

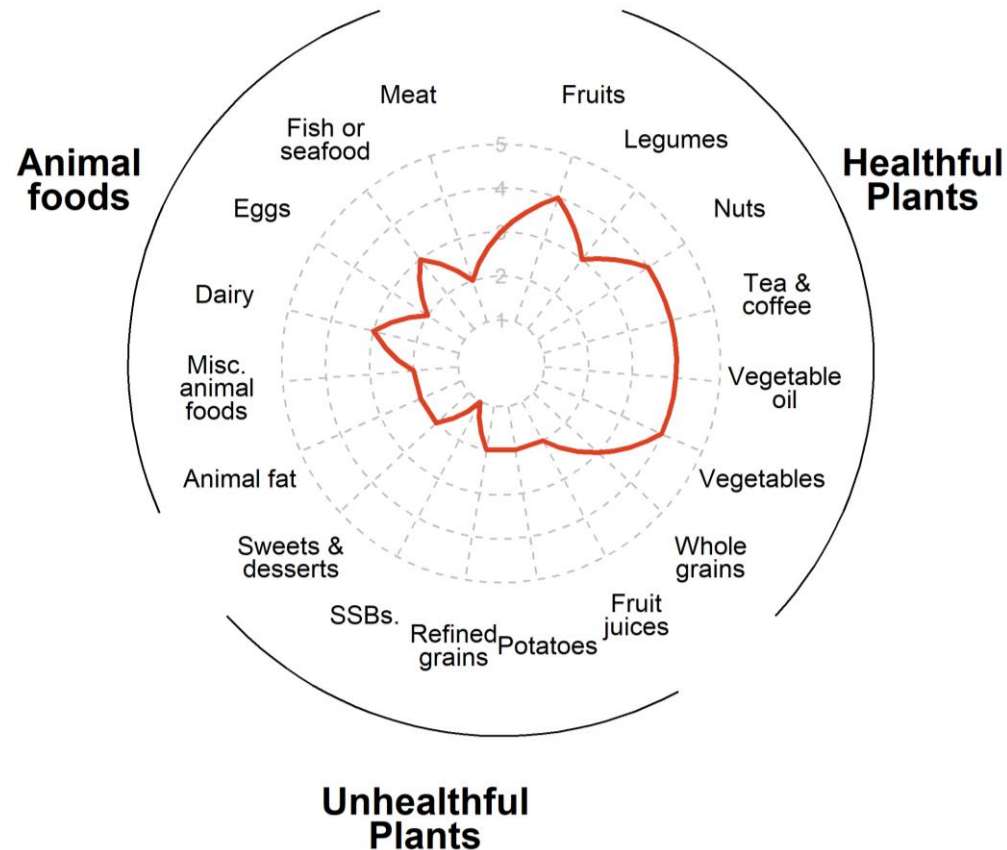
Plant-based dietary patterns and breast cancer recurrence and survival in the Pathways Study

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What does it mean to have a dietary pattern with **high agreement** with hPDI?



