



Integrative Approaches to Wellness: Patients with Breast cancer

Three core practices

Robert B Ellis, DO, PhD, FACP, CCMS, CS

Medical Oncology
Northwest Permanente Medical Group

Assistant Professor of Medicine
College of Osteopathic Medicine of the Pacific

Komen Foundation
Breast Cancer Issues Conference
March 2018

Disclaimer.....

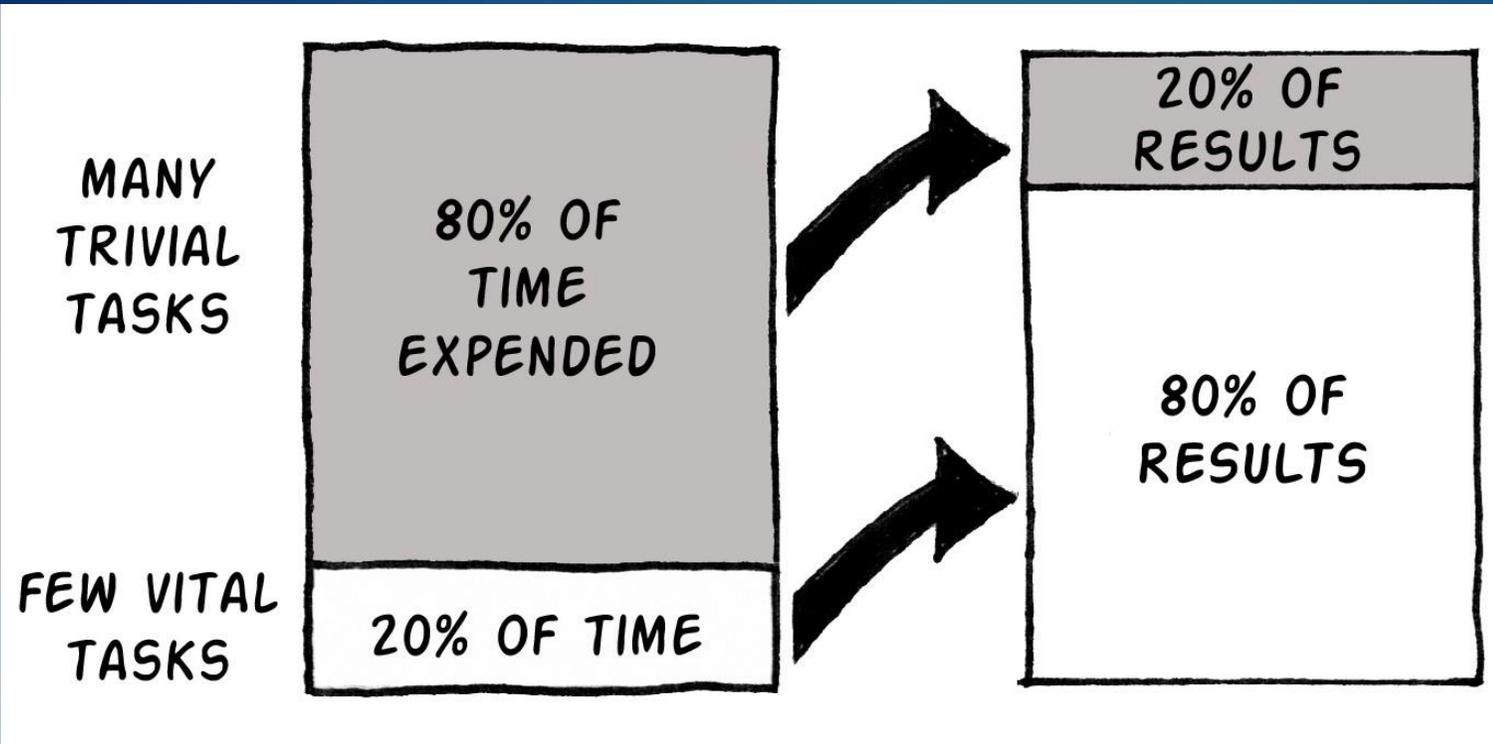
The opinions voiced in this presentation are solely my own, and DO NOT reflect those of Northwest Permanente Medical group or the Kaiser Health Plan (*or anyone else for that matter*)

The advice and recommendations are for educational purposes and should not be construed as medical advice.....please discuss any and all programs, plans and ideas with your health care professional.

