WELLNESS TOOLS FOR CANCER SURVIVORS

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Concerns of survivorship

- Preventing recurrence
- Another type of cancer
- Prevent and manage late effects of treatment
- Getting back to life and good health

Reducing Cancer Risk

- Cancer is a defect in regulation
- Cancer cells are mostly normal
- The imbalance is potentially reversible
- Using killing strategies alone may be counterproductive
- Host response is critical
- Cancer growth rates are variable, depending on the regulatory balance

The Good News

The microenvironment surrounding a tumor cell can promote or discourage tumor progression independent of tumor genetics
(Tumor suppressor or promoter genes)

Int. J. Cancer 2003;107:688
JNCI 2002:941494
Late effects of treatment

- New cancers caused by treatment
- Cardiovascular disease
- Obesity/diabetes
- Osteoporosis
- Reduced energy
- Poor quality of daily living (JNCI)

Does diet really matter?

Does a Mediterranean-Type Diet Reduce Cancer Risk?
Lukas Schwingshackl1,2 and Georg Hoffmann1

Observational studies provide new evidence suggesting that high adherence to a Mediterranean diet is associated with reduced risk of overall cancer mortality as well as a reduced risk of incidence of several cancer types (especially cancers of the colorectum, aerodigestive tract, breast, stomach, pancreas, prostate, liver, and head and neck).

Reduced overall health

Health Status is Significantly Poorer in Cancer Survivors

Breast Cancer

Olive oil reduces breast cancer risk up to 68%
Olive oil & Herceptin

Dietary Fat & Colon Cancer

Results
Among EVOO polyphenols tested, oleuropein aglycone was the most potent EVOO phenolic in decreasing breast cancer cell viability. HER2 gene-amplified SKBR3 cells were ~5-times more sensitive to oleuropein aglycone than HER2-negative MCF-7 cells. Retroviral infection of the HER2 oncogene in MCF-7 cells resulted in a "SKBR3-assimilated" phenotype of hypersensitivity to oleuropein aglycone. An up to 50-fold increase in the efficacy of trastuzumab occurred in the presence of oleuropein aglycone. A preclinical model of acquired autotolerance to trastuzumab (SKBR3/T4100 cells) completely recovered trastuzumab sensitivity (>1,000-fold sensitization) when co-cultured in the presence of oleuropein aglycone. Indeed, the nature of the interaction between oleuropein aglycone and trastuzumab was found to be strongly synergistic in T4-resistant SKBR3/T4100 cells. Mechanistically, oleuropein aglycone treatment significantly reduced HER2 ECD cleavage and subsequent HER2 auto-phosphorylation, while it dramatically enhanced T4-induced down-regulation of HER2 expression.

Diet & Colon Cancer

Vegetarian Dietary Patterns and the Risk of Colorectal Cancers

Dietary Fat & Colon Cancer

How Foods Stop Illness

- Antioxidants slow damage to DNA
- Nutrients can help repair DNA
- Phytochemicals change epigenetic gene expression
- EFA's regulate growth signals and inflammation
- Fiber enhances cell-cell communication
- Phytochemicals enhance detox pathways

Design, Setting, and Participants
The Adventist Health Study 2 (AHS-2) is a large, prospecive, North American cohort including 96,354 Seventh-Day Adventist men and women recruited between January 1, 2002, and December 31, 2007. Follow-up varied by state and was indicated by the cancer registry linkage files. Of those participants, an analytic sample of 77,699 remained after exclusions.

Results
During a mean follow-up of 7.9 years, 398 cases of colon cancer and 210 cases of rectal cancer were documented. The adjusted hazard ratios (HRs) in all vegetarians combined vs nonvegetarians were 0.78 (95% CI, 0.64-0.96) for all colorectal cancers, 0.81 (95% CI, 0.69-1.00) for colon cancer, and 0.71 (95% CI, 0.57-0.91) for rectal cancer. The adjusted HR for colorectal cancer in vegans was 0.84 (95% CI, 0.59-1.19) in meat-eaters vegetarians, 0.82 (95% CI, 0.65-1.06) in non-vegetarians, 0.57 (95% CI, 0.40-0.82); and in non-vegetarians, 0.92 (95% CI, 0.62-1.37) compared with nonvegetarians. Effect estimates were similar for men and women and for black and nonblack individuals.

