

Welcome to the ZBC Webinar

Heart Health and Breast Cancer



Webinar Housekeeping

- Live transcript (captioning)
- Slides are on website
- Use Q & A to ask questions any time
 - Chat is view only – look for resources there
- Webinar is being recorded
 - Recording link will be emailed to everyone registered

Who is here today?



Heart Health and Breast Cancer

Catherine Thomsen, MPH
October 20, 2022

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Zero Breast Cancer



ZBC Survivorship Factsheets

What is Breast Cancer-Related Neuropathy?

Facts for people who have had breast cancer and those who care for them



“

It's strange that although I can't feel my feet, I can feel the pain.

Many people who have had breast cancer experience pain or discomfort caused by damage to the nerves, known as neuropathy. Nerves control our sense of touch, how we feel pain and temperature, and our muscle strength. Nerve damage can impact our quality of life after cancer.

Neuropathy is different for each person. It depends on which nerves and how many are damaged. It can start during cancer treatment or shortly after. Nerve problems may stop or get worse after treatment.

Neuropathy symptoms can include:

- Numbness, tightness, and tingling
- Burning, shooting, or stabbing pain
- Weakness and loss of balance
- A change in sensitivity to touch or temperature

Paula is a [Pathways breast cancer survivorship study](#) participant who never had pain or neuropathy. "I always wondered why they asked me about pain when I went in for my visits." Another study member said that her fingers and toes were tingly and sometimes painful, but "not so much that I couldn't continue on with my normal routine." Sue and Linda, however, have fairly severe nerve problems that have lasted for years.

Most often neuropathy affects the hands, arms, [feet and legs](#). For both Sue and Linda, feet are most affected and it's worse at night.

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Problemas de memoria y pensamiento después del cáncer de seno

Informes para los que han sido diagnosticados con cáncer de seno, los que cuidan de ellos y los que les quieren.



“

Es real y no estás sola.

¿Has oído el término Chemo Brain o Quimioencerebro? Hasta la última década, cuando las mujeres informaban tener problemas de memoria y pensamiento durante o después de recibir tratamiento para el cáncer de mama, a menudo se las ignoraba. Ahora sabemos que el cáncer y el tratamiento del cáncer pueden causar estos cambios y se están realizando investigaciones sobre cómo ayudar a las personas que tienen quimioencerebro, también conocido como Deterioro Cognitivo Relacionado con el Cáncer (DCRC). Podemos confiar en que la mayoría de nosotros recuperemos nuestra función cerebral y en que hay cosas que podemos hacer para lidiar con los problemas de memoria y pensamiento are things we can do to deal with memory/thinking problems.

Es real y no estás sola

Quizás lo más importante para algunos de nosotras sea saber que se han producido cambios físicos reales y que otras personas han pasado o están pasando por lo mismo. Para Karen (diagnosticada a los 39 años cuando tenía 3 hijos menores de 9 años), los problemas de memoria comenzaron un par de meses después de la quimioterapia.

"Un día estaba yendo a algún lugar en el auto y de repente no estaba seguro de si mi hijo de un año estaba en el auto, no recordaba abrocharlo en la sillita de seguridad. Esto fue aterrador para una mamá, pero di gracias de que él estuvo allí."

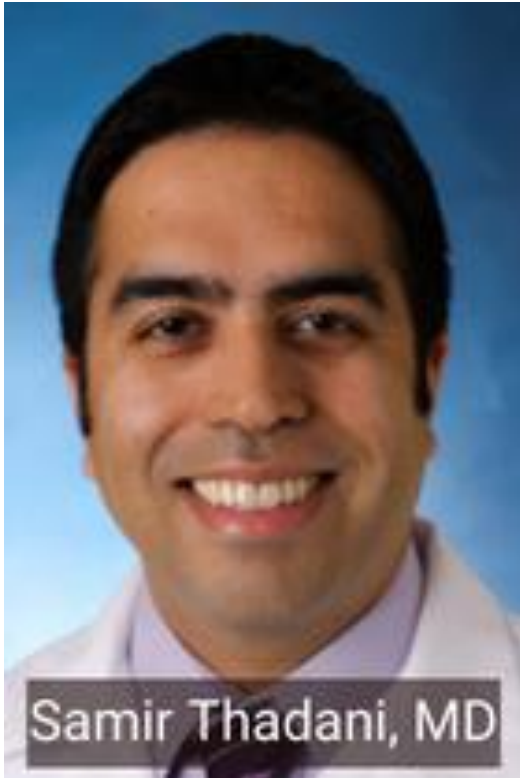
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“Congratulations on a job well done with the Neuropathy Factsheet. It is very accurate and comprehensive and consistent with current knowledge.”