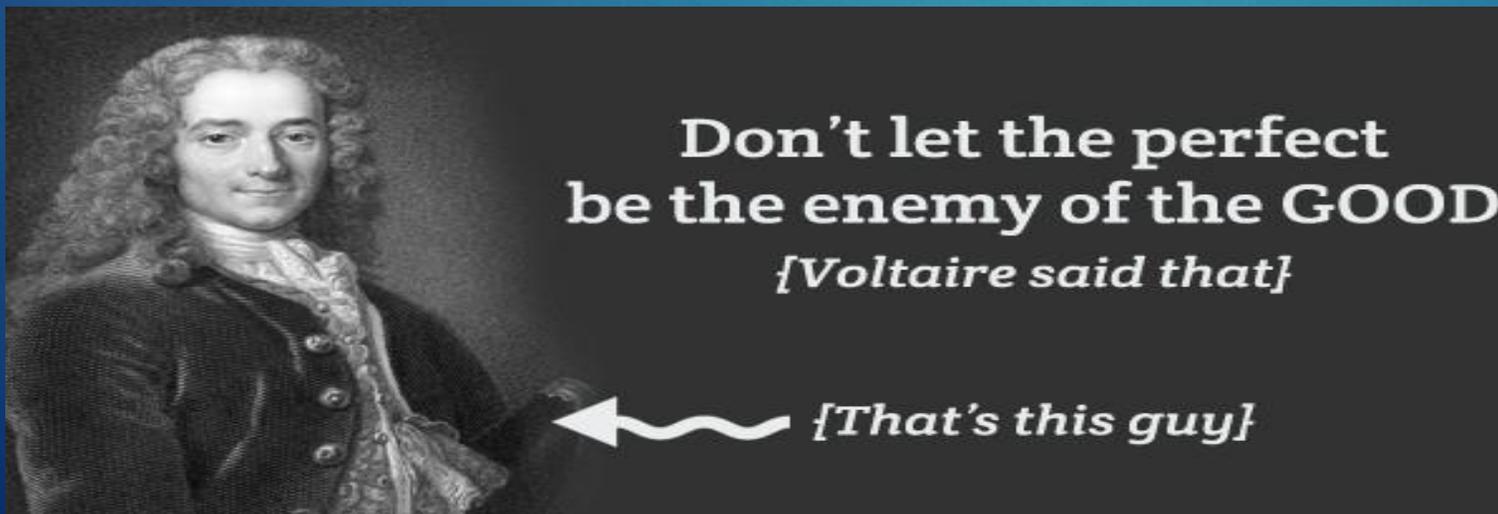
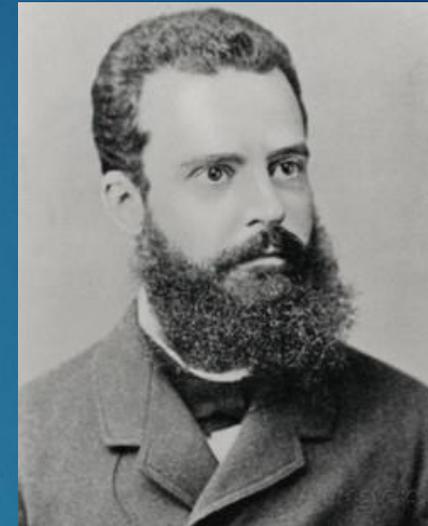


*“Integrative oncology is a patient-centered, evidence-informed field of cancer care that utilizes **mind and body practices, natural products, and/or lifestyle modifications from different traditions alongside conventional cancer treatments.** Integrative oncology aims to optimize health, quality of life, and clinical outcomes across the cancer care continuum and to empower people to prevent cancer and **become active participants** before, during, and beyond cancer treatment.”*

J NCI 2017



Vilfredo Pareto



What do these two
dudes know about
breast cancer
wellness?

