

Looking Forward After Breast Cancer

An Integrative Approach to
Healthy Lifestyle Changes

Overview

- Identify the links between nutrition, physical activity and cancer prevention and/or reoccurrence.
- Guidelines based on scientific evidence
 - American Cancer Society
 - American Institute for Cancer Research (AICR)
- Set personal goals to improve overall health.
- Integrative Wellness resources

“Does it Matter?”

- Integrative wellness including nutrition may
 - improve well being during and after treatment
 - reduce risk of chronic disease
 - help maintain a healthy immune system
- Nutrition is not a single cause or cure
 - One piece of a complex puzzle
 - No food or supplement is a magic bullet

Maintain a Healthy Body Weight

- Obesity is associated with the increased risk of many cancers including breast, diabetes, and high blood pressure.
- Higher circulating estrogen in overweight or obese women
- Weight gain is a common problem after diagnosis
- evaluate using body mass index



“Eat less, exercise more, and alter your genetic code with the DNA of thin parents.”

Healthy Body Weight

- Balance caloric intake with physical activity
- Focus on 5-10% LOSS first.
 - Evaluate road blocks
 - Watch portion sizes
 - Keep a record
 - Make compromises
 - Get support...it is going to be hard work but this is for a lifetime.

Adopt a Physically Active Lifestyle

- Moderate activity, like walking, **30 minutes** or more on **5 or more days** per week
- In 2005, a Harvard study showed that **92%** of women who exercised **3-5 hours per week** were alive **10 years** after their breast cancer diagnosis, compared to 86% of women who exercised less than one hour per week.
- WHEL Trial (Women's Healthy Eating and Living Study) showed a **50% reduction** in mortality for breast cancer patients who exercised an average of **30 minutes per day for 6 days per week** and ate at least **5 servings of fruits and vegetables** a day

Adopt a Physically Active Lifestyle

- Make it happen!
 - Find a buddy
 - Schedule it on your calendar
 - 10 minutes! You can do it!
 - Don't forget everyday activities that increase activity.
 - Active housework
 - Taking the stairs



“I’m trying to fit 30 minutes of daily exercise into my busy schedule. Today I took 120 fifteen-second walks.”

Consume a healthy diet

- Eat 8-10 servings of colorful fruits and vegetables
- Consume 25-35 grams of fiber per day
- Avoid processed and refined grains/flours/sugars
- Make meat a condiment and make it lean

Consume a healthy diet

- Include healthy fats like fish, walnuts, olive oil, avocados
- Focus on low fat (20% of calories)
 - In December 2006, the WINS Trial (Women's International Nutrition Study) showed that women with early stage breast cancer who followed a **low fat diet** had a **24% reduction** in recurrence or new primary breast cancers compared to women who ate as usual. Women with **estrogen receptor negative** breast cancer had a dramatic **42% risk reduction**.

Consume a healthy diet

- Choose organic when you can particularly of the most contaminated
 - Apples, grapes, spinach, strawberries, pears, peaches, celery, bell pepper, cherries, raspberries
- Other recommended foods
 - Turmeric and curry
 - Ginger
 - Cruciferous vegetables (brussels sprouts,, bok choy, broccoli, cauliflower...)
- Evaluate and set small goals

Mind-Body Connection

- Evidence that stress increases inflammatory response.
- Create a plan that works for you
 - Massage therapy
 - Acupuncture
 - Guided imagery/visualization
 - Meditation

Resources

- Find support system in your community
- American Cancer Society
- Community centers
- Gyms

- Create one!!

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- **Inspiritas at the START Center for Cancer Care is a serene retreat offering healing regimens that address the mind, body and spirit. These therapies are available to the entire community and have been designed to enhance the quality of life.**
- **We offer options that are evidence-based, and have been shown to be effective for reducing patient side-effects, reducing stress and increasing wellbeing.**



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- *Massage Therapy and Body Treatments*
- *Reiki*
- *Acupuncture*
- *Skin Care*
- *Personal Beauty Enhancement*
 - wigs, headcoverings
 - bras, breast prosthetics
 - Compression garments
- *Nutritional Counseling*
- *Psychological Counseling*
- *Spiritual Direction*
- *Guided Imagery*
- *Wellness Classes*



inspiritasspa
a spa for integrative wellness



DIVA

- The DIVA program (Deriving Inspiration and Vitality through Activity) in San Antonio
 - exercise and nutrition classes to help breast patients meet their lifestyle goals.
 - aerobics and strength training, yoga, Zumba, Nia, Tai-Chi, and nutrition classes
 - Free to breast cancer survivors

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