Welcome to the COPE Webinar Series for Health Professionals!

June 10 2015 webinar

**Fight Cancer with Your Fork!**

Time: 12 noon – 1 PM EST

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Interim Director
MacDonald Center for Obesity Prevention & Education

Handouts of the slides are posted at: www.villanova.edu/COPE

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**MacDonald Center for Obesity Prevention and Education (COPE) Goals**

- Enhance Education
- Participate in Research
- Partner with agencies and organizations
- Provide Continuing Education

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**Fight Cancer with Your Fork!**

Susan Silberstein PhD
Founder and Educational Director of BeatCancer.org

**Objectives:** The learner will be able to:
1. Identify the ways in which dietary charge can affect outcome in diagnosed patients.
2. Name foods that can help suppress tumor growth.
3. Explain the connection between cancer and biological terrain.

**Credits:** This webinar awards 1 contact hour for nurses, 1 CPEU for dietitians and 1 CEC for fitness professionals. Suggested CDR Learning Need Code: 4000, 4040, 5150; Level 2.

**Notice:** Villanova University College of Nursing is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center Commission on Accreditation. Villanova University College of Nursing Continuing Education/COPE is a Continuing Professional Education (CPE) Accredited Provider with the Commission on Dietetic Registration and an ACSM Approved Provider.

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**DISCLOSURE**

The planners do not have any conflicts of interest to disclose.

The speaker discloses she is founder and educational director of BeatCancer.org.

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**Fight Cancer With Your Fork!**

A Recipe for Preventing Cancer And Recurrence
• In my experience, the power of food to harm or heal has been largely overlooked by medical practitioners and consequently by medical consumers.

• I hope this information will be valuable, whether you are interested in:
  - Primary cancer prevention
  - Prevention of recurrence
  - Support during or after treatment

• In my experience, the power of food to harm or heal has been largely overlooked by medical practitioners and consequently by medical consumers.

• Smart medical consumers pay a great deal of attention to what they eat.

Diet and Cancer Risk

• Epidemiological research indicates that high fruit and vegetable consumption is associated with lower cancer risk.

• Nearly 5000 studies show that fresh fruits and vegetables prevent at least 15 different types of cancer.

• Dr. Richard Beliveau, world famous biochemist from the University of Montreal has stated:
  "Change your diet, change your cancer risk!"
  "Plant-based food is the best thing you can put on your plate to protect you from cancer."

Sources: Kohlmeier L, Simoneen N, Mottus K et al. Dietary modifiers of carcinogenesis. Environ Health Perspect 1995; November: 103 (suppl 8):177-184

EPIC Study

European Prospective Investigation into Cancer

Increasing fruits and veggies by 150g/day (= 1 small apple) could prevent:

• >36,000 new cancer cases annually in the US
• >300,000 new cancer cases worldwide


The China Project

The China Oxford Cornell Diet and Health Project, the world’s most comprehensive study of diet, health and disease ever completed, found very strong correlations between the changeover in China from the traditional Asian plant-based diet to a western diet of meat and dairy and fat and significant increases in cancer and obesity.

Campbell TC and Campbell T. The China Study. Dallas: Benbella, 2006

Obesity and Cancer

• In fact, obesity is a known cause of cancer.

• Obesity also negatively affects cancer survival.

• More than 117,000 cases of cancer each year are caused by excess body fat, according to the American Institute for Cancer Research.

Source: American Institute for Cancer Research
Obesity and Cancer Risk

- Endometrium: 49%
- Esophagus: 35%
- Pancreas: 28%
- Kidney: 24%
- Gallbladder: 21%
- Breast: 17%
- Colorectal: 09%

Source: American Institute for Cancer Research

Cancer Deaths Avoidable by Dietary Change

- Prostate: 75%
- Colon/Rectum: 75%
- Breast/Pancreas: 70%
- Endometrium/Gallbladder: 50%
- Stomach: 35%
- Larynx, Bladder, Cervix: 20%
- Mouth, Esophagus, Lung: 20%


Why is Nutrition So Important?

- Cancer patients don’t usually die from their tumors.
- They mostly die from:
  - Malnutrition
  - Toxemia
  - Infections

Proper nutrition can help address all of these!


That is why, no matter what therapy a patient may choose, we also need to be dealing with cancer in our kitchens.