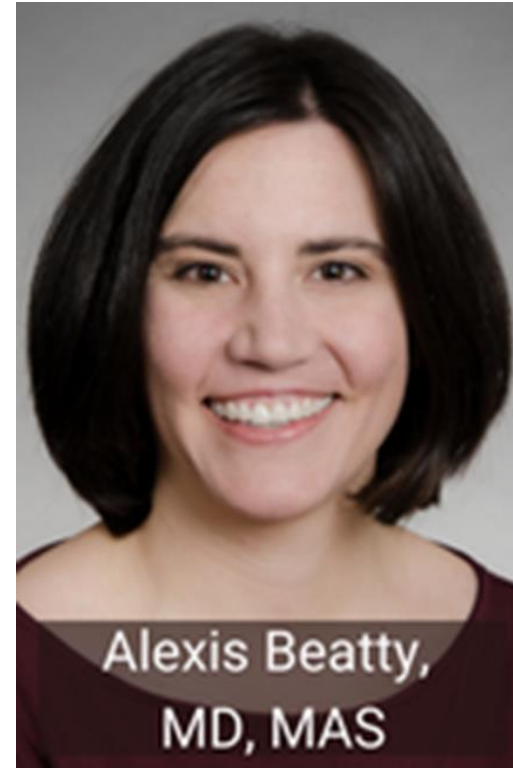
Eva Myers, PhD., FNP, RN
Los Angeles, CA

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Our Speakers



Samir Thadani, MD



Alexis Beatty,
MD, MAS



Panelists



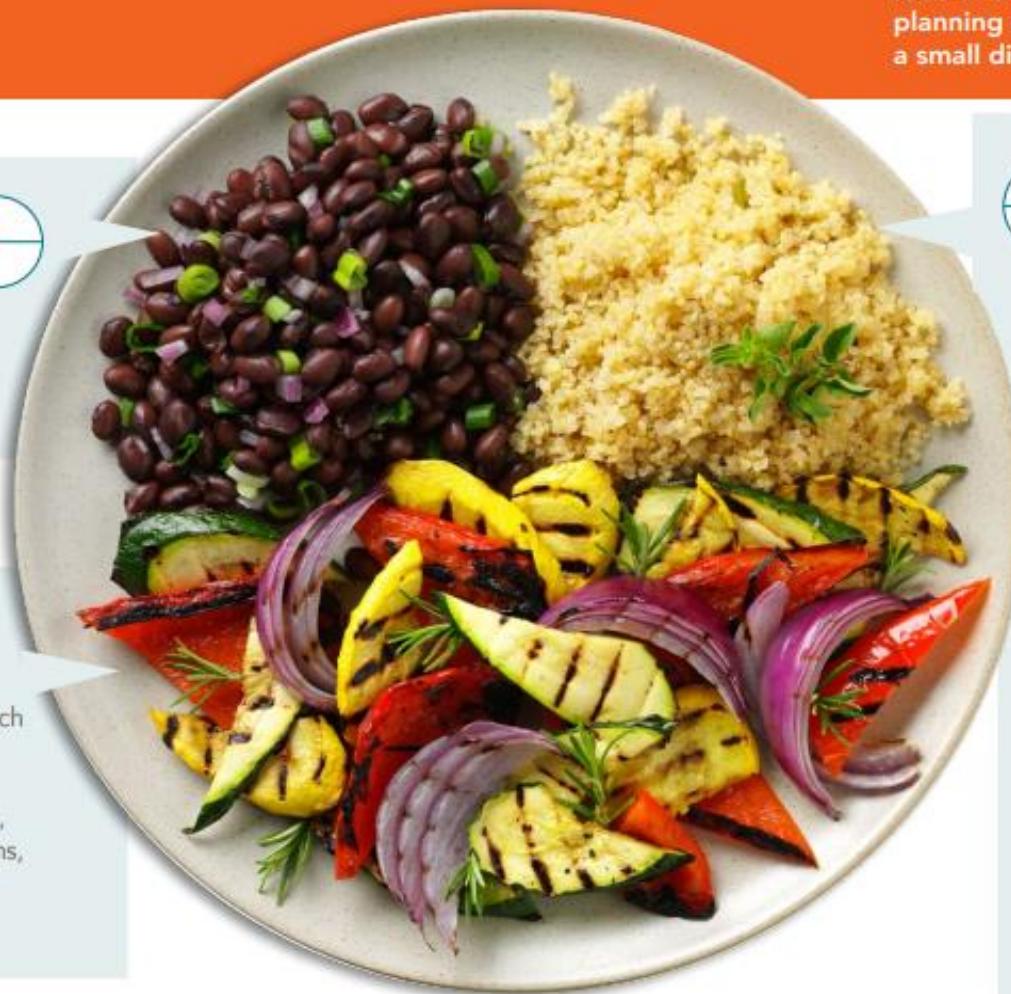
THE PLANT-BASED HEALTHY PLATE

Use this plate to help you portion your food in a healthy way and make meal planning easier. Portions are based on a small dinner plate.

