



# SANSKRITI

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Vol 22:2 Fall 2017

## From the Board

The eventful year that was... and we are nowhere near done yet!

It is a season of Celebrations, in the Indian calendar as well as the Christian Gregorian one. And while our biggest event of the year Celebration of India is upon us, IWA has had full year of events. Much more than any year before.

We started the year, as usual welcoming our members at our Welcome Party, where the theme was Weaves of India. We celebrated the artistry of Indian weavers through the spectacular saris and shawls that many of our members wore that day!

We mourned the sad and untimely death of a young man of Indian origin, Srinivas Kuchibhotla, who died as a victim of hate crime. We called for a Solidarity Vigil of people of all race, religion and color. We realized that the hate that caused his death needed to be healed through empathy and understanding. Many members of the Greater Lafayette community came together at the Solidarity Vigil to support and gain strength from each other.



## In This Issue

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- Celebrating Graduations
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Special Celebrations Issue — Edited and Designed by Rwititi Roy

## From the Board continued...

people of different origins shared their experiences.

Through a fun filled festival of color we celebrated Holi. The morning was spent in playing with a riot of colors while the evening showcased the talent of our members and their family. With great food and a finale performance by Meghna Rajaram the evening was near perfect!

As has become a tradition, IWA partnered with ASHA for a 5k run. Many of our members and their family donned their jogging attire on a chilly spring morning to successfully complete the run and raise money for the education of disadvantaged children.

On public demand Family Cricket made a comeback at this year's picnic too. And what a comeback it was! We had the highest ever attendance at a picnic. And the participation from men, women and children was in the fiercest spirit that cricket always invokes among *Desis*! The perfect summer day was made even more enjoyable with shaved ice of a myriad flavors.

And finally, the spectacular recipe book that we had worked on was printed and ready for as spectacular a launch. We tied up with Greater Lafayette Immigration Allies to use the occasion to launch our book also as an occasion to help GLIA raise money for their cause. So was born the IWA & GLIA Book Launch and Fundraiser dinner. With the beautiful



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## From the Board continued...

Coyote Crossing Club as the venue, and the menu comprising of dishes from the recipe book cooked by our own in-house chefs, the event was a sold out one!

But we are still not done. This year we will bring you once again our premier event The Celebration of India in a slightly different format. With a mesmerizing Bollywood "Retro to Metro" performance taking you on a musical journey through time, a scintillating performance by Soujanya Madabhushi, coming to perform all the way from Hyderabad, accompanied by gourmet food, the event is one not to be missed.



But hold your breath, we still have more to announce... next year IWA will be celebrating its 25<sup>th</sup> year!!! And the wheels are already turning to mark the year in the most memorable we can. A year that will take IWA to the next level!



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# The Lady From Lanka

By Ritu Marwah

© 2013 The Art Institute of Chicago,

Nearly 2000 miles north of Sri Lanka the first stone structure being built in India featured a lady from Lanka, a Yakshi swung from the gate. The Stupa at Sanchi was commissioned by the emperor Ashoka in the 3rd century BCE.

Sri Lanka, the guide tells me, had four tribes about twenty five centuries ago: the Raksha, the Yakshi, the Deva and the Nagas. Stories some of beauty and some of terror carried to the neighbouring country of India.

The yakshi has a bare torso with a single pearl falling between her breasts. A girdle holds up a diaphanous lower garment across her broad hips. She wears heavy anklets and bracelets, and her hair is tied into elaborate plaits. She is holding up the sandstone beam that was once across Sanchi Stupa's gateway. The British museum, that now houses the statue, continues, that as per an ancient Indian fertility rite beautiful young maidens were said to usher in spring by kicking a tree trunk while breaking off a branch, so as to arouse it into blossoming. Or as the Boston Globe puts it, "the touch of a woman, according to Indian myth, could cause the sap of the tree to run, making it flower and bear fruit".