Conclusions and Relevance
Vegetarian diets are associated with an overall lower incidence of colorectal cancers. Pensovegetarians in particular have a much lower risk compared with nonvegetarians. If such associations are causal, they may be important for primary prevention of colorectal cancers.
Does diet really matter?

• YES!!

Simple food guidelines

• Eat half your plate as vegetables and salad
• Eat more beans, nuts, fish, olive oil, whole grains (in moderation)
• Eat a rainbow of colors
• Limit sweets, carbs, starches
• Limit alcohol
• Limit junk food
• Limit red meats and dairy

A handful of “super-foods”

• Extra virgin olive oil
• Berries
• Nuts
• Greens
• Green tea

Nuts & Colon cancer Survival

Nut consumption and survival in stage III colon cancer patients: Results from CALGB 89803 (Alliance).
Presented Saturday, June 3, 2017

• An observational study of 826 patients with stage III colon cancer showed that those who consumed 2 ounces or more of nuts per week had a 42% lower chance of cancer recurrence and 57% lower chance of death than those who did not eat nuts.
• A secondary analysis revealed the benefit of nut consumption was limited to tree nuts, including almonds, walnuts, hazelnuts, cashews, and pecans, among others.
• Association of total nut intake with improved outcomes was maintained across other known or suspected predictors of recurrence and mortality, including across common genomic alterations (microsatellite instability, KRAS mutation, BRAF mutation, and PIK3CA mutation).

Clinical trial information: NCT00003635

Access abstract: https://meetinglibrary.asco.org/record/147476/abstract
Nuts & Prostate Cancer

What about vitamins?

• Vitamin D
• Vitamin C
• Multiple vitamin
• Fish oil

Multivitamin and mineral use and breast cancer mortality in older women with invasive breast cancer in the women’s health initiative

S. Wasserthiel-Smoller · A. P. McGinn · N. Bedros · R. Chlebowski · G. Y. Ho · K. C. Johnson · D. S. Lane · W. Li · M. L. Neuhouser · J. Soquil · J. M. Shilany · Y. Song · C. Thomson

Abstract Multivitamin use is common in the United States. It is not known whether multivitamins with minerals supplements (MVM) used by women already diagnosed with invasive breast cancer would affect their breast cancer mortality risk. To determine prospectively the effects of MVM use on breast cancer mortality in postmenopausal women diagnosed with invasive breast cancer, a prospective cohort study was conducted of 7,728 women aged 50–79 at enrollment in the women’s health initiative (WHI) in 40 clinical sites across the United States diagnosed with incident invasive breast cancer during WHI and followed for a mean of 7.1 years after breast cancer diagnosis. Use of MVM supplements was assessed at WHI baseline visit and at visit closest to breast cancer diagnosis, obtained from vitamin pill bottles brought to clinic visit. Outcome was breast cancer mortality. Hazard ratios and 95% confidence intervals (CIs) for breast cancer mortality comparing MVM users to non-users were estimated using Cox proportional hazard regression models. Analyses using propensity to take MVM were done to adjust for potential differences in characteristics of MVM users versus non-users. At baseline, 37.8% of women reported MVM use. After mean post-diagnosis follow-up of 7.1 ± 4.1 (SD) years, there were 518 (6.7%) deaths from breast cancer. In adjusted analysis, breast cancer mortality was 39% lower in MVM users as compared to non-users (HR = 0.60).