Fill one-quarter of your plate with a plant-based protein source, such as cooked beans, lentils, or tofu.



Fill half of your plate with non-starchy vegetables, such as carrots, broccoli, spinach, cabbage, green beans, peppers, zucchini, onions, greens, tomatoes, or romaine lettuce.



Fill one-quarter of your plate with healthy grains or starches, such as brown rice, whole-wheat pasta, quinoa, bulgur, corn, peas, barley, farro, amaranth, 1 slice of whole-grain bread, 2 corn tortillas, or 1 whole-wheat tortilla.

For good nutrition also choose each day:

- 3 servings of fruit. A serving is a small orange, banana, or apple, or 1 cup of berries or melon.
- 2 to 3 cups of a milk substitute, such as almond, soy, or hemp.
- A small amount of healthy fats, such as extra virgin olive or canola oil, or a small handful of nuts.

What is the difference between Vegan and WFPB diet?

Food	Vegan Diet	Whole Food, Plant-Based Diet
Fresh Vegetables	Yes	Yes
Dairy	No	No
Raw Honey	No	Yes
Refined Sugar	Yes	No
Most Breads	Yes	No
Olive Oil	Yes	No



VEGAN



WHOLE FOOD,
PLANT-BASED

The Daily Dozen

Everything we should ideally strive to fit into our daily routine for optimal health and longevity.

- Beans**  Servings: 3 per day
½ c. cooked beans, ¼ c. hummus
- Berries**  Servings: 1 per day
½ cup fresh or frozen, ¼ cup dried
- Fruit**  Servings: 3 per day
1 medium fruit, ¼ cup dried fruit
- Cruciferous**  Servings: 1 per day
½ cup chopped, 1 tbsp horseradish
- Greens**  Servings: 2 per day
1 cup raw, ½ cup cooked
- Vegetables**  Servings: 2 per day
½ cup nonleafy vegetables
- Flaxseed**  Servings: 1 per day
1 tablespoon, ground
- Nuts & Seeds**  Servings: 1 per day
¼ cup nuts, 2 tbsp nut butter
- Whole Grains**  Servings: 3 per day
½ cup hot cereal, 1 slice of bread
- Spices**  Servings: 1 per day
¼ teaspoon turmeric
- Exercise**  Once per day
90 min. moderate or 40 min. vigorous
- Beverages**  Servings: five, 12 oz per day
water, green tea, hibiscus tea

Download Dr. Greger's Daily Dozen app and start tracking your daily servings.

Available on the  App Store  Google play

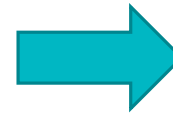
Ideas for meals and snacks

These sample meals and snacks include foods from the shopping list below, and follow the tips on the other side. Use these ideas to build healthy, tasty meals. Or create your favorite combinations!

Breakfast	
<ul style="list-style-type: none"> 4 oz. sprouted-grain or wheat bagel with almond butter or cashew cheese 1 cup diced melon 	<ul style="list-style-type: none"> ¼ cup scrambled soft tofu with 3 oz. salsa and 1 cup spinach 1 sprouted-grain English muffin or 2 corn tortillas ¼ avocado ½ cup mango or pineapple
<ul style="list-style-type: none"> 2 oz. whole-grain muesli cereal ½ banana, ½ cup berries 10 walnuts 1 cup nondairy milk 	<ul style="list-style-type: none"> 2 slices sprouted-grain or wheat toast 2 Tbsp. "natural" peanut butter 1 cup nondairy milk 1 small apple
<ul style="list-style-type: none"> 1 cup plain almond or soy yogurt, mixed with 1 Tbsp. chia seeds and 2 Tbsp. raisins or ½ cup diced fruit 1 small bran muffin 	<ul style="list-style-type: none"> ¾ cup brown rice ½ cup beans 1 cup cooked vegetables ½ cup salsa ½ cup avocado
<ul style="list-style-type: none"> 2 slices sprouted-grain or wheat toast 1 cup berries 1 cup nondairy milk 	<ul style="list-style-type: none"> 1 cup oatmeal with 1 Tbsp. pumpkin seeds and 2 Tbsp. raisins or dried fruit 1 cup nondairy milk