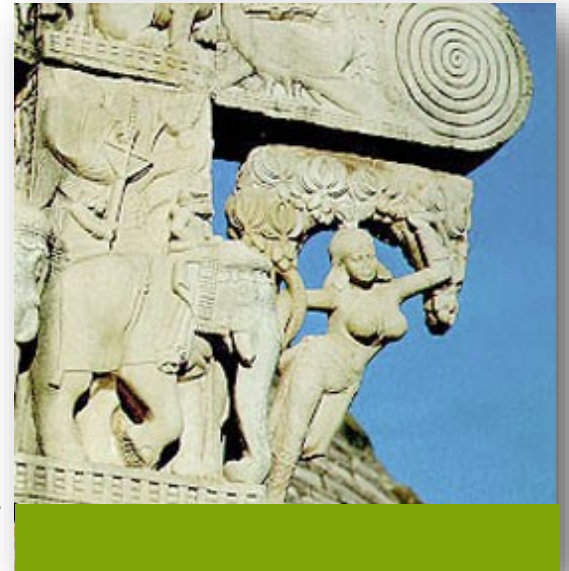
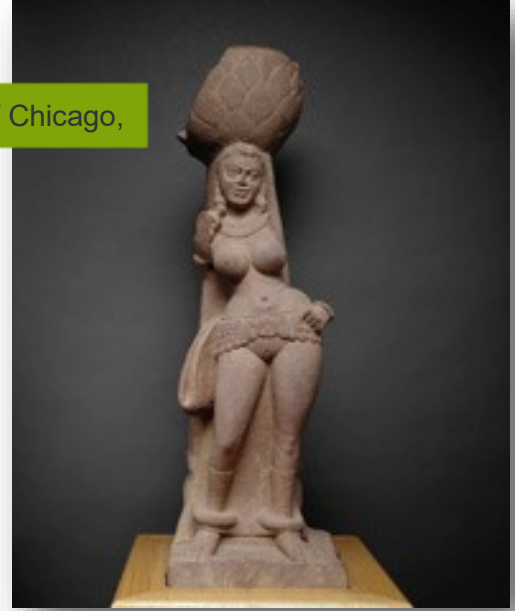
In India's epic Mahabharat, written in the post Ashoka period the poet calls out to the lady in the translator's Shakespearean voice:

Who art thou that,  
Bending down the branch of the Kadamba tree,  
Shiniest lonely in hermitage,  
Sparkling like a flame of fire at night  
Shaken by the breeze,  
Oh thou of fair brows?  
Exceedingly fair art thou  
Yet fearest nought here in the forest  
Art thou a *devata*, a *yakshi*, a *danavi*, an *apsara*,  
Or a fair *daitaya* girl, or a lovely maiden of  
the *Naga* king  
Or a night wanderer (*rakshasi*) in the woods?

The Ramayana penned during the same period tells the tale of Sarupnakha who incited her brother the well endowed powerful King Ravana to avenge her insult.

As I wander around Anuradhapura, Sri Lanka's first capital city, there is no sign of the epic stories. Buddhism, the religion that predated the written versions of both the epics Ramayana and Mahabharata and the stone stupas, however is everywhere.

Towering stupas dating back to 3rd century BC and 1st Century BC dominate the landscape. The mahabodhi tree, an imported and re-planted branch of the tree under which Buddha had attained enlightenment holds pride of place. Planted in 288 BC, it is the oldest living human-planted tree in the world. Seeds from the Bodhi tree were disseminated throughout Lanka where they have taken root.



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## The Lady from Sri Lanka continued...

Theravada buddhism blossomed in Sri Lanka. Over 70 percent of the population are Sinhala buddhists. The possession of Buddha's tooth, a relic carried from India, is protected with life as it bestows the divine right to rule on its possessor. In 1998 the LTTE, a militant Tamil organization tried to capture it in vain. It resides in a temple in Kandy.

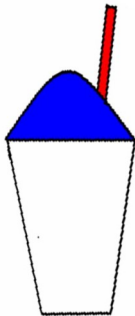
Two hours drive south of Anuradhapura, Sigiriya Fort a massive column of rock nearly 200 metres high was a buddhist monastery from as early as the 3rd century BCE. We scrambled up all 1200 steps to see a fabulous view of a forest carpeted earth. Lion claws carved into the rock announce the start of an ancient citadel built by King Kashyapa during the 5th century.

In Colombo, another two hour south of Sigriya, the eclectic Gangaramaya Temple houses the Buddha's hair and the Bodhi tree.

