

Diet, Exercise, & Natural Medicine Strategies for Cancer Patients

Kristin Stiles Green, ND
Director of Naturopathic Medicine
Cancer Treatment Centers of America
Midwestern Regional Medical Center
Zion, IL



Winning the fight against cancer, every day.®

What is Cancer?

- **Cancer** - is uncontrolled, cellular growth with properties of tissue invasion that can spread to other parts of the body
- Normal, healthy cells grow, divide and die in an orderly fashion.
- Cancer cells are different because they do not die when they should. They continue to divide and grow in an uncontrolled fashion.
- Cancer cells can outgrow their surrounding area and invade other tissues or even distant areas. This is what separates malignant (cancerous) growths from benign growths.

Causes of Cancer

- Cancer cells form as a result of damaged DNA.
- There is a fundamental loss of “identity” and loss of control over normal cell reproduction
- 80% of cancers are considered sporadic-meaning the cause is unknown.
- There are several risk factors that can increase the risk of developing cancer...

Causes of Cancer

- **Obesity** - research indicates being overweight or obese is a risk factor
- **Tobacco use**- increases the risk of almost all cancers. Pipes and chewing tobacco increase the risk of developing cancers of the head and neck.
- **Chemicals**- exposure to asbestos, radon and benzenes can be a risk factor for developing cancer
- **Age** – risk of cancer increases with age (traditionally over the age of 50)
- **Diet** – high fat, low fiber, and nutritionally poor diets may contribute