EFFECTS OF DIETARY CHANGE ON DIAGNOSED CANCER

- Avoidance of Malnutrition
- Minimization of Treatment Side Effects
- Optimization of Cytotoxic Effects
- Protection of Healthy Tissue
- Healthy Cell Proliferation
- Healing from Surgical Procedures

EFFECTS OF DIETARY CHANGE ON DIAGNOSED CANCER

- Enhanced Immune System Function
- Hormone Modulation
- Influence on Tumor Growth Factors
- Angiogenesis Inhibition
- Apoptosis Stimulation
- Increase in Tumor Necrosis Factor
EFFECTS OF DIETARY CHANGE ON DIAGNOSED CANCER

✓ Cell Differentiation
✓ Reduced Inflammation
✓ Improved Renal and Hepatic Function
✓ Phase I and II Liver Detoxification
✓ Inhibition of Metastasis
✓ Extended Remission Period

EFFECTS OF DIETARY CHANGE ON DIAGNOSED CANCER

✓ Prevention of Recurrence
✓ Increased Survival Time
✓ Enhanced Quality of Life
✓ Patient Empowerment

  - Patient Responses vs Oncologist Responses

FREQUENT RESPONSES RE: ADJUVANT NUTRITIONAL SUPPORT

- “Don’t do anything nutritional – it might interfere with your treatment.”
- “Taking nutritional supplements is a waste of money.”
- “There is no evidence that diet plays a role once you’ve been diagnosed.”
- “Just eat a balanced diet.”
- “Eat everything and anything you want.”
- “Eat a high fat, high calorie, high protein diet – you need to keep your weight and strength up.”

EFFECTS OF DIETARY CHANGE ON CANCER SURVIVAL

- Research shows that such advice is misguided.
- The field of nutritional support for the diagnosed cancer patient is extremely complex. This presentation is limited to a discussion of dietary support only.
- There are literally thousands of studies published in hundreds of biomedical journals documenting not only the role of diet in cancer prevention, but specifically the scientific relationships between diet and cancer survival.
- Here are a few examples:

Hoffer Pauling Study

Nutritional Support and Cancer Survival

- Drs. Hoffer and Pauling tested a diet of unprocessed foods low in fat, dairy and sugar.
- All 129 patients in the study received conventional oncologic care.
- 31 in control group: survival < 6 months
- 98 in intervention group: survival > 6 years
  
  This group included:
  - 47 patients with adult leukemia, lung, liver & pancreatic cancers
  - 32 females with reproductive cancers: survival > 10 years

Dietary Factors in Lung Cancer Prognosis

• At the University of Hawaii, investigators examined the role of diet on lifespan of 212 female lung cancer patients over a period of six years.
• A significant reduction in the risk of death was shown with increasing consumption of vegetables.
• The median survival times for women from the highest to the lowest quartiles of vegetable intake were 33 and 18 months, respectively.
• Survival time essentially doubled with the highest intake of vegetables.


Diet and Prognosis for Pancreatic Cancer

• At Tulane University, researchers examined the effect of dietary changes on survival of pancreatic cancer.
• A small number of patients followed a macrobiotic diet (composed mainly of whole grains, vegetables, beans, legumes and small amounts of fruit).
• Of 1467 patients who made no changes, 90% were dead within the first year.
• 4-fold increase in median survival (13 months versus 3 months) in patients who followed the macro diet as compared with those eating an omnivorous diet.


Diet and Prostate Cancer Outcome

• Prostate cancer patients on the macro diet averaged 19 years survival vs matched controls whose median survival < 4 years.
• Harvard University researchers studied fat consumption from red meat in men with prostate cancer.
• Those who consumed 30 g fat from red meat per day were 2.5x more likely to have advanced prostate cancer or to die than of their cancer those who consumed 3 g fat from red meat per day.
• Those who consumed 5 fish meals/week had a 48% lower death rate.


Diet and Ovarian Cancer Survival

• Australian cancer researchers evaluated the effects of diet on survival among 609 women with invasive epithelial ovarian cancer between 1990 and 1993.
• Longest survivors ate the most vegetables. A survival advantage was noted for those with the highest intake of vegetables in general and cruciferous vegetables in particular, as compared with those who consumed the least.
• Shortest survivors ate the most dairy products. An inverse association between length of survival and consumption of lactose and dairy products was noted.