Snacks	
<ul style="list-style-type: none"> ½ cup baked sweet potato 	<ul style="list-style-type: none"> Raw vegetables with hummus or vegetable paté
<ul style="list-style-type: none"> 2 tbsp. dried fruit or nuts 	
<ul style="list-style-type: none"> Fresh fruit 	<ul style="list-style-type: none"> Medium apple with 1-2 Tbsp. "natural" peanut butter
<ul style="list-style-type: none"> 3 cups air-popped or light microwave popcorn 	<ul style="list-style-type: none"> 3 large rye wafer cracker 1½ oz. cashew cheese
<ul style="list-style-type: none"> ¼ cup roasted garbanzo beans 	<ul style="list-style-type: none"> Fresh nonstarchy vegetables

Lunch and Dinner	
Add 1 cup nondairy milk to each meal (optional)	
<ul style="list-style-type: none"> 4 oz. baked tofu sandwich on sprouted-grain or wheat bread with 1-2 Tbsp. avocado, lettuce or spinach, tomato, and onion Carrots or broccoli 1 orange 	<ul style="list-style-type: none"> 2 cups stir-fried vegetables (sautéed with 1 tsp. olive oil and garlic) 1 cup quinoa, yam, or whole-grain pasta
<ul style="list-style-type: none"> 3-4 oz. veggie (bean, lentil, soy) burger on sprouted-grain or wheat bun Garden salad with avocado and 1-2 Tbsp. oil and vinegar dressing Diced peaches or pear 	<ul style="list-style-type: none"> 2 cups vegetarian chili 2 Tbsp. pumpkin seeds or avocado 1 cup cabbage slaw with lime juice ½ cantaloupe
<ul style="list-style-type: none"> 1 cup canned black bean soup (lower sodium) 1 cup kale (dropped into soup) 6 whole-grain crackers 1 apple 	<p>Chinese cuisine</p> <ul style="list-style-type: none"> ½ cup brown rice, wild rice, or quinoa 1 cup broccoli tofu (sautéed in broth) 1 cup vegetarian hot-and-sour soup
<ul style="list-style-type: none"> 1 low-fat, low-sodium frozen entrée or vegetarian entrée Green salad with fresh vegetables, nutritional yeast, 1-2 Tbsp. olive oil and vinegar dressing or avocado 1 plum 	<p>Indian cuisine</p> <ul style="list-style-type: none"> ½ cup beans or 1 cup lentil soup (dal) 1 whole-grain flatbread 1 cup diced cauliflower, onions, and tomatoes
<ul style="list-style-type: none"> ½-1 cup black-eyed peas 1 cup steamed greens with a dash of hot sauce 1 cup brown rice 1 fresh fruit 	<p>Mexican cuisine</p> <ul style="list-style-type: none"> 2 bean tacos made with 2 corn tortillas, 1 cup whole beans, 2 Tbsp. avocado, salsa, shredded lettuce or cabbage, and tomatoes Diced mango



Chinese cuisine

- ½ cup brown rice, wild rice, or quinoa
- 1 cup broccoli tofu (sautéed in broth)
- 1 cup vegetarian hot-and-sour soup

Indian cuisine

- ½ cup beans or 1 cup lentil soup (dal)
- 1 whole-grain flatbread
- 1 cup diced cauliflower, onions, and tomatoes

Mexican cuisine

- 2 bean tacos made with 2 corn tortillas, 1 cup whole beans, 2 Tbsp. avocado, salsa, shredded lettuce or cabbage, and tomatoes
- Diced mango

Healthy meals start at the store. Use this shopping list to help you prepare.

- | | | |
|---|---|---|
| ✓ Fruits—fresh, frozen, canned in their own juice, or dried | ✓ Light soy sauce, tamari, or Bragg's liquid aminos | ✓ 100% whole-wheat or sprouted-grain bread, rolls, or bagels |
| ✓ Vegetables—fresh, frozen, or low-sodium canned | ✓ Sauerkraut or kimchee | ✓ Rye wafer or whole-wheat crackers |
| ✓ Plain nondairy milk (fortified soy, rice, oat, or almond) | ✓ Whole beans (canned or dried), or lentils | ✓ Brown rice or whole-wheat pasta |
| ✓ Plain nondairy yogurt (soy or almond) | ✓ Hummus, bean spreads, or tahini | ✓ Whole-grain cereal (oats, or muesli) |
| ✓ "Natural" peanut or other nut butter | ✓ Tofu (silken, firm), tempeh | ✓ Whole grains (bulgur, whole commeal, hulled barley, farro, millet, whole-wheat couscous, brown rice, or quinoa) |
| ✓ Cultured cashew cheese | ✓ Avocado, olives, or sun-dried tomatoes | ✓ Tortillas (corn, or whole- or sprouted-wheat) |
| ✓ Olive or organic canola oil | ✓ Unsalted nuts and seeds | |
| | ✓ Nutritional yeast | |
| | ✓ Vegetable broth | |

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other medical professional. If you have persistent health problems, or if you have additional questions, please consult with your doctor.

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