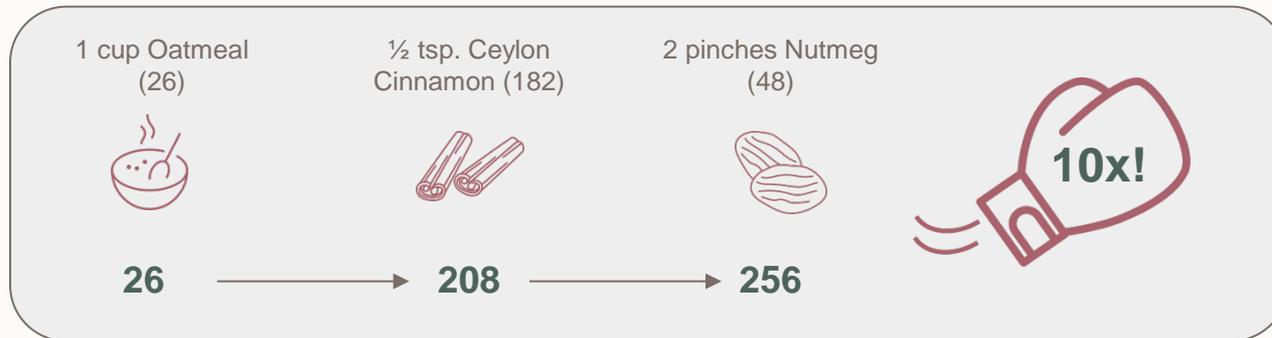
More than 3,100 foods, beverages, spices and herbs used worldwide



Carlsen et al, 2010.

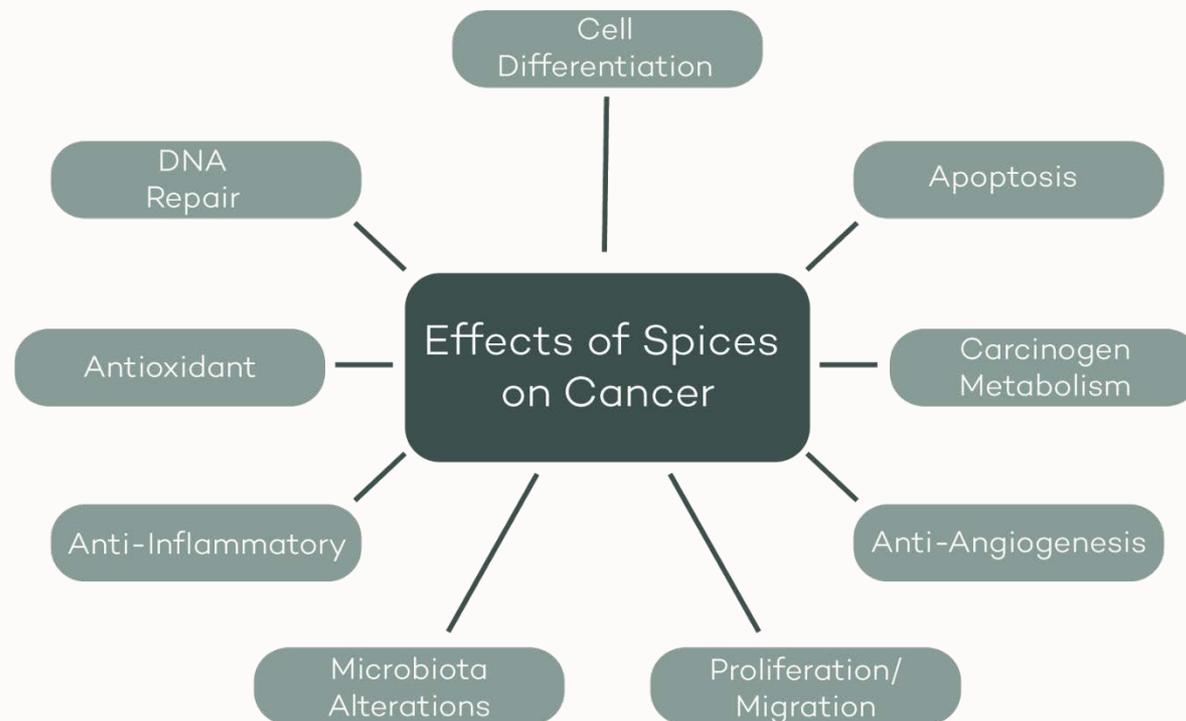
Just A Pinch Makes a Big Punch!

