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?
<table>
<thead>
<tr>
<th>Nature</th>
<th>Nurture</th>
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<tbody>
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<td>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).</td>
<td>Environmental stimuli can cause genes to be turned off or turned on.</td>
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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
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
To Empower is not to Blame
Thank you!

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