The Yakshi continues to fascinate the people of India. The Lady from Lanka now also stands at the entrance of the Reserve Bank of India building in New Delhi, an imposing twenty-one-feet high statue, she holds a bag of money in her hand. The statue was completed in 1967. She guards modern India's material needs.



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**Travel Notes:**

We flew into Colombo from the United States where we visited the Gangaramaya Temple and the IPKF memorial, had lunch at Mount Lavinia Hotel, took a walk down Galle face, dinner at Beach Wadia which seems to be a celebrity eating spot and shopped at Barefoot and Odel. The train tracks that ran along the beach from Colombo to Galle invited us to explore the European quarter. A day trip to Galle Fort fixed that. Next day we drove four hours to Dambulla where we stayed at the Heritage Kandalama. The resort is cut into the mountainside by Sri Lanka's premier architect Geoffrey Bawa. Overlooking the Kandalama Lake and the Sigiriya Rock Fortress the resort is highly recommended. We visited Anuradhapura and Polonnaruwa the two ancient capitals as day trips from Dambulla before returning to Colombo.

**Sources:**

- Sinhaleyage Sula Mula: Navathama Vimarshanayak (Origins of the Sinhala Race: A new exposition by Prof. Risiman Amarasinghe, Published by S. Godage & brothers (Private) Ltd.
- British Museum.
- <https://www.bostonglobe.com/arts/theater-art/2014/11/03/torso-fertility-goddess-yakshi/ZCEmjSgQjN4wA1JHLebTgO/story.html>
- Coorswamy, ibid, page 84 (Images of Indian Goddesses: Myths, Meanings, and Models By Madhu Bazaz Wangu)

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## A focus on SUREFOCUS— Dr. Jeffrey Kirchner, O.D.

*Dr. Kirchner and his wife Kris have lived in West Lafayette for 18 years and have 3 daughters: Olivia, Grace, and Ellie. Dr. Kirchner has served the West Lafayette community for 16 years and bought Dr. William Morton's practice in January of 2015.*

Dr. Kirchner knew he wanted to care of people and be an optometrist from an early age. He shared, "My mom worked in a hospital as I was growing up. I enjoyed spending time at the hospital and seeing the doctors and nurses care for patients. I started wearing glasses at a young age and always enjoyed going to the optometrist. After high school he pursued his calling and attended Indiana University, receiving a Bachelors of Science in Microbiology. He then attended the Indiana University School of Optometry and graduated in 1999.

Most recently, Dr. Kirchner and his experienced, skilled staff are excited about their new location. SureFocus Family Eye Care is now located at 307 Sagamore Parkway West, Suite A, behind Crew Car Wash in West Lafayette. It is very close to the old location but offers better parking and better accessibility (step-free). Dr. Kirchner added, "It has more space which will enable us to offer full-scope optometric care including medical eye care."

It is clear that Dr. Kirchner is focused on his patients and the community, as well. He shared, "My favorite part of my job is the problem-solving aspects and the interaction with my patients. Additionally, we provide school screenings for first graders. We coordinate with school nurses to screen kids in West Lafayette, Benton County, and Tippecanoe County. That is an added bonus to my job. I also like the fact that people value their health and understand the importance of regular wellness eye health evaluations."

Dr. Kirchner is accepting new patients, so visit SureFocus Family Eye Care's new location or give them a call!

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## Launching “ Dash of Desi” while furthering a good cause

By Smita Carneiro

" Why are you doing so much work?" she asked. We were in a little room off the main kitchen in the International Center, tidying up after a session of making dimer devils, when one of the ladies posed this question. Why indeed?

Having a plated dinner with dishes from the 'Dash of Desi' had initially created visions of us dressed in beautiful sarees beaming at our diners after serving them a delicious meal. The idea of a plated dinner to launch our cookbook certainly seemed like a grand idea. Collaborating with the Greater Lafayette Immigrant Alliance made it even better. Soon we were neck deep in meetings, planning dishes, decor and a thousand other details. Aparna and Ash Puri stepped in to offer Coyote Crossing as the venue. We soon realized that this dinner would not be a walk in the park.