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



Spices Help Fight Cancer of All Types

Breast, Colon, Gastric, Lung, Prostate, Skin, Pancreatic,
Esophageal, Cervical, Ovarian...and on and on...



1. Zheng J, Zhou Y, Li Y, Xu D-P, Li S, Li H-B. Spices for Prevention and Treatment of Cancers. *Nutrients*. 2016;8(8):495. doi:10.3390/nu8080495.
2. Kaefer CM, Milner JA. The role of herbs and spices in cancer prevention. *The Journal of Nutritional Biochemistry*. 2009;19(6):347-361. doi:10.1016/j.jnutbio.2007.11.003.
3. The Spices of Cancer Protection. *American Institute of Cancer Research ScienceNow*. 2013;45:1-2.

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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 group¹
- ◇ ½ teaspoon Cumin powder daily: lost more weight, burned fat, slimmer waists than women with counseling alone²

❖ Fenugreek, Ginger, Nutmeg, Orange Peel

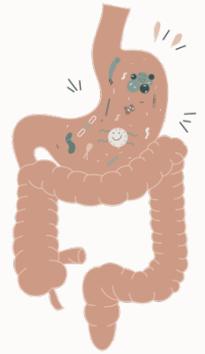
- ◇ Reduce appetite and regulate digestion



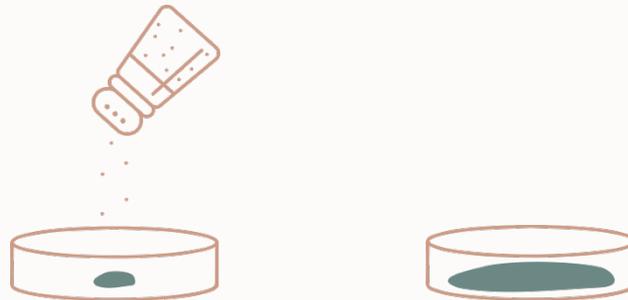
1. Taghizadeh et al, 2015.
2. Zare et al, 2014.

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*)



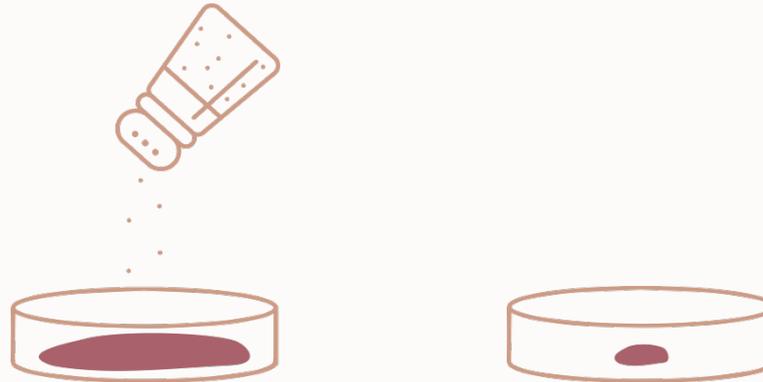
UCLA study "Prebiotic Potential and Chemical Composition of Seven Culinary Spice Extracts"

Qing-Yi Lu, Paula H. Summanen, Ru-Po Lee, Susanne M. Henning, David Heber, Sydney M. Finegold, and Zhaoping Li

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Gut Health

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



❖ Findings:

- ◇ Inhibited bad gut bacteria
- ◇ *Fusobacterium*, *Clostridium*
- ◇ *Ruminococcus*



Human Studies Show Health Benefits

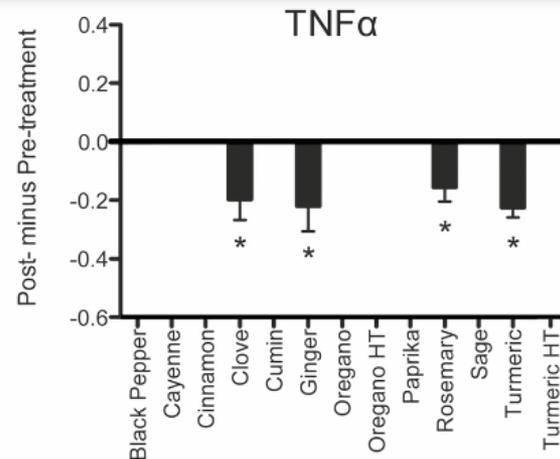
Journal of the American College of Nutrition, Vol. 31, No. 4, 288-294 (2012)