Dietary Effects on Diagnosed Ovarian Cancer

• At MD Anderson Cancer Center, study of 51 women with ovarian cancer (stage II-IV)
• Two diet groups (10 F&V, 5 F&V + F&VC)
• After 6 months, both diet groups exceeded expectations for quality of life, antioxidants, phytonutrients and cell health.
• 5 years later, hospitalization rate, recurrence rate and death rate were much lower than predicted.

--Statistically, about 60% (30 women) should have died.
--The death rate was under 10% (4 women)

Diet & Breast Cancer Outcome
• Poor dietary habits are strongly associated with risk for breast cancer treatment failure.
• Dietary intervention is a worthwhile approach for improving treatment outcome.


Western Diet & Colon Cancer Outcome
• Dana Farber Cancer Institute study
• 3x greater colon cancer recurrence and death among those patients eating a western diet high in sugar, meat, dairy and fat.


Macronutrients & Cancer: Fats
• Fats are relevant in three ways:
  ✓ AMOUNT
  ✓ TYPE
  ✓ QUALITY
• Traditional plant-based diets contain only 15-20% of total calories from fat; Western diets often contain 50% total calories from fat.
• High levels of dietary fat are linked to increased levels of hormones, mutagens and carcinogens.
• Fat is a threshold nutrient.


Foods High in Fat
Fried Chicken
French Fries
Hamburgers
Steak
Pork
Butter
Cheese
Ice Cream
Chips
Donuts

Types of Fats

Saturated Fats
• Animal Source
• Promote Disease
  • Omega-3
  • Upregulate Immune Response

Unsaturated Fats
• Plant Source
• Prevent Disease
  • Omega-6
  • Downregulate Immune Response

• All are important for health, but the ratios are key. Americans consume a 25:1 ratio of Ω -6: Ω -3.

One-third of all deaths in humans and dogs could be prevented by reducing omega-6 fats in the diet.

Source: Institute of Food Technologists 2010 annual meeting
Unsaturated Fats

**Omega 6**
- Sunflower Oil
- Safflower Oil
- Soybean Oil
- Corn Oil
- Cottonseed Oil
- Sesame Oil
- Peanut Oil

**Omega 3**
- Wild Fish
- Sea Vegetables
- Wild Game
- Grass Fed Animals
- Free Range Hens/Eggs
- Walnuts
- Pumpkin Seeds
- Flax, Hemp, Chia Seeds

Quality of Fats

- Fats are labile and denature quickly when exposed to air, heat and light.
- When they do, they oxidize, rancidify, and produce lipid peroxides.
- Oxidized fats, free radicals, hydrogenated fats, trans fats, and margarine can contribute to cancer growth through genetic damage and immune system suppression.

Sources: 

Macronutrients & Cancer: Proteins

There are also two main classes of proteins:

**ANIMAL**
- Meat
- Fowl
- Fish
- Dairy

**PLANT**
- Beans
- Nuts
- Seeds
- Whole Grains

Animal Protein & Cancer Growth

- A British study of more than 6000 vegetarians found them 40% less likely to die of cancer than meat-eaters.
- Animal products are frequently high in fat and low in fiber, both of which are risk factors for cancer.
- Charbroiled or cured meats are especially carcinogenic due to heterocyclic amines & nitrates.
- North American cattle are treated with bovine growth hormones which stimulate growth of hormone-responsive cancers like breast and prostate cancer.

Animal Protein & Cancer Growth

According to Drs. Robert Good, David Kitchevsky and T. Colin Campbell, a low animal protein diet (<10%) helps slow cancer growth.

Test animals were given a carcinogen that caused rapidly growing liver cancer. When animal protein in the feed was replaced by plant protein, the cancer stopped growing.

"Carcinogenesis is turned on by animal protein and turned off by plant protein, even if cancer has already been initiated."

Sources: 
- Campbell TC and Campbell T. The China Study. Dallas: Benbella, 2006

Cow Dairy and Cancer Growth

- Another dangerous animal protein source: cow dairy consumed as milk, cheese, butter, ice cream, yogurt.
- European Institute of Oncology in Milan and the Universite de Montreal prostate cancer study:
  - 197 prostate cancer patients were compared with matched controls.
  - A two-fold increased risk for cancer was associated with increased intake of dairy products.