Planning the menu, cooking the dishes, tasting and meeting again to critique and improve the menu took up many hours. There were fun times tasting food and talking and times of stress, wondering if the printer would send the books on time, and realizing at the 11th hour that we needed to increase the amount of chicken we ordered. More IWA members pitched in, offering help, in the marathon cooking sessions at the International Center kitchen and home kitchens.

And finally it all paid off. We had a sold out event!

September 30th dawned bright and sunny. The guests were on time. The decor was just right. The servers wearing turbans looked really hip.

The ladies in the kitchen handled everything perfectly. The 3 appetizers were laid out beautifully, and the guests were enthralled by all of them. There was an open cash bar that guests accessed whilst socializing. There was beautiful singing and there were some speeches. And we served 85 diners with plated dinners. The main course including accom-



*Guests enjoying the evening*



*IWA and GLIA organizers taking a short breather*



*Guests enjoying scrumptious appetizers*

Jan Karon who said 'A firefly only shines when on the wing- so it is with us when we stop, we darken'. Not only was this a time to make friends, grow closer to existing ones and learn more, we also furthered IWA's mission and helped a sister organization. What's next for IWA? My crystal ball does not tell me that. But I do know that the next adventure will be even better. Stay tuned!

paniments comprised 10 dishes. Wine was included too. Dessert was barfi and falooda. Everything went just beautifully. A group of ladies with no professional experience in catering pulling off a plated dinner for 85 people certainly was the embodiment of 'yes we can!'

To go back to the original question, "Why are you doing so much work?" I thought of

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# Congratulations 2017 Grads!

IWA Congratulates our Members' children for their academic accomplishments



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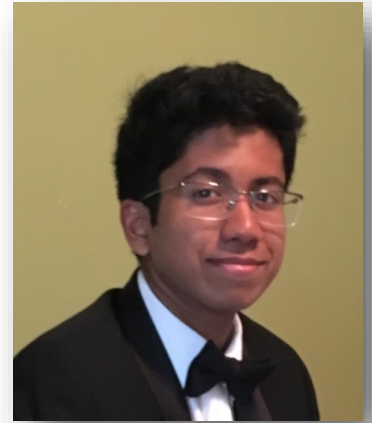
Graduating from: West Lafayette High School

Future plan: International Economics at Georgetown University

Name: Jatin Singhal

Graduating from: West Lafayette High School

Future plan: Computer Science at Purdue



Name: Ravi Suresh

Graduating from: James Madison High School, Vienna, VA

Future plan: Neuroscience at University of Virginia

Name: Aditi Acharya

Graduating from: West Lafayette High School

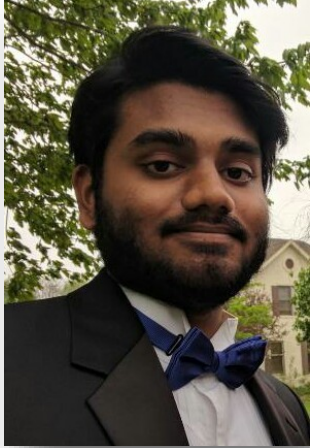
Future plan: Engineering at Purdue



Name: Shruthi Garimella

Graduating from: West Lafayette High School

Future plan: Renewal Energy and Policy at Purdue



Name: Siddharth (Siddu) Navaneetha Raj

Graduating from: West Lafayette High School

Future plan: Chemical and Bio Molecular Engineering at University of Illinois, Urbana Champaign

Name: Arjun Ramani

Graduating from: West Lafayette High School

Future plan: Applied Math and Computer Science at Stanford University



Name: Tejasvi Kakani

Graduating from: Harrison High School

Future plan: Biology at Johns Hopkins University

Name: Krithika Subramaniam

Graduating from: Purdue University with BS

Future plan: **3M** in Des Moines, IA

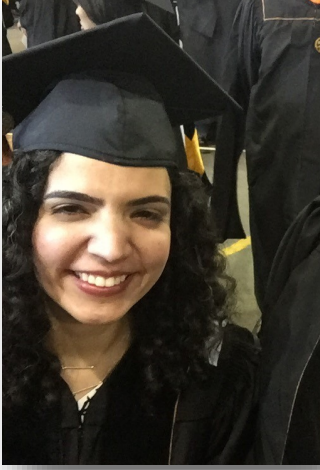


Name: Harini Suresh

Graduating from: MIT (M. Eng.)

