



POWER FOR HEALTH

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Reduce your Risk of Cancer

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Reduce your Cancer Risk

- Cancer is the 2nd leading cause of death in the US
- The American Cancer Society estimates that 2/3 of all cancer cases and deaths are preventable



Reduce your Cancer Risk

- One-third are related to poor diet
- One-third are related to cigarettes

A decorative header featuring a bright yellow sun with a blue circle in the center, partially obscured by blue and white stylized clouds.

Reduce your Cancer Risk

- If you do not smoke, diet and exercise are the most powerful natural means to reduce cancer risks



Reduce your Cancer Risk

- It is never too early and never too late to begin to reduce your risks
- Some cancers take years to develop

A decorative header featuring a bright yellow sun with a blue circle in the center, partially obscured by blue and white stylized clouds. The background is a solid blue color with a subtle pattern of lighter blue squares.

Reduce your Cancer Risk

- There are approximately 450 cancer deaths for every 100,000 persons in the United States



Reduce your Cancer Risk

- ◊ Summary of the Second Expert Report on Food, Nutrition, Physical Activity, and the Prevention of Cancer – a Global Perspective - 2006
- ◊ World Cancer Research Fund
- ◊ American Institute for Cancer Research



Reduce your Cancer Risk

- Twenty Researchers from twelve countries
- Reviewed 10,000 scientific studies



Reduce your Cancer Risk

- 30-40% of Cancer cases worldwide could be prevented by proper diet, exercise and optimal weight



Reduce your Cancer Risk

- 20% of Lung Cancer cases in both smokers and non-smokers could be prevented by a diet high in fruits and vegetables



Reduce your Cancer Risk

- 60-75 % of Stomach Cancer cases could be prevented with a diet high in vegetables and fruits and low in salt and salted foods



Reduce your Cancer Risk

- ◊ 33-50% of Breast Cancer cases could be prevented with a plant-based diet, along with avoiding alcohol, maintaining healthy weight and regular exercise.



Reduce your Cancer Risk

- One of the caveats is that these health habits need to be in place from puberty to adulthood to get the maximal protection

A decorative header featuring a stylized sun with a yellow face and orange rays, partially obscured by blue and white clouds, set against a blue background.

Reduce your Cancer Risk

- 66-75% of Colon Cancer can be prevented by a diet high in vegetables and low in meat, along with getting regular exercise



Reduce your Cancer Risk

- A study in Europe called the EPIC study with half a million Europeans in 12 countries for 4 ½ yrs showed that those that ate the highest amount of fiber in their diets had a 40% lower risk of colon cancer



Reduce your Cancer Risk

- Only plants have dietary fiber
- No animal products have any fiber
- Those eating the most plant foods have the least cancer



Reduce your Cancer Risk

○ Scientists with the AICR
recommend the following for
lowering your risk of Cancer:



Reduce your Cancer Risk

- Choose a plant-based diet rich in vegetables, fruit, beans and whole grains
- Eat five servings of vegetables and fruits daily – (others say 9)



Reduce your Cancer Risk

- Eat seven or more servings daily of whole grains, beans, and root vegetables
- Avoid refined sugar



Reduce your Cancer Risk

- Avoid meat completely, especially red meat
- Restrict dietary fat to no more than 15 % of total calories consumed



Reduce your Cancer Risk

- Avoid processed oils
- Take in no more than one teaspoon of salt daily
- Refrigerate left-over food immediately



Reduce your Cancer Risk

- Avoid food containing additives
- Do not eat charred, broiled, cured, or smoked meats



Reduce your Cancer Risk

- Exercise vigorously at least one hour a week
- Take a brisk walk for one hour daily
- Keep Body Mass Index (BMI) at 21-23



Reduce your Cancer Risk

- ◊ Gain no more than 11 pounds in adulthood
- ◊ Do not consume alcohol
- ◊ Do not smoke or chew tobacco