It's always best to start at the beginning
Glinda



There are no right roads toward health, but only a best road for each individual

Lawrence LeShan, PhD

Three core practices:

- Stress reduction
- Plant based diet
- Regular exercise

Paying attention



Eating Better



Moving more

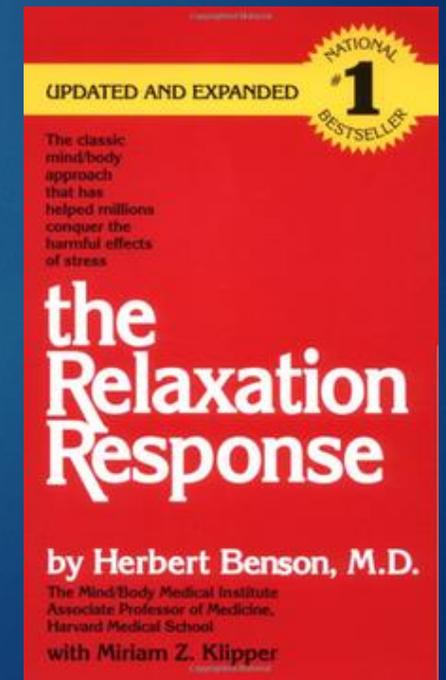


Stress Reduction

meditation appears to be a promising modality for the relief of both psychological and physical symptoms associated with cancer and its treatments.

Based on current evidence, meditation appears to be a promising modality for the relief of both psychological and physical symptoms associated with cancer and its treatments. It is recommended by the Society of Integrative Oncology as part of a multidisciplinary approach to improve the quality of life of patients with breast cancer.

Mindfulness-based stress reduction, the most researched form, is not only feasible and noninvasive, but has also been shown to be a cost-effective strategy when compared with other interventions in a study of breast cancer survivors.



Stress reduction

- ▶ Meditation
- ▶ Contemplation
- ▶ Mindfulness Stress reduction
- ▶ Guided Imagery or meditation
- ▶ Biofeedback
- ▶ Prayer
- ▶ Rosary
- ▶ Centering Prayer
- ▶ Zazen
- ▶ Transcendental meditation
- ▶ Lectio Divina or Divine Office



All of these practices have been found to evoke the relaxation response and achieve clinical benefits.



Basic Steps to Elicit the *Relaxation Response*

1. Focus word
2. Sit quietly in a comfortable position
3. Close your eyes
4. Relax muscles
5. Breathe slowly, naturally, and repeat focus word (e.g. an uplifting mantra)
6. Assume passive attitude
7. Continue 10-20 minutes
8. Daily practice
9. When distracting thoughts occur:
 - return to focus word
 - concentrate on visualization
 - ensure rhythmic breathing

NUTRITION

EATING BETTER.

- ▶ Whole food
- ▶ Plant based
- ▶ Organic
- ▶ Healthy sources and optimal protein intake
- ▶ Attention to healthy oils/ fats
- ▶ Moderate to low carbohydrate.
- ▶ Nutrient density





Nutrition

Eat better.

- ▶ Be as lean as possible without becoming underweight.
- ▶ Avoid sugary drinks. Limit consumption of energy-dense foods.
- ▶ Eat more of a variety of vegetables, fruits, whole grains and legumes such as beans.
- ▶ Concentrate on nutrient dense foods
- ▶ Limit consumption of red meats (such as beef, pork and lamb) and avoid processed meats.
- ▶ If consumed at all, limit alcoholic drinks to 2 for men and 1 for women a day.
- ▶ Limit consumption of salty foods and foods processed with salt (sodium).
- ▶ Don't rely on supplements to protect against cancer.

Nutrition

Drink Water

Good guideline is to drink half your body weight (pounds) in ounces of water per day

Urine should be pale yellow to clear.

Consider Healthy fluids such as herbal teas, vegetable and fruit infused water.

Reduce caffeine and alcohol.