Future plan: PhD in Computer Science at MIT

## Congratulations 2017 Grads (contd.)



Name: Nimisha Bajaj

Graduating from: Purdue University with a PhD in Bio-medical Engineering

Future plan: IU School of medicine to complete MD/PhD

Name: Supriya Singh

Graduating with: PhD

Future plan: Pursue a job in Bio-Pharma companies



## Meet the Jumdes By Smita Carneiro

Once an architect, always an architect. That's what I thought when I met Nandini and Shripad to interview them.

Shripad works in the same major department with me in Purdue. An outgoing person, it was easy to make friends with him. He cooks pretty well too I realized after tasting the chicken dish he brought to our Fall picnic.

Nandini was brought up in Delhi. She moved to Nagpur and obtained her degree in architecture in Visveswaraya College of Engineering. She then moved back to Delhi and worked for Military Engineering Services. Shripad and she are distantly related and since they took the same bus to work, it did not take long for romance to blossom.

They moved to the US in 1998, and have 2 daughters, Anushree and Anuja. The former works for Arkansas Congressman French Hill. Anuja will be transferring to



Purdue this Spring as a sophomore.

They lived for some time in Arkansas, and though Nandini did not pursue formal architecture, she started architecting other things. She took over a Subway franchise and turned it around. It had been bringing in \$2000 every week and she changed it to bring in \$9000 a week. She then sold it and took over a convenience store, a gas station and a restaurant. The restaurant served typical American fare like burgers. In spite of being a vegetarian, Nandini was able to spice up the menu, resulting in customers asking for Nandinins burgers and buffalo wings.

Life took another turn when Shripad accepted a job with Purdue. After some time Nandini has now joined him. She is a good cook and accepts catering orders. She loves watching cooking shows and the pair has made it a point to dine at Sanjeev Kapoor's restau-



rant in India. They plan to start a catering business offering tiffin service.

Shripad enjoys photography and has generously volunteered with his camera at various IWA functions. He too has started taking photography orders.

So welcome to Nandini and Shripad, we hope you enjoy living in West Lafayette as much as we do.

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# Destiny

*Fiction*

*By Shamila Janakiraman*

This cannot be happening to me. An often-used starting line for many stories, but in my situation, it was very true. I was walking towards the Dal Lake in Srinagar unmindful of the cold. I arrived in Srinagar from Chennai via Delhi just this morning and was already walking towards my query. It all started two days back when mother came knocking on my room door.

She entered slowly walking with small steps and sat on the plush mattress almost sinking into it. I was mailing some letters to my managers regarding a deal I was planning for my coffee estate in Coorg. I looked up with a questioning look. Taking this as a cue mother asked, "Ram it has been more than a year since your wife died and I was thinking that maybe it was time for you to marry someone," she paused, not sure of my answer.

"What is the need for it," was my simple question.

"Yes, there is a need. You are a very rich man Ram and our relatives will be eager to feed on our money if you leave no heir. Your work and your father's work will go in vain. I don't want some lazy cousin squandering your wealth. They will not realize its value, not like your own child." Mother was almost begging.

Now I had to break the news. I had to tell her that I did not possess the ability to give her a grandchild anymore. The accident which took away her daughter-in-law did not spare me. Mother sobbed all night and I did not try to pacify her. She did not come down for breakfast the next day. On my return from the office at night I went straight up to my room. Mother was waiting for me or so it seemed.

Sitting on a chair she asked me with a strange quiver in her voice, "That girl in Srinagar.... can you find her for me? The wrong I did to her has come to punish me now."

So, saying mother started weeping like a child, seemed like she had been crying all day. My gentle touch made her look up with flooded eyes. I told her it was okay and not necessary to dwell in the past. Anyway, Zeba, the girl in Srinagar was not there anymore as I found out six years back.

Mother insisted, "Go and look for her, if she was anything like you told me she was, then

she will want you to find her.” It was strange that mother could talk like this, not after how she tried to make me forget Zeba.