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 Meadors, BS

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

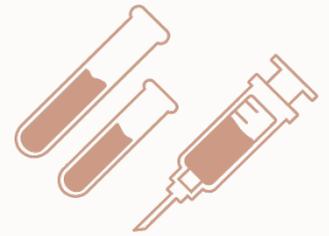
Key words: bioavailability, herb, spice, DNA strand breaks, antioxidant, human, inflammation



Effects of treating oxLDL-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



SPICES:
Anti-Inflammatory



NO SPICES:
No Difference



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

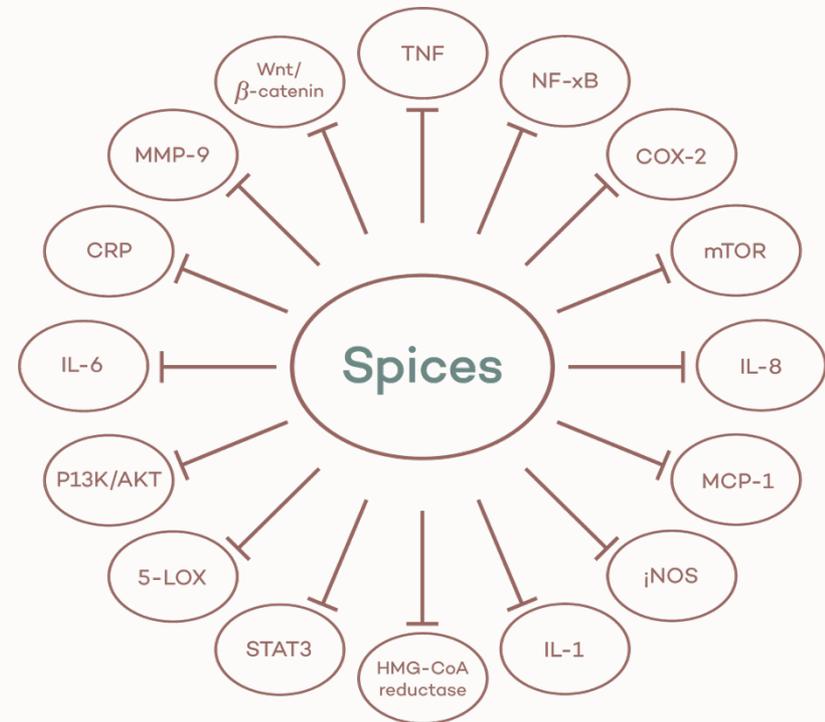


Anti-Inflammatory

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

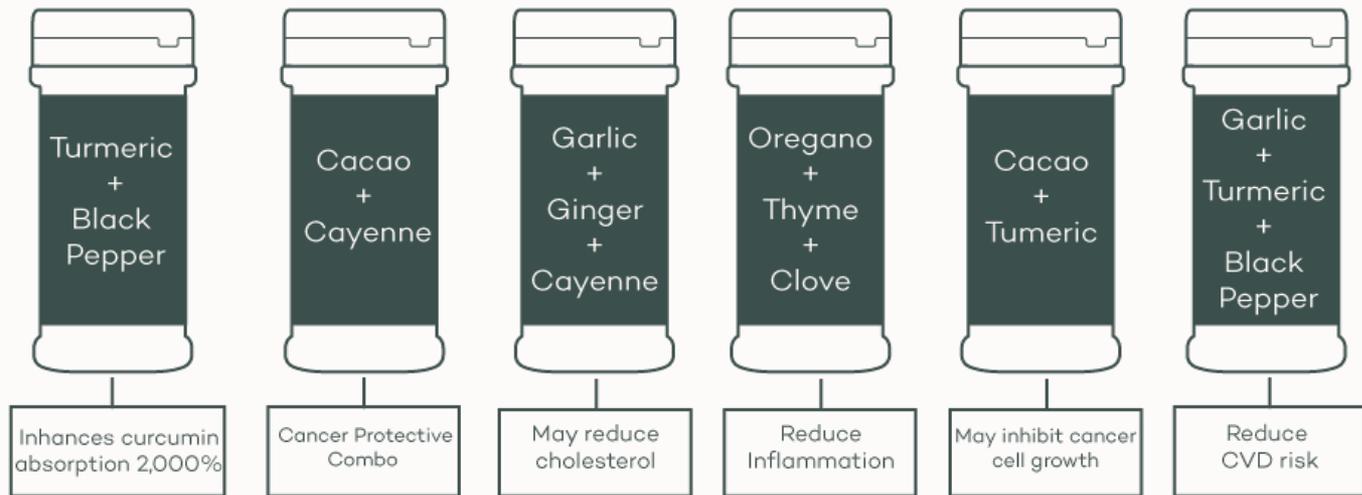
Allspice
Basil
Cacao
Cayenne
Cinnamon
Cilantro
Cloves
Coriander
Fenugreek
Ginger

