

You've been diagnosed with cancer.



Is there anything that YOU can do?

NUTRITION

Support the immune system and decrease inflammation in the body.

1. Eat **more antioxidant-rich** foods.
Examples: Carrots, sweet potatoes, spinach, tomatoes, grapefruit, blueberries, peanuts, sunflower seeds, mushrooms, cantaloupe, kiwi, mango, and almonds (most fruits, vegetables, nuts and seeds are antioxidant rich foods).
2. Eat **fewer pro-inflammatory** foods.
Examples: Candy bars, cookies, chips, crackers, steaks, ground beef, sausages, salami, lunch meats, sugar-sweetened beverages (soda, Gatorade, juice etc.), and other highly processed foods.
3. Eat **more** foods prepared with **moist** cooking methods (boiled, steamed) and **fewer** foods prepared using **dry** heat cooking methods (grilled, fried).

4. **Increase fiber** to 40-45 grams/day. To do so, **eat mostly unprocessed**, whole plant foods like these examples as a resource to gauge your fiber intake:

Breakfast: One serving of oatmeal (5 grams of fiber), topped with banana and raisins (3 grams of fiber) and almond milk.

Morning snack: One modest handful of almonds (4 grams of fiber) mixed with two chopped dates (2 grams of fiber).

Lunch: Hummus pesto pita sandwich with one pita (4 grams of fiber), ½ cup of hummus with pesto (2 grams of fiber), 8 cherry tomatoes (1 gram of fiber), 1 cup spinach (4 grams of fiber), 6 baby carrots (1 gram of fiber) and a dessert of two clementine oranges (3 grams of fiber).

Afternoon snack: Avocado on whole-grain toast with sriracha (5 grams of fiber).

Dinner: Veggie noodle soup with broccoli, carrots, onions, spinach, whole wheat noodles (6 grams of fiber in one 2-cup serving) and one whole wheat dinner roll (2 grams of fiber).

After-dinner treat: 3 cups air-popped popcorn with a small amount of coconut oil and various spices on top (3 grams of fiber).

SLEEP

Recharge your batteries so you start the day at full power.

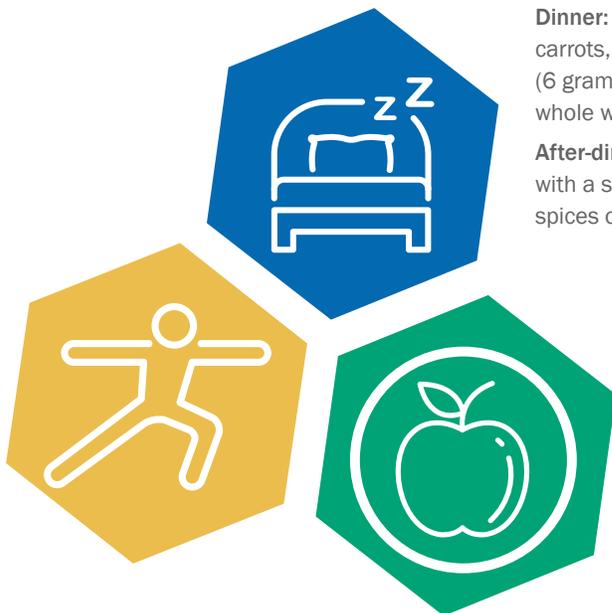
1. Ensure **7-9 hours** per night, or longer as needed.
2. Use your bed for **sleep and sex only**.
3. Limit or avoid screen time **90 minutes** prior to sleep.
4. Avoid drinking alcohol within **3 hours** of sleep.
5. Increase daytime exposure to **sunlight**.
6. Keep a **consistent** sleep/wake schedule.

ACTIVITY

You will see benefits with ANY amount of physical activity!

The more the better, but the goal is at least **150 minutes** of moderate intensity activity per week.

1. **Strength training** (2x per week on non-consecutive days).
2. Work movement into your **daily life:** Use **physical transportation** (walk, bike, etc.) instead of driving.
If sitting for a while, take a **standing break** every hour, get up and go for a short walk.
Take the **stairs** whenever possible.





Is there anything that YOU can do?

STRESS MANAGEMENT

A little stress in life is good, but if we experience a lot, especially over a long period of time, then we need healthy coping mechanisms.

1. Healthy activities that **help reduce/cope** with stress:

Physical activity
Sleep
Exposure to natural light/time in nature
Mindfulness training
Breathing

2. When feeling stressed, **stop, relax, observe, and respond.**

3. **Breathing** in for 5 seconds and then out for 5 seconds can help you maintain composure in stressful moments.

4. **Helpful apps** are available (eg. Headspace, Calm, Tapping Solution, etc.)

AVOIDANCE OF RISKY SUBSTANCES

Maximize your body's ability to recover. Use of substances such as tobacco or alcohol may interfere with the healing process.

1. **For tobacco**, seek information about smoking cessation support from your primary care provider.

Quitting smoking means **breaking the cycle of addiction** and essentially rewiring the brain to stop craving nicotine.

The benefits of quitting smoking begin in as little as **1 hour after the last cigarette**.

The sooner a smoker quits, **the faster they will reduce their risk** of cancer, heart and lung disease, and other conditions related to smoking.

2. **For alcohol**, seek information about alcohol use/abuse support from your primary care provider.

SOCIAL CONNECTEDNESS

Humans are a social species; we are wired to live together!

1. The single most important predictor of happiness and longevity is having **strong and positive** social connections.

2. Talk to your health care provider about local and online **support groups** or previous patients willing to connect (limit social media to meaningful connections).

3. Consider joining an **exercise or other activity group**.

4. **Embrace your family** and friends and allow them to support you.

5. **Think outside yourself** - see what you can do to help someone else today.

Did you know?

Quitting smoking reduces the risk of cancer and many other diseases, such as heart disease and COPD.

NIH | National Cancer Institute