Zeba.....a lovely name fit for a lovely maiden. My mind floated to the past. Some time ago, after a hectic schedule I had wanted to cool my heels and had travelled to Srinagar by myself, . Every day I would walk along the Dal lake in the evening, then have dinner and go to bed early. Something I could not do for several years before that and something which I was not be able to do for a long time since.

That evening was no different. The cool air was fresh in my nostrils and I was playing with the dainty white puffs coming out of my mouth. A whizzing sound caught me unawares. Then I felt a sharp pain in my right shoulder and I slumped to the ground. Someone took me to Theresa’s hospital nearby.

The wound was dressed by a nurse who did not lift her eyes even once. Then when she helped me with my shirt, I said thank you. She acknowledged with a thin smile and a fleeting look at me. I felt my knees go weak. Her beautiful green eyes left me speechless. I sank into the depths of two liquid pools of emerald. She murmured something about me getting into the cross fire between a soldier and a fugitive. The words made no sense to me.

A new chapter had opened in my life. I came for several dressings which continued even after the wound was fully cured. I used to throw away the bandage after reaching my hotel room. Zeba would obligingly dress the shoulder wound every day. It seemed like she too was part of the game.

One day I met her in the local market bargaining for vegetables. She saw me without the bandage and both of us started laughing. Then it was nothing but a fairytale for me. She was an orphan having lost her parents to bombings when she was a school girl. Although many men fancied her, she fancied me. She was thrilled when I gave her my navratna ring, we called it the ‘gift forever.’

Having spent a month with Zeba, I decided to break the news to mother. She yelled a lot. She spoke about family prestige, background, kula, gothram, religion, language and what not until I threw my mobile phone down. I heard nothing but understood that she was dead against me marrying Zeba. But although I was adamant, Zeba wanted me to go home and come back with my mother’s blessings.

I returned after 15 days to find her house locked. At the hospital a friend told me that she was very upset on finding out that I was a very rich business man and that she did not want to wreak havoc in my life. There was no way I could find her.

Relentlessly I searched physically and through whatever means I could think of. No

*Destiny continued ...*

use. All I could do was settle down to work, work and more work. The last sight of her standing at her door step that early morning as I stepped out into the cold was etched in my mind for eternity.

After four years I married Divya, a relative's daughter with matching star, status and everything. One fine evening when we were dining with friends at the Taj in Mumbai, she looked up suddenly. She became part of history when she was the first to succumb to the bullets fired by some misguided youth. I came to know that I was a widower only after several days as I was unconscious and went through multiple surgeries and in and out of consciousness. Another chapter closed.

Now mother was seeking to open my old wounds. Although dormant on the surface, it was simmering deep inside. Now I got a chance to undo the wrong I did to Zeba. More confident than I was during my multiple visits to Srinagar years back, I boarded the flight to Srinagar and here I was walking along the Dal Lake.

I turned towards the road leading to St. Theresa and stopped abruptly. No flying bullet but an awful lot of smoke emanating from broken beams and crumbling walls and burning upholstery from down the road, where once stood the stately white St. Theresa hospital.

I ran towards the heap. Everything was silent except for the crackling fire which would have normally been welcome in the cold but now it only made me shiver more. A bomb had exploded few hours ago bringing parts of the structure down. I recognized the watchman trying to help a hurt patient and asked him if I could also help.

Recognizing me at once he said, "Zeba, Zeba is back. Go ask the head nurse. She joined duty last week." He paused, as a doctor called out to him and ran away saying something. I did not hear him.

I ran towards the back of the building which stood intact. I passed a nurse and asked about Zeba. "Zeba," she paused and pointed towards a row of white mounds. It did not take me long to realize that they were dead bodies covered with white blankets. I searched for Zeba, maybe she was attending to someone. No. I understood wrong, she was one of the bodies.

I walked past and caught sight of the glittering navratna ring on a charred finger jutting out of a blanket. "Zeba", I whispered. I did not cry. I had no tears. Only my eyes were smarting.... from the smoke.



Relatives were crying, holding on to the dead remains of their loved ones. Someone swore. Someone cursed the perpetrators of such crimes on innocents. As though it will make any difference, I thought.