Sources: 
- Raimondi S, Mahnouk J, Shatenstein B, et al. Diet and prostate cancer risk with specific focus on dairy products... A case-control study. Prostate 2010;70(15):1594-1605
Cow Dairy and Cancer Growth

- In the Physicians Health Study, tracking 21,660 men for 28 years, researchers found an increased risk of prostate cancer for those who consumed ≥2.5 servings of dairy products per day as compared with those who consumed ≤0.5 servings a day.


- The Iowa Women’s Health Study found that women who consumed >one glass of milk per day had a 73% greater chance of developing ovarian cancer than women who drank less than one glass per day.


Dairy and Ovarian Cancer

- Harvard Nurses Study of over 80,000 women found that women who consume >4 servings of dairy products a day have twice the risk of serous (the most common and deadly form of) ovarian cancer than women who have <2 servings.

- Women who drink 2 or more glasses of milk a day are at double the risk of those who do not consume it at all, or only in small amounts.

- Women who consumed 1 or more servings of skim or low-fat milk daily had a 32%-69% higher risk of ovarian cancer compared with women consuming 3 or fewer servings monthly.


Dairy and Cancer Growth

- Many non-organic dairy products contain exogenous growth factors, but even organic dairy products contain endogenous growth factors.

- Casein (87% of milk protein) provides intrinsic growth factors and consistently promoted all stages of the cancer process.

- Insulin-like Growth Factor-1 (IGF-1) is a growth hormone produced by all mammals. Levels of it are very high in dairy products.

- Among women younger than 50, having high IGF-1 levels (top 25%) raises breast cancer risk by seven times.

- At BeatCancer.org, diet histories of nearly 30,000 cancer patients showed correlations between heavy dairy consumption and poorly controlled adult leukemias, lymphomas, breast, prostate, and ovarian cancers.


Macronutrients & Cancer: Carbs

There are also two main classes of carbohydrates:

**SIMPLE (refined)**
- Promote Cancer
  - White Sugar
  - White Flour
  - Corn Syrup
  - Soft Drinks

**COMPLEX**
- Fight Cancer
  - Fruits
  - Vegetables
  - Beans/Legumes
  - Whole Grains


Macronutrients & Cancer: Carbs

- Cancerous tumors are obligate sugar metabolizers.

- Cancer cells uptake sugar at a rate 10-12 times that of healthy cells.

- PET scans work because radioactive injected glucose is eagerly taken up by cancer cells.


Macronutrients & Cancer: Carbs

Sugar suppresses immune response.

Macronutrients & Cancer: Carbs

Sugar, Insulin, IGF and Cancer

Sugar ingestion leads to insulin release.
• The more sugar eaten, the higher levels of insulin in the body.
• Obesity and lack of exercise increase insulin and IGF levels.
• High levels of insulin and IGF may be CAUSATIVE for cancers of the breast, colon, prostate, endometrium and pancreas.


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“Trying to beat cancer while eating a diet that constantly raises blood glucose is like trying to put out a forest fire while somebody’s throwing gasoline on the trees.”

--Patrick Quillin, PhD
Beating Cancer with Nutrition

Artificial Sweeteners

• Cancer Research Centre, European Ramazzini Foundation of Oncology, Bologna, Italy:
  “Aspartame causes a statistically significant dose-related increase in lymphomas and leukemias at dose levels very near those to which humans can be exposed.”
• Authors called for urgent re-examination of permissible exposure levels, especially for children. (Current ADI= 50 mg/kg bw)
• More human research is warranted.
• Sugar may be safer – just not too much – or too often!


There’s Nothing to Eat!

✓ FATS ARE BAD FOR YOU
✓ MEAT IS BAD FOR YOU.
✓ MILK IS BAD FOR YOU.
✓ SWEETS ARE BAD FOR YOU.
✓ PASTA IS BAD FOR YOU.
✓ BREAD IS BAD FOR YOU.

Cancer or starvation?
Cancer-Fighting Foods: Fiber

- Sources of Fiber:
  - Whole Grains
  - Fresh Fruits
  - Vegetables
  - Psyllium or other fiber supplement

- Binds up and escorts out circulating hormones and carcinogens
- Protects against colon cancer, breast cancer, prostate cancer, lymphomas, possibly others
- "Small stools, large hospitals."
  --Dr. Dennis Burkitt, Fellow, Edinburgh Royal College of Surgeons

Cancer-Fighting Foods: Apples

- Fiber
- Peel
- Triterpenoids
- Inhibit growth of human Liver cancer Colon cancer Breast cancer


Cancer-Fighting Foods: Carotenes

- Carotenes are a large class of 600 phytonutrients.
- Not just beta-carotene, not just in carrots, not just in orange colored vegetables and fruits.

