

LIFESTYLE CHOICES AND CANCER

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CANCER

- DIFFERENT CANCERS HAVE DIFFERENT NATURAL HISTORY
- EPIDEMIOLOGICAL STUDIES SHOW THAT 70-90% ARE ENVIRONMENTALLY DETERMINED



CANCER

- DIETARY PRACTICES, REPRODUCTIVE AND SEXUAL PRACTICES ACCOUNT FOR 50% OF CANCERS
- TOBACCO USE ACCOUNT FOR 50% OF CANCERS IN MEN



APPROPRIATE CHANGES IN LIFE STYLES CAN REDUCE MORTALITY AND MORBIDITY IN CANCER AND HEART DISEASES



LIFESTYLE IN OUR LIVES!

- DIET
- NUTRITION
- ENVIRONMENT
- EXERCISE



WHY IS LIFE STYLE IMPORTANT?

- SCIENTIFIC AND EPIDEMIOLOGICAL EVIDENCE
- CONTROL –AN ESSENTIAL LIFE COMPONENT



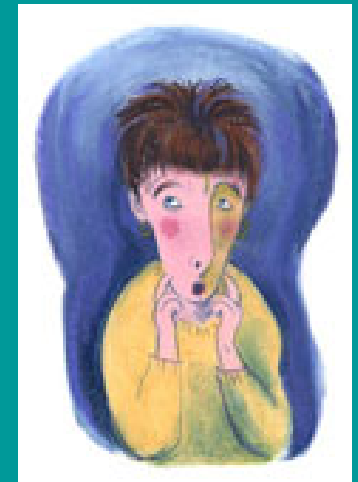
UNDERSTANDING THE CANCER JOURNEY

- FEAR, STIGMA, AND INHIBITIONS
- HAVING CONTROL OR BREAKING THE SILENCE?



ENTERING THE WORLD OF UNCERTAINTY

- LOSS OF CONTROL
- STAGES OF A DIAGNOSIS
- DENIAL- ANGER- DEPRESSION-
- ACCEPTANCE



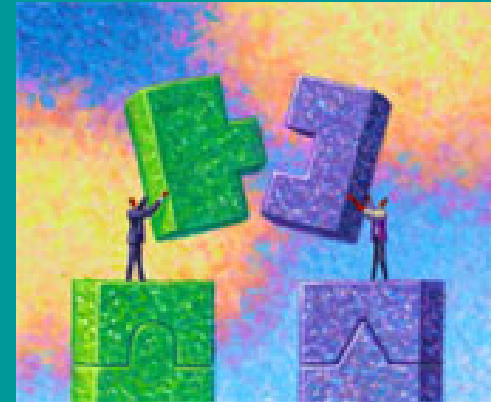
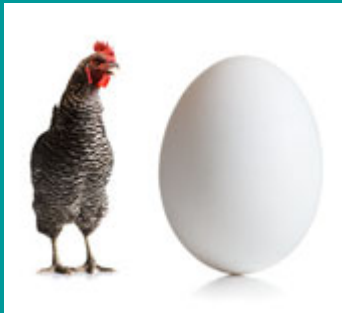
CANCER IS NEVER A CHOICE

- HEALTHY LIFE STYLES ARE!
- BREAST CANCER AND COMPLEMENTARY THERAPIES



LIFE STYLES AND LIFE MYTHS

- DIET AND NUTRITION
- MYTHS AND BELIEFS

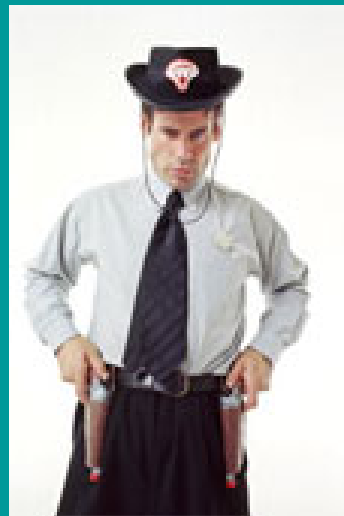


COMPLEMENTARY THERAPIES

- Breast cancer patients have high usage of complementary therapies 87.5%!- vitamin supplements, support groups, massage and meditation are most commonly used
- Women try to cope holistically with their breast cancer
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CHOICES AND COMPROMISES



NEVER GIVE UP