I walked towards some people who had come to claim their dear ones. I have come for Zeba, I told myself. Hearing a soft sound, I looked up.

My heart went out to a small figure clothed in black. Sitting alone and crying..... as was evident from the spasms the body gave now and then. A fellow mourner. I gently touched the shoulder of the person. The little girl looked up with a start and pinned me with her eyes.

I sank into green pools of liquid emerald.



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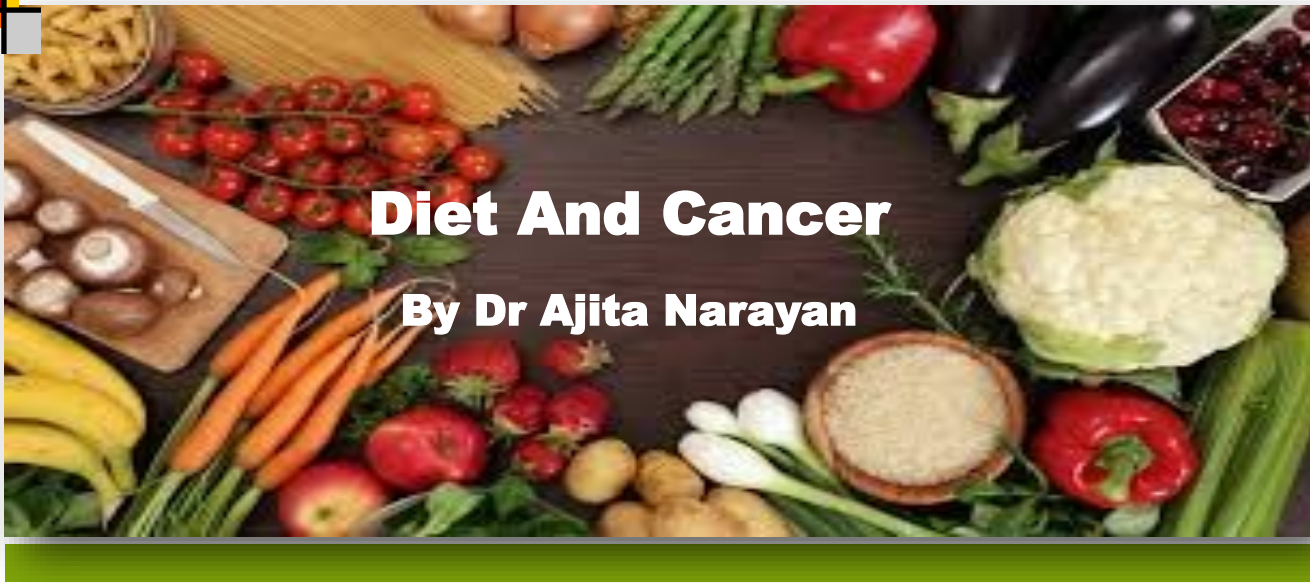
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## Diet And Cancer

By Dr Ajita Narayan

There is considerable data in support of dietary factors playing a role in development and/or risk of recurrence of cancer. Currently some of the treatment strategies at major institutes incorporate diet modification when addressing the management and surveillance of cancer patients. For example, a 43% reduction in overall mortality was observed in a study of breast cancer survivors in association with a dietary pattern characterized by the **high intake of vegetables and whole grains**. Breast cancer survivors who reported eating at least 5 servings of vegetables and fruits each day and having weekly physical activity equivalent to 30 minutes of walking for 6 days per week were observed to have a higher survival rate, although a significant survival advantage was not observed for either of these behaviors alone. In patients with colorectal cancer, one observational study of over 1000 survivors found that a diet characterized by a higher intake of red meat, processed meat, refined grains, and sugary desserts (Western style diet) was associated with a statistically significant increase in cancer recurrence and poorer overall survival.

