Beyond Breast Imaging

Key tips on Prevention and Management of Breast Cancer through Diet and Healthy Lifestyle changes

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Can Genetic Expression Be Modified?

Gene Expression and Epigenetics in Breast Cancer

Nature

Determines a cell's specialization (i.e. skin cells, blood cells, hair cells, liver cells, etc.) as a fetus develops into a baby through gene expression (active) or silencing (dormant).

Nurture

Environmental stimuli can cause genes to be turned off or turned on.

Overview

What effect does.....

- Healthier Eating
- Weight Management
- Exercise

really have in gene expression and progression of Breast Cancer?

Healthier Eating and Breast Cancer Risk

- Effect of phytonutrients on gene expression in Breast Cancer
- Relationship between BMI, Insulin Growth Factor (IGF-I) and Breast Cancer

The effect of weight over a lifespan on Breast Cancer risk

Dietary Recommendations

Eat the rainbow!

- At least 5 servings of vegetables and fruits daily
- Whole grains and Legumes
- Soy Products
- Green tea and Spices
- Limit unhealthy fats and processed meats
- Limit "added" sugars



Alcohol use

Latest recommendations

Exercise

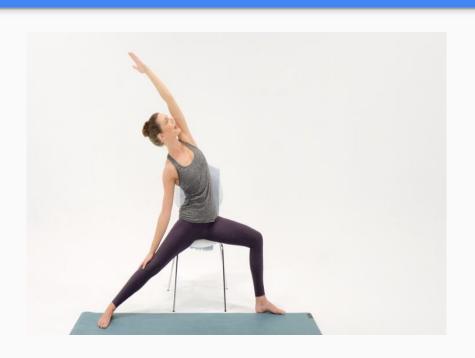
 Helps regulate hormone levels of estrogen and insulin.

 Strengthens immune system.

 Helps reduces low grade chronic inflammation.



Maintaining an Active Lifestyle



Any level of exercise has a positive effect on risk reduction!

Make it an enjoyable part of your day:

- Yoga
- Gardening
- Nature walks
- Choose to take the stairs

10-20%

Lowered risk of Breast Cancer with regular exercise

Summary and Final thought...

To Empower is not to Blame

Thank you!

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