



Winning the fight against cancer, every day.®

# Cancer Treatment Centers of America® Breast Cancer Awareness

Jessica Smith, MS, RD, LD CSO

10/5/2011

# Breast Cancer Awareness



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- In the United States, breast cancer is the most common female cancer.
- On average, 13% of women will develop breast cancer by the age of 90.
- Approximately 2000 men are diagnosed with breast cancer yearly within the United States.
- Ten to 15% are associated with a positive family history.

# Breast Cancer



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- As of 2007, 2.6 million of the 11.7 million cancer survivors were female breast cancer survivors.
- Breast Cancer survivors represent 3.6% of the US population.
- This is the largest population of all cancer survivors.

# Breast Cancer



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- There are multiple factors that influence the development of breast cancer, including:
  - Positive family history
  - Inheritance of BRCA1 and BRCA2 genes
  - Lifestyle
    - Alcohol intake
    - High fat diet
    - Lack of physical activity

# Breast Cancer Screening



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- Breast cancer screening can decrease risk of developing breast cancer
- Breast cancer screening includes:
  - Breast self exams
  - Clinical breast exams by a health care professional at least every 3 years in your 20s and 30s
  - Yearly mammograms beginning at age 40

# Cancer Prevention



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- Be as lean as possible without becoming underweight.
- Be physically active for at least 30 minutes every day.
- Avoid sugary drinks. Limit consumption of energy-dense foods.
- Eat more of a variety of vegetables, fruits, whole grains and legumes such as beans.
- Limit consumption of red meats (such as beef, pork and lamb) and avoid processed meats.
- If consumed at all, limit alcoholic drinks to 2 for men and 1 for women a day.

# Cancer Prevention con't



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- Limit consumption of salty foods and foods processed with salt (sodium).
- Don't use supplements to protect against cancer.
- \* It is best for mothers to breastfeed exclusively for up to 6 months and then add other liquids and foods.
- \* After treatment, cancer survivors should follow the recommendations for cancer prevention.

# Breast Cancer Guidelines



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- Following a healthy balanced diet is essential during the treatment of breast cancer, as well as after treatment.



# Breast Cancer Guidelines



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- Cruciferous vegetables
- Ground flaxseeds
- Plant-based proteins
- Vitamin D
- Monitor soy intake
- Limit saturated fat and trans fat intake

# Breast Cancer Guidelines



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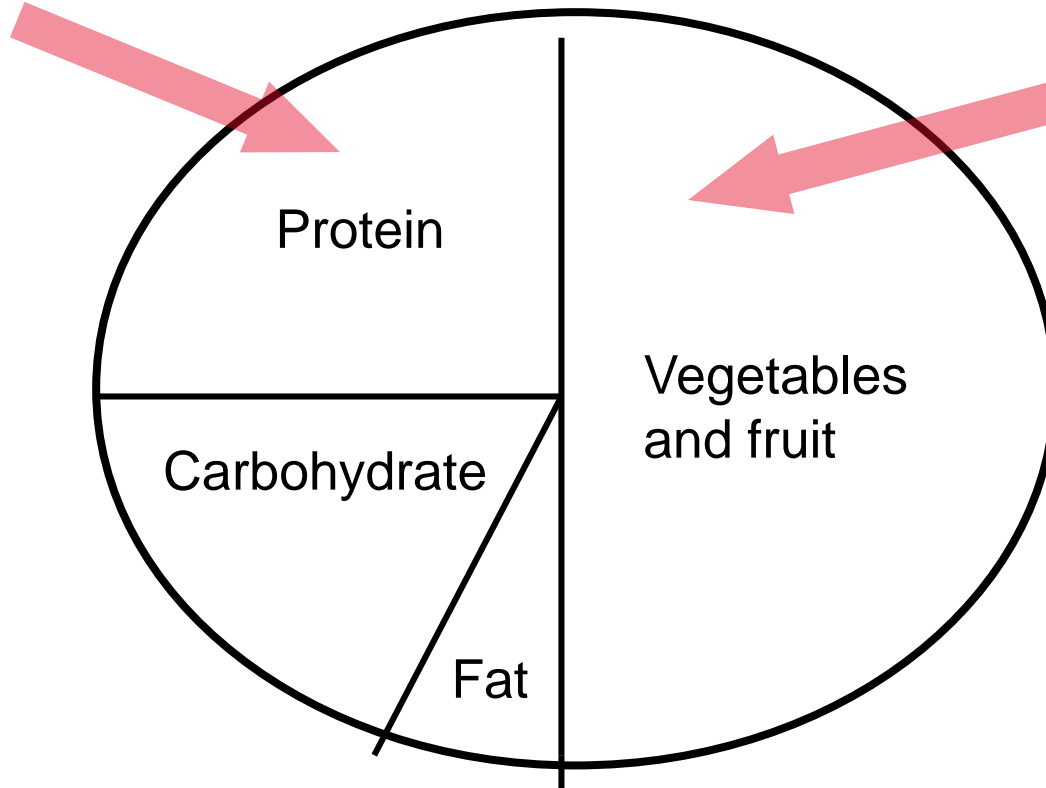
- Mushrooms
- Exercise

# Lifestyle Modifications

- Weight and physical activity
  - Maintain a healthy weight
  - Be physically active
    - 30 minutes daily
  - Calories In  $\leq$  Calories Out
  - Three strategies for weight loss:
    - Eat a greater proportion of plant based foods
    - Watch the size of your portions
    - Keep physically active

# New American Plate

1/3 (or less)  
Animal  
protein



2/3 (or more)  
vegetables,  
fruits, whole  
grains, and  
beans

*Source: American Institute for  
Cancer Research, 2007*



Stage 1: Old American Plate



Stage 2: Transitional Plate



Stage 3: The New American Plate



Stage 4: One Step Further

Source: American Institute for  
Cancer Research, 2007

# Resources



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- [AICR.org](http://AICR.org)
- [ACS.org](http://ACS.org)
- Ruddy, K, et al. Approach to the long-term survivor of breast cancer. Uptodate. 2011
- Fletcher, W.F., et al. Risk prediction for breast cancer screening. Uptodate. 2011