- Carotenes are red, yellow, purple and green. Sources of carotenes are all brightly colored fresh fruits and vegetables.

Benefits of Carotenes

1) Immune Support
   - T-Cells
   - Natural Killer Cells
   - Macrophage Cells

2) Antioxidants
   - Neutralize Free Radicals
   - Protect Cellular DNA

Benefits of Carotenes: Lycopene

- Protects against cancers of the
  - Prostate
  - Breast
  - Mouth
  - Pharynx
  - Esophagus
  - Stomach
  - Colon

Source: International Journal of Cancer

Effect of Lycopene on Prostate Cancer

- Oncologists at the Karmanos Cancer Institute in Detroit tested 30 men with prostate cancer
- For 3 weeks, 15 mg lycopene daily or placebo
- Following surgery, the true lycopene group had:
  - Smaller tumors
  - More confined tumors
  - Decreased malignancy
  - Greater regression

Cancer-Fighting Foods: Berries

- Ellagic Acid – Anti-Angiogenesis
- Anthocyanidins – Pro-Apoptosis
- Berries inhibit cancers of the
  - Mouth
  - Esophagus
  - Colon
  - Brain
  - Triple Negative Breast Cancer

Source: Journal of Agricultural and Food Chemistry, 2006; Seminars in Cancer Biology, 2007

Cancer-Fighting Foods: Crucifers

PROTECT AGAINST
- Breast Cancer
- Prostate Cancer
- Bladder Cancer
- Lung Cancer

- 1338 prostate cancer patients completed food frequency questionnaires.
- Greater consumption of crucifers was associated with decreased risk of aggressive prostate cancer.

Source: Kirsh V et al. Eating more vegetables like broccoli and cauliflower is associated with a reduced risk of aggressive prostate cancer. Journal of the National Cancer Institute, July 25, 2007

Cancer-Fighting Foods: Green Tea

- Fights cancer via 13 different mechanisms:
  - Antioxidants - Catechins
  - Epigallocatechin Gallate (EGCG)
  - Antiangiogenesis factors
  - Apoptosis stimulators
  - Anti-inflammatory action
  - More than 300 research studies

Source: Lee SH, Green tea fights cancer, Immune Perspectives 2014(XL-2):3-7

Cancer-Fighting Foods: Green Tea

- Potentially inhibits cancers of
  - Esophagus
  - Stomach
  - Pancreas
  - Colon
  - Bladder
  - Prostate
  - Lung
  - Breast
  - Liver
  - Uterus
  - Ovary

Source: Lee SH, Green tea fights cancer, Immune Perspectives 2006(XI-1):5-12

Cancer-Fighting Foods: Green Tea

- Therapeutic grade green tea depends on:
  - Amount of EGCGs
  - Growing method
  - Harvesting method
  - Brewing method
  - Amount ingested

According to National Cancer Institute pharmacodynamics data, daily consumption of 1300 ml (40 oz) of green tea containing 710 mcg/ml EGCG is equivalent to 1.5 times the lowest effective anti-cancer dose in a 153 lb. adult.

Cancer-Fighting Foods: Flaxseeds

**Phytonutrients:**
- Omega-3 Fats
- Lignans
- Fiber

**Mechanisms:**
- Immune support
- Bind up estrogen
- Improve bowel function
- Influence prostaglandin chemistry

**University of Toronto Study**
Flaxseed Effect in Patients with ER+ Breast Cancer
- 34% slower rates of cancer cell growth
- 31% higher rates of cancer cell death
- 71% less activity of breast cancer oncogene
- Similar results in Duke Univ. and MD Anderson Cancer Center studies on prostate cancer

**Sources:** Servan-Schreiber D. Anticancer. New York: Viking, 2009, 142-143

Cancer-Fighting Foods: Soybeans

**Isoflavones**
- Genistein and Daidzein
- Angiogenesis inhibitors

**Phytoestrogens vs. xenoestrogens**

**Controversy:** Soy will cure you – soy will or kill you

A meta-analysis of 15 major breast cancer studies (1978-2006) found no evidence that intake of isoflavones increased breast cancer and showed overall evidence of risk reduction.