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 cup 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

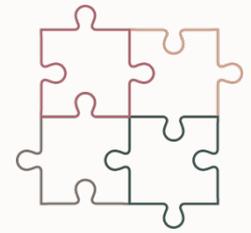
Cacao + Turmeric

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



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DIY Power Pantry



Create your own spice blends



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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



Vegitude Shaker

Specially formulated breast health blend

Garlic • Onion • Turmeric • Parsley • Black Pepper



- ❖ **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



+



= **Extra Cancer Protection**



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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 Chocolate, 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.



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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

Dont's:

- ❖ 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



6. Rethink That Drink



2. Fiber Up



7. Ditch the Added Sugar



3. Veg Out



8. Toss the Processed



4. Go Pro



9. Go With Your Gut



5. Get an Oil Change



10. Spice It Up



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



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END



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HEALTHY LIVING: EXERCISE



Dr. Jessica Clague DeHart
Assistant Professor,
City of Hope



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

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Survivor Strong: Healthy Living During and After Cancer

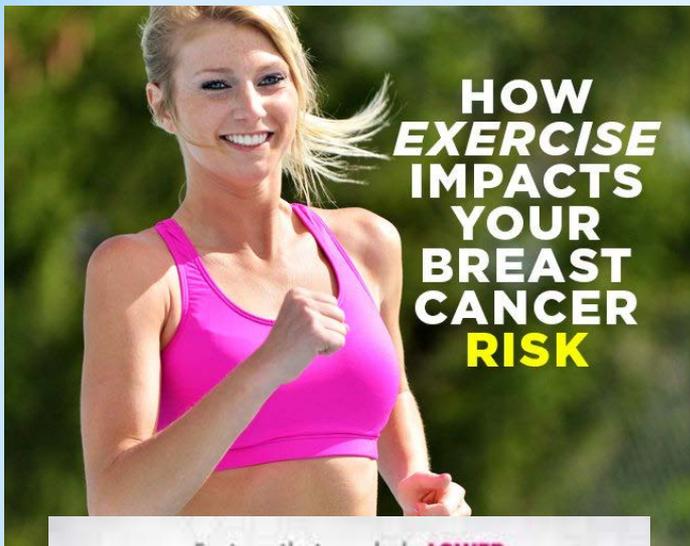
Movement, Moderation and Mindfulness

OUTLINE

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



Not smoking



Physical activity



No alcohol use



6 ways to reduce the risk of breast cancer

UPMC HEALTH PLAN



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

Exercise Helps Prevent Breast Cancer

JaneTV.com



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

www.becancerpositive.org



Sitting Is The New Smoking



Help **REDUCE** Your **CANCER RISK** WITH Regular **EXERCISE**



© iStock.com / gaudelouze

Benefits of Exercise



Quality of Life



**Diabetes
&
Heart Disease**

**Depression
&
Anxiety**



Body Weight



Inflammation



**Excess
Estrogen from
Fat Tissue**

Cancer Risk



**Pain
&
Fatigue**

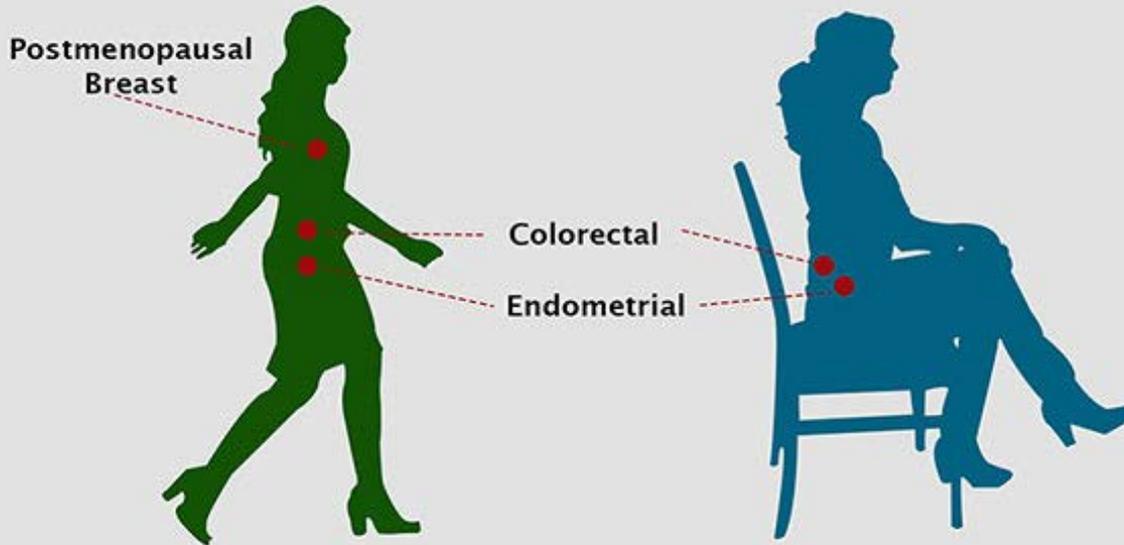


Exercise & Cancer Risk

THERE IS A STRONG ASSOCIATION

between physical activity and a decreased risk of these cancers:

between sedentary behavior and an increased risk of these cancers:



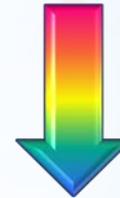
Risk of Breast Cancer by 20-40%



Risk of Colon Cancer by at least 20%



Risk of Endometrial Cancer by 20-30%



Risk of Other Cancers