RESEARCH ARTICLE

Serum 25-Hydroxyvitamin D Concentrations ≥40 ng/ml Are Associated with >65 % Lower Cancer Risk: Pooled Analysis of Randomized Trial and Prospective Cohort Study

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Results

Age-adjusted cancer incidence across the combined cohort (N = 2,304) was 840 cases per 100,000 person-years (1,020 per 100,000 person-years in the Lappe cohort and 722 per 100,000 person-years in the Grassroots Health cohort). Incidence was lower at higher concentrations of 25(OH)D. Women with 25(OH)D concentrations ≥40 ng/ml had a 67% lower risk of cancer than women with concentrations <20 ng/ml (HR = 0.33, 95% CI = 0.12–0.90).
**Vitamin D Deficiency and Reduced Hodgkin Lymphoma Survival**

Nancy A. McEvilly

June 18, 2018

STOCKHOLM — Vitamin D deficiency is strongly associated with lower rates of progression-free survival (PFS) and overall survival (OS) in patients with Hodgkin lymphoma, independently of key factors that include tumor mass, patients’ clinical condition, and the type of treatment received, according to new research.

The finding was presented here at the European Hematology Association (EHA) 2018 Congress.

Hodgkin lymphoma was the cause of death of 24 patients (38%) who were vitamin D deficient, compared to only four patients (22%) whose level of vitamin D was insufficient, and three patients (18%) who had sufficient levels of vitamin D.

In addition, total deaths of all causes were higher in patients who were vitamin D deficient (n = 63; 36%) compared to those whose levels were insufficient (n = 18; 22%) or sufficient (n = 17; 18%).

"It appears the differences in overall survival rates are mainly due to significantly more Hodgkin lymphoma-associated deaths among those who were vitamin D deficient," Borghoffmann said.

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**Gamma tocopherol**

In 10,456 men those who had highest blood level of gamma-tocopherol were five times less likely to get prostate cancer. Selenium and alpha-tocopherol also reduced prostate cancer incidence, but only when gamma-tocopherol level is high.

- Helzlsouer et al. JNCI. 2000;92:2018

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**Stress**

- Concerns about recurrence
- Concerns about expensive meds/scans etc
- Money/job/family/aging
- Directly impacts BP, heart, hypothalamus
- Immune function, joy, problem solving, quality of life
- Social isolation

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**Stress, Immunity & Survival**

**Propranolol and Melanoma DFS and OS**

Table. Melanoma Recurrence From Cox Multivariate Regression Model

<table>
<thead>
<tr>
<th>Proportionate Recurrence</th>
<th>Hazard Relative to DFS and OS</th>
</tr>
</thead>
<tbody>
<tr>
<td>P&lt;0.05 vs No P&lt;0.05</td>
<td>0.66 (3.64-1.39)</td>
</tr>
<tr>
<td>Baseline thickness, mm</td>
<td>1.26 (1.94-1.51)</td>
</tr>
<tr>
<td>Age, yrs</td>
<td>1.20 (1.64-1.21)</td>
</tr>
<tr>
<td>Uterine-site reorientation</td>
<td>1.29 (1.25-1.32)</td>
</tr>
<tr>
<td>OS, P&lt;0.05 vs No P&lt;0.05</td>
<td>0.64 (1.03-1.36)</td>
</tr>
<tr>
<td>Baseline thickness, mm</td>
<td>1.10 (1.09-2.95)</td>
</tr>
<tr>
<td>Age, yrs</td>
<td>0.98 (1.86-1.21)</td>
</tr>
<tr>
<td>Uterine-site reorientation</td>
<td>2.24 (1.36-1.20)</td>
</tr>
</tbody>
</table>

Approximate 80% reduction in recurrence risk

(Alschuler)
Stress, Immunity & Survival

- Stress management
  - Mindfulness
  - Yoga
  - Tai chi
  - Joy
  - “Nature bathing”
  - Visualization