Median scores of top 20% of hPDI scores

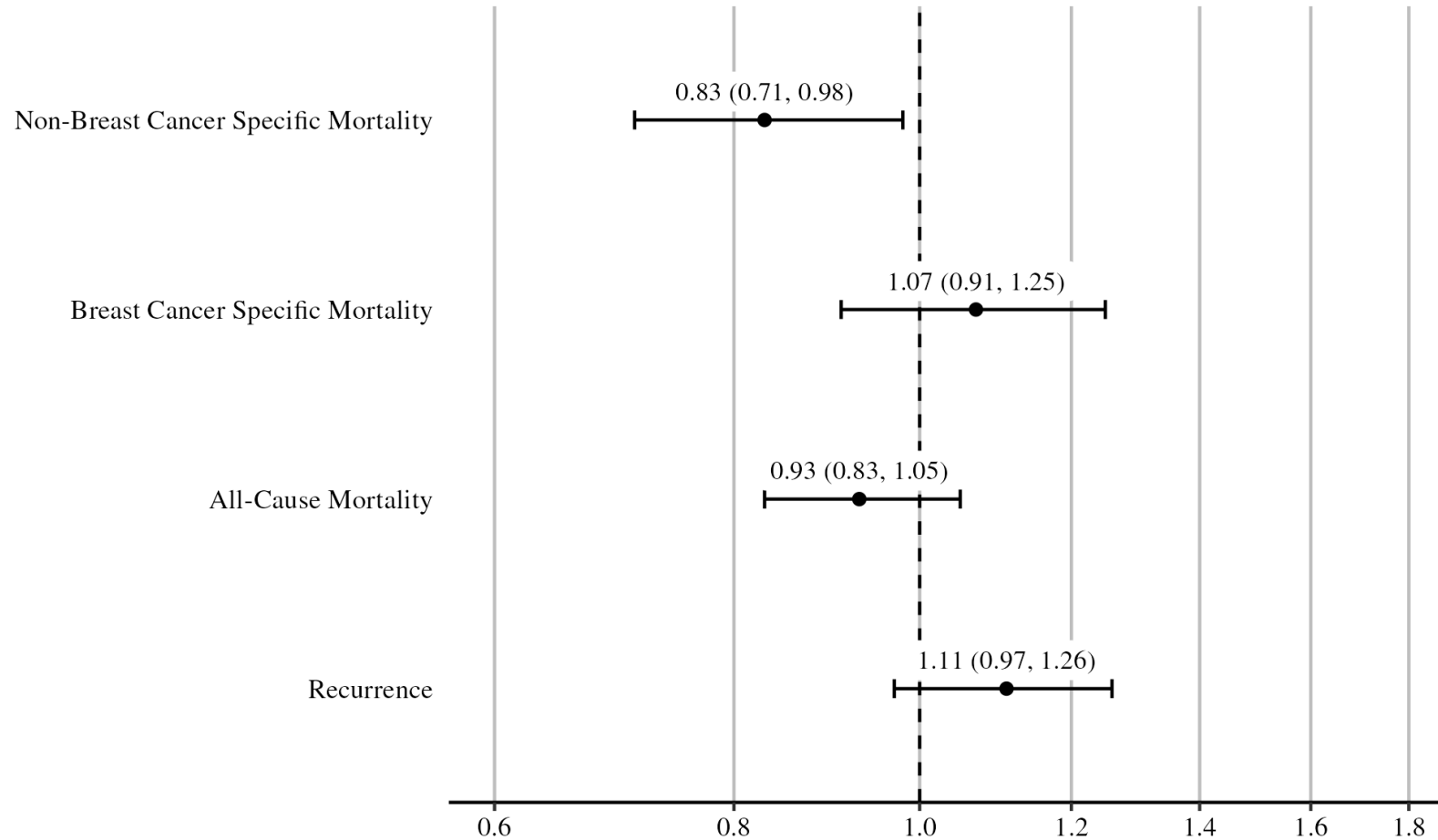
Red line represents the median score assigned for the food group amongst the individuals with the highest overall hPDI score.

To achieve high agreement with hPDI *did not require the exclusion* of unhealthful plants or animals from the diet.

However, *majority of diet was healthful plants.*

Long term compliance with a healthful plant diet associated with reduced hazard of non-breast cancer mortality

Hazard ratios and 95% confidence intervals for
10 unit increase in time dependent cumulative average hPDI score



Models control for age at diagnosis, total energy intake, physical activity, race/ethnicity, education, menopausal status, smoking status, and stratified by tumor stage and ER status

Conclusions

1. Consistently sticking to a healthful plant based diet, **does not require the exclusion** of animal foods and unhealthy plants from your diet. Instead it requires the majority of your diet to be healthful plants.
2. **Long term compliance** to a healthful plant based diet post diagnosis was associated with a **reduction in non-breast cancer mortality**.