More recently, we have learnt that dietary patterns rich in vegetables and fruits, is associated with living longer following cancer diagnosis and treatment. This dietary pattern is also characterized as having more fish and poultry rather than red meat and processed meat, low-fat rather than full-fat dairy products, whole grains rather than refined grain products, and tree nuts and olive oil rather than other sources of fat. The best choices to meet protein needs are foods that are also low in saturated fat (e.g., fish, lean meat, skinless poultry, eggs, nonfat and low-fat dairy products, nuts, seeds, and legumes). Healthy carbohydrate sources are foods that are rich in essential nutrients, phytochemicals, and fiber, such as vegetables, fruits, whole grains, and legumes. These foods should provide the majority of carbohydrate in the diet. Whole grains are rich in a variety of compounds (in addition to fiber) that have important biologic activity, including hormonal and antioxidant effects.

Of note, high sugar intake has not been shown to increase the risk or progression of cancer. However, sugars (including honey, raw sugar, brown sugar, high-fructose corn syrup, and molasses) and beverages that are major sources of these sugars (such as soft drinks and many fruit-flavored drinks) add substantial amounts of calories to the diet and thus can promote weight gain. In addition, most foods that are high in added sugar do not contribute many nutrients to the diet and often replace more nutritious food choices. Therefore, limiting the consumption of products with added sugar is recommended. Whole fruit (instead of juice) adds more fiber and fewer calories to the diet. When fruit juice is chosen, 100% fruit juice is the best choice.

Soy foods and flaxseed are both rich sources of phytoestrogens, biologically active compounds called isoflavones that can exhibit both antiestrogenic and estrogen-like properties. High circulating estrogen levels are a documented risk factor for breast cancer recurrence. Because soy isoflavones have been shown to promote in vitro growth of breast cancer cells and mammary tumor growth in

laboratory animals, there was concern about the potential adverse effect of soy consumption on prognosis in women diagnosed with breast cancer. However, 3 large epidemiological studies in the recent past have found no adverse effects of soy food intake on breast cancer recurrence or total mortality either alone or in combination with tamoxifen, a medication that is used to treat breast cancer and interestingly, there is the potential for these foods to exert a positive synergistic effect with tamoxifen. We are unable to assess the efficacy of isoflavone supplements due to lack of evidence relating to the effects.

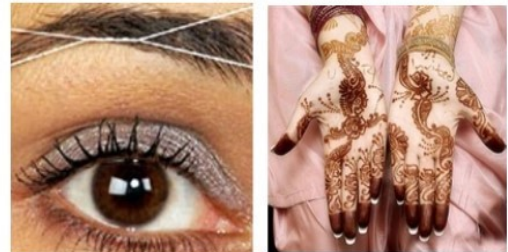
Vitamin D status fairly consistently influences the risk of developing colorectal cancer. Emerging data suggest that vitamin D status may influence outcomes in colorectal cancer survivors. Low levels of Vitamin D could increase the risk of development of colorectal cancer.

As relates to the male gender, a high intake of foods from animal sources, especially foods high in saturated fat, has been associated with an increased risk of prostate cancer. Whether this increased risk is due to saturated fat per se or to the consumption of red meat and high-fat dairy products is unclear. The observation that fatty fish intake may decrease prostate cancer mortality rates suggests that, if fat is important, the type of fat may play a key role. However, there is controversy regarding usage of fish oil and risk of prostate cancer.

In summary, a diet that promotes healthy carbohydrates, lean meats, olive oil, nuts and fish and discourages red meats, sugary foods and processed meats, is fairly consistently recommended by oncologists to help reduce directly or indirectly (by reduction in rates of obesity), risk of cancer development. Being overweight and/or obese is clearly associated with an increased risk of developing many cancers, including cancers of the breast in postmenopausal women, colon and rectum, endometrium; and adenocarcinoma of the esophagus, kidney, and pancreas. Obesity is also probably associated with an increased risk of cancer of the gallbladder, and may also be associated with an increased risk of cancers of the liver, cervix, and ovary, as well as non-Hodgkin lymphoma, multiple myeloma, and aggressive forms of prostate cancer. Obesity is a strong risk factor for the development of endometrial (uterine) cancer. Approximately 70% to 90% of women with type 1 endometrial cancer (the most common type) are obese. Prediagnosis obesity has been shown to be associated with a significant increase in dying as a result of endometrial cancer. If diet (and exercise) can reduce the rates of obesity, then they will also affect the rates of cancer development and recurrence.

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