

# **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?

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# 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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