HEALTHY EATING PLATE

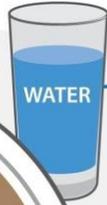
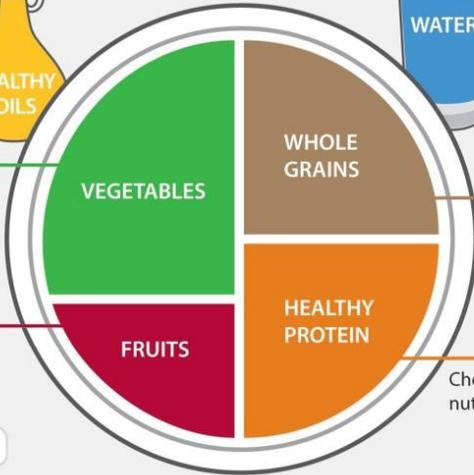
Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.



HEALTHY OILS

The more veggies – and the greater the variety – the better. Potatoes and French fries don't count.

Eat plenty of fruits of all colors.



WATER

Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.

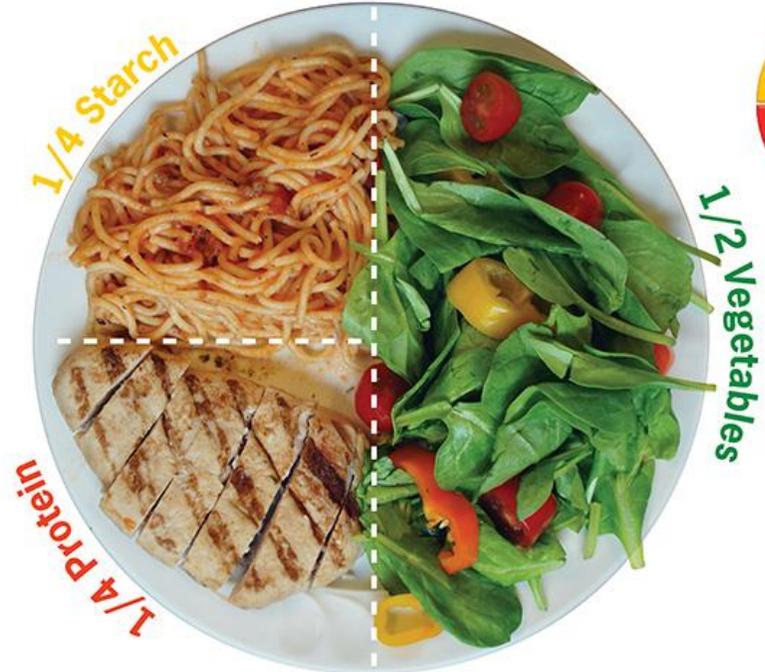


© Harvard University

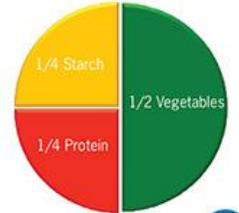
Harvard T.H. Chan School of Public Health
The Nutrition Source
www.hsph.harvard.edu/nutritionsource

Harvard Medical School
Harvard Health Publications
www.health.harvard.edu

My Healthy Plate



Plan the portions on your plate.



Optional Fruit or Dairy

© 2012 The Institute for Family Health. All rights reserved.



THE INSTITUTE FOR FAMILY HEALTH
www.institute.org



Cancer Exercise : Moving more.....

CANCER EXERCISE GUIDELINES: AVOID INACTIVITY

Consult with your doctor before starting any exercise program. Begin exercising as soon as possible following surgery or other phases of cancer treatment. Continue normal daily activities and exercise as much as possible during and after non-surgical treatments. Do whatever is possible, and work towards meeting the recommended amount.

AEROBIC EXERCISE = Perform 150 minutes per week of moderately-intense activity (progress by increasing time and intensity) or 75 minutes per week of vigorous exercise.

STRENGTH TRAINING = Perform 2-3 weekly sessions that include exercises for major muscle groups: 8-10 exercises of 10-15 repetitions/set, at least one set per session. Major muscle groups include chest, back, arms, shoulders, abdominals, gluteals, quadriceps, hamstring, and calf.

FLEXIBILITY/RANGE OF MOTION = Every day (flexion, extension, lateral movements, and rotation), still focusing on the major muscle groups and joints. And don't forget about the spine!