Results

- Among 9267 women, there were 1448 recurrences and 1521 deaths, with 990 due to BC.
  - The follow-up from diagnosis ranged from 0.2 to 20.9 years (median, 10.6 years).
- Socially isolated women were more likely to:
  - be Caucasian, college-educated, and nulliparous.
  - have lower levels of physical activity, be current smokers, drink more than recommended, and be obese.
  - be associated with a lower likelihood of receiving chemotherapy or hormonal therapy and a higher likelihood of lumpsctomy.
- Women with smaller social networks had an 82% higher risk of non-BC mortality (HR, 1.42; 95% CI, 1.44-2.30; P for trend < .001).
- After adjustment for potential confounding variables in LACE, NHS, and SBCSS, socially isolated women had 43% higher risk of recurrence (hazard ratio [HR], 1.43; 95% CI, 1.18-1.74; P for trend < .001), 64% increased risk of BC-specific mortality (HR, 1.64; 95% CI, 1.33-2.02; P for trend < .001), and 69% increased risk of total mortality (HR, 1.68; 95% CI, 1.43-1.99; P for trend < .001) in comparison with socially integrated women.
- Adjusting for lifestyle and treatment factors attenuated the results for the linear social network variable by 13% for recurrence, by 18% for BC mortality, and by 26% for total mortality, but associations remained significant after adjustment for these potential mediating factors.
- Associations did not differ by age, time since diagnosis, estrogen receptor/progesterone receptor status, HER2 status, or treatment.
- A lack of a spouse/partner and community ties predicted higher BC-specific mortality in older white women but not in other women. However, a lack of relatives and friendship ties predicted higher BC-specific mortality in nonwhite women only.

(L. Alschuler)

Physical Activity Significantly Boosts Survival in Cancer Patients

Roxanne Nelson, BSN, RN
April 23, 2018

CHICAGO — Cancer patients who are physically active both before and after treatment are 40% more likely to survive compared to those who are sedentary, according to new findings.

The association between physical activity and mortality was observed across eight cancer types. Importantly, the findings held after adjustment for sex, tumor stage, smoking status, and body mass index.

More importantly, Canicitio noted, was the improvement in survival among patients who had previously been sedentary. "Patients who reported never doing anything in terms of recreational activity in the decade prior to diagnosis, and then reported doing something around the time of diagnosis and afterwards, remarkably had about a 25% to 28% improvement in survival compared to those who remained inactive," she said. "We saw that starting physical activity after diagnosis is beneficial."

The message is that it’s never too late to start exercising, Dr. Rikki Canicitio
Exercise

HERBAL MEDICINE

From herb to drug

- Willow to aspirin
- Foxglove to digitalis
- Goats Rue to metformin
- Poppy to codeine
- Rauwolfia to reserpine
- Ma Huang to ephedra
- Belladona to atropine
- Yew to taxol
- Periwinkle to Vincristine

Therapeutic Windows

- Foods
- herbs/vitamins
- toxic herbs
- drugs
- poisons
Plant medicine vs drugs

- Milk Thistle

Forms /preparations

- fresh/dried herbs
- teas
- tinctures
- capsules/extracts
- salves/creams
- essential oils

Rhodiola

- Traditional adaptogen
- Helpful in chronic stress & “burnout”
- Depression
- Supports mental clarity
- Inhibits tumor growth
- Supports chemotherapy effects
Inflammation & Cancer

Aspirin & breast cancer

Curcumin

How aspirin works

How curcumin works

Boswellia & Cancer

The comparative study of acetyl-11-keto-beta-boswellic acid (AKBA) and aspirin in the prevention of intestinal adenomatous polyposis in APCmin mice

Fusui Wang¹, Yan Wang¹, Zhubiao Gao², Xianjun Qi³

arise from its activity in the modulation of the Wnt/β-catenin pathway and NF-kB/COX-2 pathway in adenomatous polyps. Conclusion, AKBA by oral application prevented intestinal tumorigenesis more potential than aspirin.
Immune balance

- Effective immune surveillance and activity is a crucial component of prevention.
- After cancer treatment, many people have compromised immune function.
- Herbal medicines can stimulate a robust defense even when total white cells are low.

