

Understanding the Impact of Nutrition on Breast Cancer



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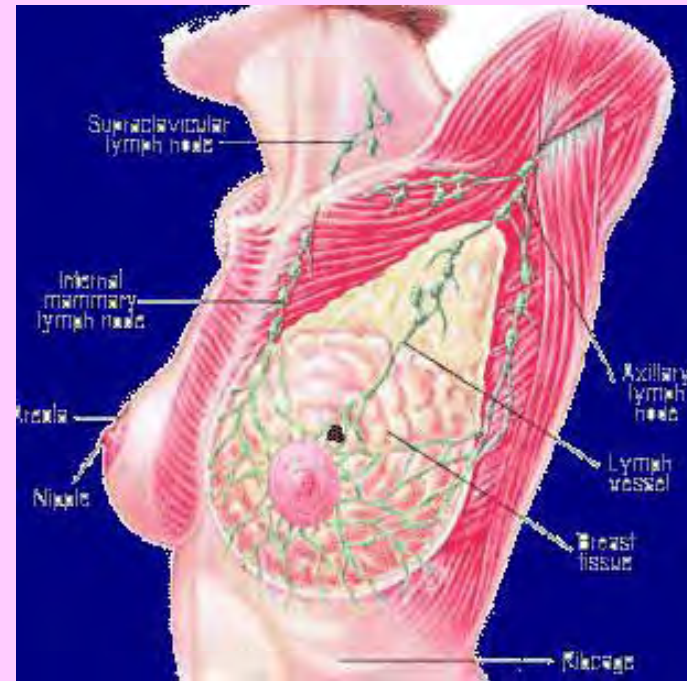
What is Breast Cancer?

- Tumor located in the breast
 - Benign tumor
 - Non cancerous
 - Malignant tumor
 - Cancerous,
Uncontrolled cell growth
 - Spread to lymph nodes and grows, then
 - Spread through the lymph system to other organs.



What is Breast Cancer?

- Two types of cancer
 - Ductal carcinoma and Lobular carcinoma
- Estrogen
- Post-menopause

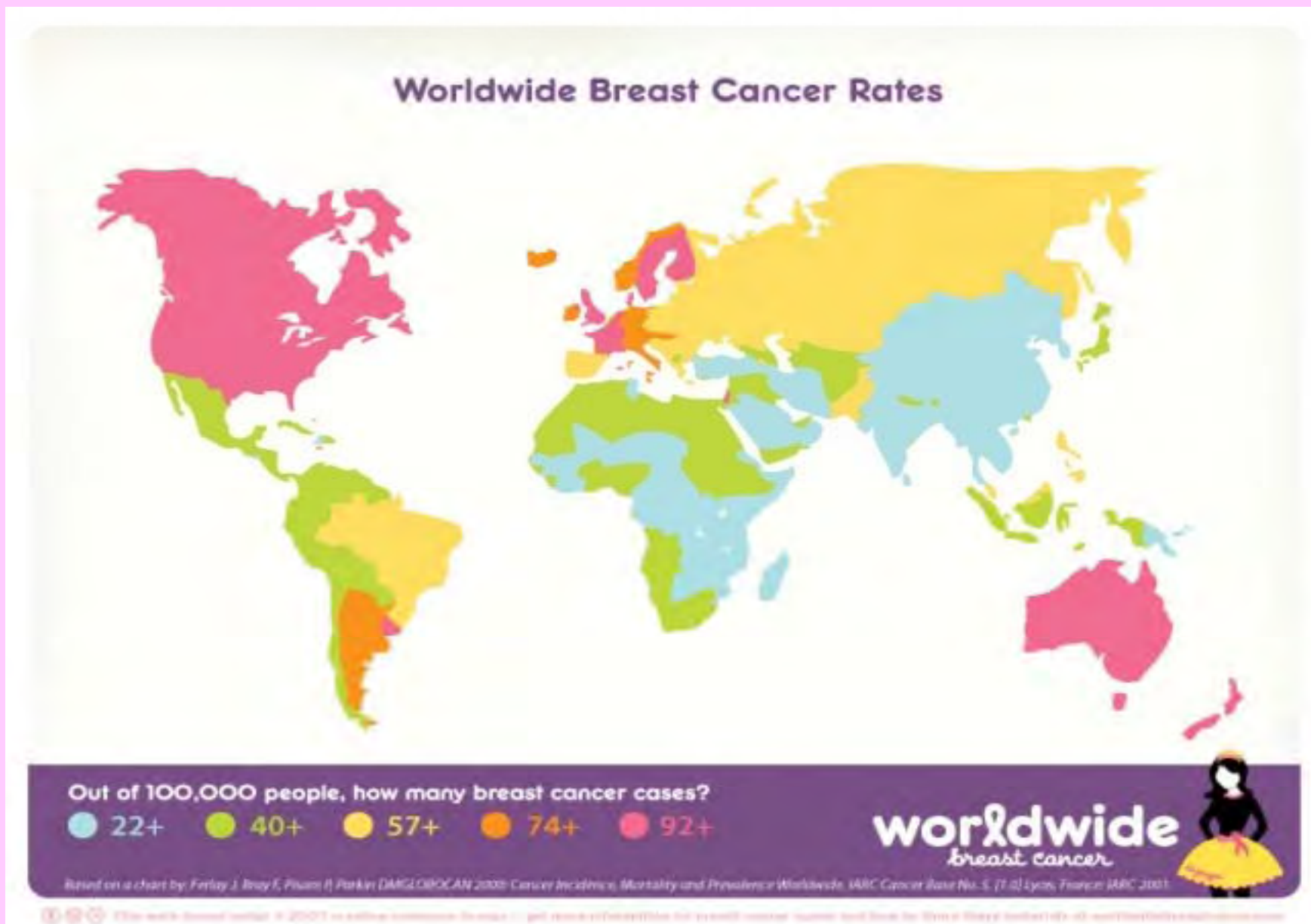


Breast Cancer Statistics

- Ranking 7th
highest cause of
Death for women
- Highest incidence
rate in the world