EXAMPLES OF MODERATE AND VIGOROUS INTENSITY PHYSICAL ACTIVITIES

(American Cancer Society Guidelines on Nutrition and Physical Activity for Cancer Prevention, 2012)

ACTIVITIES	MODERATE INTENSITY	VIGOROUS INTENSITY
Exercise and leisure	Walking, dancing, leisurely bicycling, ice and roller skating, horseback riding, canoeing, yoga	Jogging or running, fast bicycling, circuit weight training, swimming, jumping rope, aerobic dance, martial arts
Sports	Downhill skiing, golfing, volleyball, softball, baseball, badminton, doubles tennis	Cross-country skiing, soccer, field or ice hockey, lacrosse, singles tennis, racquetball, basketball
Home activities	Mowing the lawn, general yard and garden maintenance	Digging, carrying and hauling, masonry, carpentry
Occupational activity	Walking and lifting as part of the job (custodial work, farming, auto or machine repair)	Heavy manual labor (forestry, construction, fire fighting)



Monitoring your efforts during exercise....

RPE Scale	Rate of Perceived Exertion
10	Max Effort Activity Feels almost impossible to keep going. Completely out of breath, unable to talk. Cannot maintain for more than a very short time.
9	Very Hard Activity Very difficult to maintain exercise intensity. Can barely breath and speak only a few words
7-8	Vigorous Activity Borderline uncomfortable. Short of breath, can speak a sentence.
4-6	Moderate Activity Breathing heavily, can hold short conversation. Still somewhat comfortable, but becoming noticeably more challenging.
2-3	Light Activity Feels like you can maintain for hours. Easy to breathe and carry a conversation
1	Very Light Activity Hardly any exertion, but more than sleeping, watching TV, etc

Cannot sing, or speak in complete sentences

Cannot sing but can speak in complete sentences

Can sing and speak in complete sentences

Exercise



1. Always check with your physician before starting or continuing a program
2. If you are receiving chemotherapy and /or radiation therapy
 - a. you may need to exercise at a lower intensity or shorter period of time
 - b. goal is to be as active as possible without excessive fatigue or need recovery
3. If starting an exercise program during therapy
 - a. Start with stretching and brief walks.
 - b. start low and go slow.
4. If unable to exercise
 - a. consider physical therapy to help with range of motion and strength

American College of Sports Medicine/ Certified Cancer Exercise Trainer

You don't have to see the whole staircase, just take the first step.

Martin Luther King Jr.

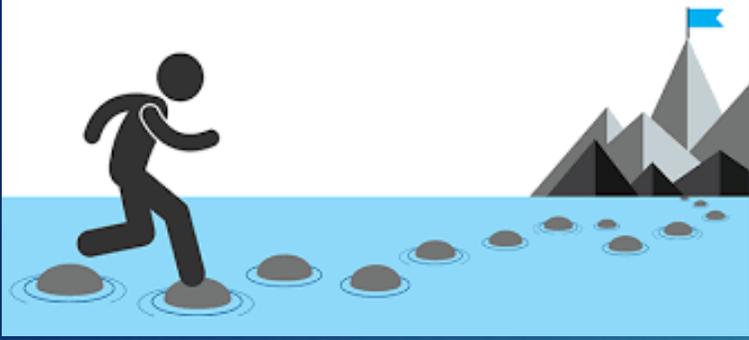
quote fancy



Stress
Reduction

Plant Based
Diet

Exercise



1

Start by adding good things

2

Reduce or eliminate bad things

3

Optimize the plan



Three practices...three movements



Start by adding good things

Start daily relaxation practice

Eat 5 servings non-starchy vegetables and 4-6 glasses of water a day

Move throughout day. At least every 20-30 minutes.

Reduce or eliminate the bad things

Expand the time in meditation: Once a day for up to 20 minutes

Reduce carbohydrates. Clean up protein, fats and liquid intake

Intensify exercise, goal 5 times per week

Optimize the program

Meditation twice a day; 20 minutes

Incorporate healthy foods, spices and cooking techniques.

Add flexibility, strength and balance exercises



There is no free lunch. Every approach that is really effective will take work, organization, planning, consistency. Whether you are involved in a nutrition program, meditating, a movement procedure, or psychotherapy, you are going to have to work at it and stay with it.....

Lawrence LeShan, PhD



QUESTIONS?



Robert B Ellis, DO, PhD
Northwest Permanente
Medical Group