Herbal Immune Support

- Stimulate proliferation of immune cells.
- Increase natural killer cells and activity.
- Increase desirable cytokines/decrease undesirables.
- Protect against opportunistic infections.

Astragalus

- Traditionally used to tonify Qi and blood.
- Modern use: anemia, immune support, fatigue.
- Increases NK cell, LAK cytotoxicity, anti-viral.
- Safe for long term use.

Echinacea

- aka: purple coneflower.
- can use root, leaves, whole plant.
- first used by Native Americans.
- uses: immune support, anti-viral, wound healing, anti-inflammatory.
- CAN be used long term.
Medicinal Mushrooms

- Mushrooms do not kill tumors directly but act through the immune system (Appl Microbiol Biotechnol 2002;60:258) (Anticancer res 2000;20:4707)
- Reishi suppresses growth of breast cancer cells by reducing inflammation (Nutr Cancer 2004;49:209)

Traditional Uses

- **Stomach/Digestive complaints:** peppermint, lemon balm, bitters, ginger, fennel, licorice
- **Brain/Moods:** Valerian, hops, lemon balm, St John’s Wort, lavender
- **Colds/flu:** elderberry, echinacea, yarrow, lomatium, andrographis, zinc lozenges, garlic, star anise

Commensal *Bifidobacterium* promotes antitumor immunity and facilitates anti-PD-L1 efficacy

Ayelet Sivan,* Leticia Corrales,** Nathaniel Hubert,‡ Jason B. Williams,§ Keston Aquino-Michaels,¶ Zachary M. Earley,¶ Franco W. Benyamin,¶ Yuk Man Lei,¶ Bana Jabri,¶ Maria-Luisa Alegre,¶ Eugene B. Chang,¶ Thomas F. Gajewski**

T cell infiltration of solid tumors is associated with favorable patient outcomes, yet the mechanisms underlying variable immune responses between individuals are not well understood. One possible modulator could be the intestinal microbiota. We compared melanoma growth in mice harboring distinct commensal microbiota and observed differences in spontaneous antitumor immunity, which were eliminated upon cohousing or following fecal transfer. 16S ribosomal RNA sequencing identified *Bifidobacterium* as associated with the antitumor effects. Oral administration of *Bifidobacterium* alone improved tumor control to the same degree as anti-PD-L1 therapy (checkpoint blockade), and combination treatment nearly abolished tumor outgrowth. Augmented dendritic cell function leading to enhanced CD8+ T cell priming and accumulation in the tumor microenvironment mediated the effect. Our data suggest that manipulating the microbiota may modulate cancer immunotherapy.

- **Constipation:** senna, cascara, caraway seed, psyllium
- **Bitters:** Gentian, wormwood, ginger, angelica, angustora bitters
Making salves
• 4 oz of base (coconut oil or olive oil & beeswax)
• add active ingredient (calendula, yarrow, green tea)
• let herb sit in warm oil for 30 minutes
• add essential oil or antioxidant (vit. E, chamazulin)

Home first aid kit
• Ginger
• Garlic
• Echinacea
• Elderberry
• Thyme oil
• Curcumin
• Ashwaganda
• Peppermint
• Chamomile
• Valerian/Hops
• Aloe
• Bitters

Quality control
• 70% of products fail to meet label claims
• identity, potency, purity
• stick with quality brands
• claims mean nothing

“Study nature, love nature, stay close to nature. It will never fail you.” -- Frank Lloyd Wright
Goals for Wellness (& Prevention)

• Improve nutritional status
• Reduce inflammation
• Reduce insulin
• Maintain healthy weight
• Support immunity
• Reduce stress and stress hormones

You are in charge

Take home message:
Things to reduce/stop

• Smoking
• Alcohol
• Sugar rich foods
• Artificial foods/junk foods
• Animal fats
• Television/ inactivity/ sitting

Summary

• Healthy food
• Sleep
• Manage stress
• Maintain weight
• Stay active
• Have fun
• Choose health