Breast (all ages)	Incidence	Deaths
China	8.7	5.5
Zimbabwe	19	14.1
India	19.1	10.4
Japan	32.7	8.3
Brazil	46	14.1
Singapore	48.7	15.8
Italy	74.4	18.9
Switzerland	81.7	19.8
Australia	83.2	18.4
Canada	84.3	21.1
Netherlands	86.7	27.5
UK	87.2	24.3
Sweden	87.8	17.3
Denmark	88.7	27.8
France	91.9	21.5
United States	101.1	19

Worldwide Breast Cancer Rates

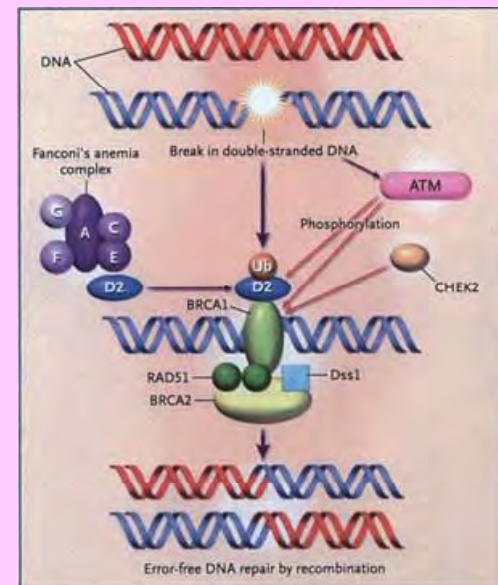


Background Information on Breast Cancer

- Exact causes still unknown.
- Biological influences
 - History of breast cancer within a family
 - Genetic factor
- Environmental factors
 - Air pollution
- Life style

Biological Influences

- History of breast cancer within a family
 - Greater risk of developing breast cancer
- Genetic factor
 - DNA mutation
 - BRCA1 human gene



American Lifestyles

- Stress
- Drug abuse
- Air pollution
- Smoking
- Alcohol
- Obesity
- Oral contraceptives
- Diet



Credit: Planned parenthood federation of America, Inc

American Dietary Influences

- Lack of balanced diet
 - High in starch
 - High in fat
 - High in fried foods
 - High in red meats
 - Lack of fruits
 - Lack of vegetables



Negative Dietary Influences

- High saturated fats and fried foods
- Alcohol over-consumption



Negative Dietary Influences

- High omega-6 fatty acid
 - Red meat
 - Over consumption of corn and soybean oils
 - Inflammation and chronic disease



Asian – American Life Styles

- Lower incidence rate
 - Lifestyle differences
- But it is on the rise in the younger generation
 - Adopting westernized diets and life styles



Breast Cancer Research

- Asian countries have a lower rate of breast cancer due to the following dietary choices:
 - Drinking green tea
 - Eating a variety of mushrooms
 - Consuming fish
 - Eating various vegetables
 - The controversy over soy
 - Smaller portions and variety



Positive Dietary Influences

- Green Tea
 - High amounts of polyphenols
 - Antioxidant properties
- Mushrooms
 - Antioxidant properties



Positive Dietary Influences cont.

- High amounts of omega-3 fatty acids
 - Increase good eicosanoids in body
- Consuming more than 3.8 servings of fruits and vegetables daily lowers risk of cancer when compared to women who consume fewer than 2.3 servings per day.
 - Antioxidants



Other Factors Affecting Cancer Growth

- Obesity
- Physical activity
- Smoking cigarettes



Implications to the Meal Manager

- Factors we cannot control
- Responsibility of meal plans and physical activity
- Understanding nutrition in respect to breast cancer
- Education of family and clients
- Create sustainable meal plan



Implications to the Meal Manager

- Balance, variety, moderation, exercise
- Low fat / especially saturated fats
- Active lifestyle to help keep weight stable
- Decrease alcohol and tobacco use
- Promote consumption of green leafy vegetables and grains

Recommendations

- Reduce risk by changing life style
 - Physically active
 - Limiting alcohol
 - Eating right
- Informing women
 - Healthy eating habits
 - Start early in life
 - Get mammogram and self-examinations



Dietitians Fighting Breast Cancer

- Team up doctors to promote nutritional wellness and regular check-ups
- Collaboration with government agencies
 - WIC, SNAP
 - Educate on nutrition starting at an early age to prevent the onset of breast cancer

Life Long Commitment to Healthy Eating

- Fruits
- Vegetables
- Beans/Legumes
- Whole grains
- Low fat diet
- Foods high in Omega-3 fatty acids



Lifelong Commitment to Healthy Eating cont.

- Avoid a diet high in Omega-6 fatty acids
- Avoid grilled and red meat
- Avoid alcohol
- Avoid drugs
- Maintain a healthy body weight



Conclusion

- Do we want to continue having breast cancer as a leading cause or death, or do we want to step up as meal managers and help to reverse this trend through promotion of a healthy lifestyle?



Faces of Breast Cancer