<https://dceg.cancer.gov/news-events/linkage-newsletter/2015-03/research-publications/physical-activity-cancer>

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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**



Exercise After Treatment

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



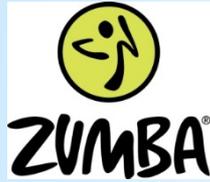
Vigorous Intensity

- 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

Current Research



Telomere Length & Telomerase



Inflammation



DNA Damage



Ability to Repair DNA Damage



All Genes in Body RNA-Seq



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

DO YOU WANNA

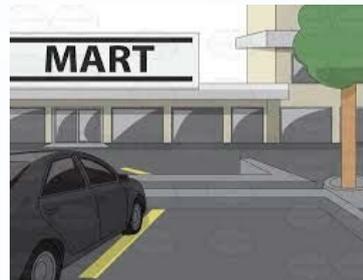


DO A WORKOUT?

**CUE + ROUTINE +
REWARD = HABIT**



**start small
but start**



Resources



Living Well
after
Cancer



POMONA VALLEY HOSPITAL
MEDICAL CENTER
THE ROBERT & BEVERLY LEWIS FAMILY
CANCER CARE CENTER



Hospitals
Rehab Facilities
Cancer Centers
Universities

LIVESTRONG®

AT THE YMCA



2Unstoppable
Making Fitness Connections

www.2unstoppable.org



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



Smoking

For audio by phone: Dial: 1 (415) 655-0052, Access Code: 822-865-748, Pin: #



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



RISK OF CANCER RECURRENCE



LIFE EXPECTANCY



RISK OF OTHER ILLNESSES



EFFECTIVENESS OF CANCER TREATMENT



Resources to Quit Smoking

- 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.)



about 5%
alcohol



about 7%
alcohol



about 12%
alcohol



about 40%
alcohol

Each beverage portrayed above represents one standard drink of "pure" alcohol, defined in the United States as 0.6 fl oz or 14 grams. The percent of pure alcohol, expressed here as alcohol by volume (alc/vol), varies within and across beverage types. Although the standard drink amounts are helpful for following health guidelines, they may not reflect customary serving sizes.



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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OVERALL WELLBEING

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



Movement, Moderation and Mindfulness

PERSONAL STORY

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



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QUESTION & ANSWER SESSION

To ask a question, please type your question into the text box to the right of your screen.

Questions will be addressed in the order received.

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EVALUATION

Your feedback is important to us.

Please complete the online evaluation that will be sent to you.

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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/](https://sharsheret.org/resource/teleconferences-webinars/)

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STAY CONNECTED

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