**Synergetic effects with Tamoxifen**

**Conflict resolves when we define:**
- Type of soy
- Amount of soy
- Quality of soy
- Circumstances of person

**Best forms:**
- Organic, non GMO
- Fermented
- Sprouted
- Refrigerated soy milk

**Sources:** Silberstein S. To soy or not to soy: That is the question – Part II, Immune Perspectives XX: no. 2, 2009:1-7

Cancer-Fighting Foods: Garlic

- Natural Killer Cell Activity
- Aged Garlic Extract
- Inhibition of Cancers of:
  - Breast
  - Prostate
  - Stomach
  - Colon
  - Brain
  - Lung


Cancer-Fighting Foods: Shiitake

- There are a dozen therapeutic mushrooms in the Asian tradition.
- Shiitake is likely the only one that can be found in a food store.
- Rich in phytonutrient called Lentinen

**Immune Support**
- T-Cells (total & helper/suppressor ratios)
- Natural Killer Cells
- Interferon
- Interleukin

Other Cancer-Fighting Foods

• Besides those foods we already discussed, there are over 100 foods that have demonstrated anti-cancer activity against multiple cancers through hundreds of phytonutrients performing via dozens of mechanisms at various stages of cancer initiation, progression and promotion.

• These functions have been documented in human research as well as laboratory studies which have been published in biomedical journals worldwide.


A Classic Debate

• 19th century French chemists Louis Pasteur and Claude Bernard argued about the best way to control malaria.
• Pasteur favored killing all the mosquitoes.
• Bernard favored draining the swamp.
• Pasteur got all the glory, but on his deathbed he admitted: "Le terrain, c’est tout."

Applications in Oncology

• Modern oncologic treatments attempt to kill all the cancer cell "mosquitos."
• That is difficult because you can’t see them, the body produces new ones all the time, and often the patient is sacrificed in the process.
• While our oncologists are doing the best they can with this approach, patients can and should attend to their own biological terrain through wise dietary choices.

Cellular Environments

<table>
<thead>
<tr>
<th>CANCER CELLS thrive in</th>
<th>HEALTHY CELLS thrive in</th>
</tr>
</thead>
<tbody>
<tr>
<td>✓ Low Oxygen</td>
<td>✓ High Oxygen</td>
</tr>
<tr>
<td>✓ Acidity (low pH)</td>
<td>✓ Alkalinity (high pH)</td>
</tr>
<tr>
<td>✓ High Sugar</td>
<td>✓ Low Sugar</td>
</tr>
</tbody>
</table>

Source: Dr. Otto Warburg, Nobel Prize Winner, 1937

The Seed and the Soil

• Dr. Stephen Paget: “The likelihood of cancer to grow depends on its environment.” (Lancet 1, 571–573 (1889))

• Sir William Lane, Royal Surgeon of London: “Cancerous cells will only grow in a suitable soil.” (The Prevention of Diseases, 1929)

• Dr. T. Colin Campbell: “Promotion is reversible, depending on whether the early cancer … is given the right conditions in which to grow.” (The China Study, 2006)
Quotes Worth Noting

“Whatsoever is the father of disease, poor diet is the mother.”
--Ancient Chinese Proverb

Quotes Worth Noting

“Natural forces within us are the true healers…. Let your food be your medicine and your medicine be your food.”
--Hippocrates, the “Father of Medicine”

Quotes Worth Noting

“Realization of the potential of foodborne substances to reduce the human burden of cancer will only be achieved with better measurement of dietary exposures and funding of multidisciplinary research….”
Kohlmeier L, Simonsen N and Mottus K. Dietary modifiers of carcinogenesis, Environ Health Perspec 1995 November; 103 (suppl 8):177-184

Quotes Worth Noting

“Chemoprevention by edible phytochemicals is now considered to be an inexpensive, readily applicable, acceptable and accessible approach to cancer control and management.”

Quotes Worth Noting

“Every day, at every meal, we can choose food that will defend our bodies against the invasion of cancer.”
-- David Servan-Schreiber, MD, PhD, Anti-Cancer, 2009
Additional Thoughts

• The lifetime risk of cancer is now 1 in 2. What you learned today could help you be the other one!
• The same diet that helps prevent cancer can help prevent recurrence or help reverse active cancer.
• Don’t focus on what you have to give up, focus on what you need to include.
• Small changes can produce big results.
• Make dietary changes gradually.
• Healthy eating can be simple and delicious.

Questions and Answers!

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