

# Welcome to the ZBC Webinar

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## Heart Health and Breast Cancer



# Webinar Housekeeping

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- 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?

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# Heart Health and Breast Cancer

*Catherine Thomsen, MPH*  
*October 20, 2022*

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breast cancer

# 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 Quiniocerebro? 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 quiniocerebro, 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 algunas 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 silla de seguridad. Esto fue aterrador para una mamá, pero di gracias de que él estuvo allí.”

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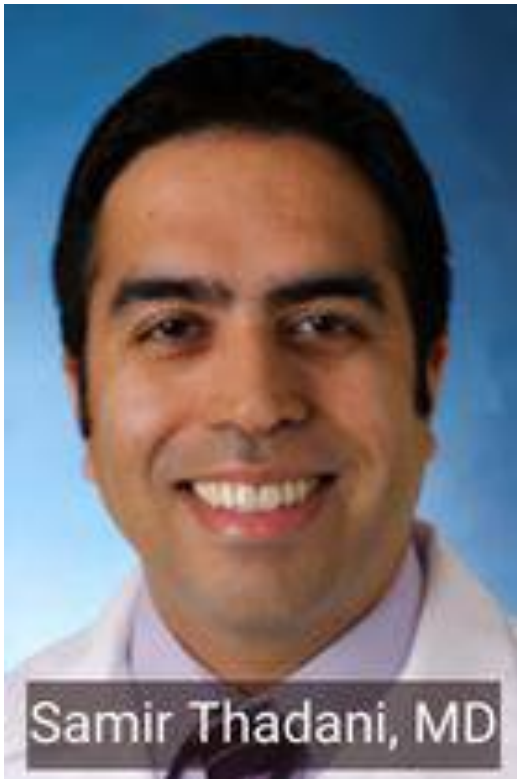
*“Congratulations on a job well done with the Neuropathy Factsheet. It is very accurate and comprehensive and consistent with current knowledge.”*

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

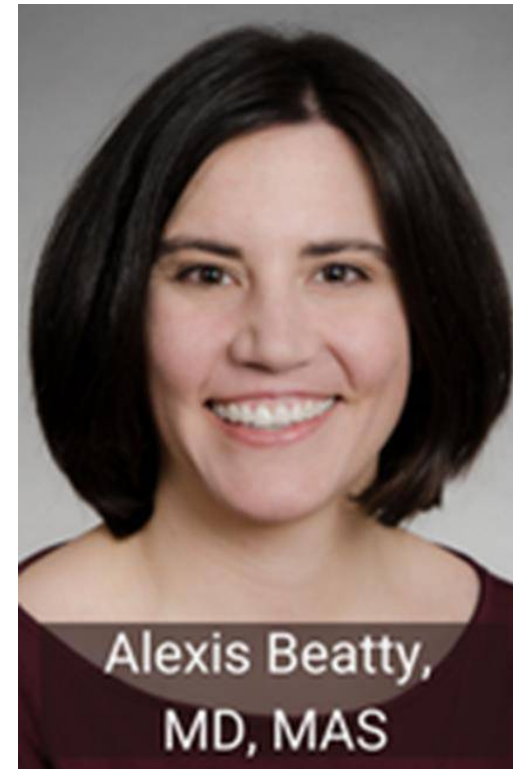
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# Our Speakers

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Samir Thadani, MD



Alexis Beatty,  
MD, MAS



# Panelists

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# 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.



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# What is the difference between Vegan and WFPB diet?

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| 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                           |

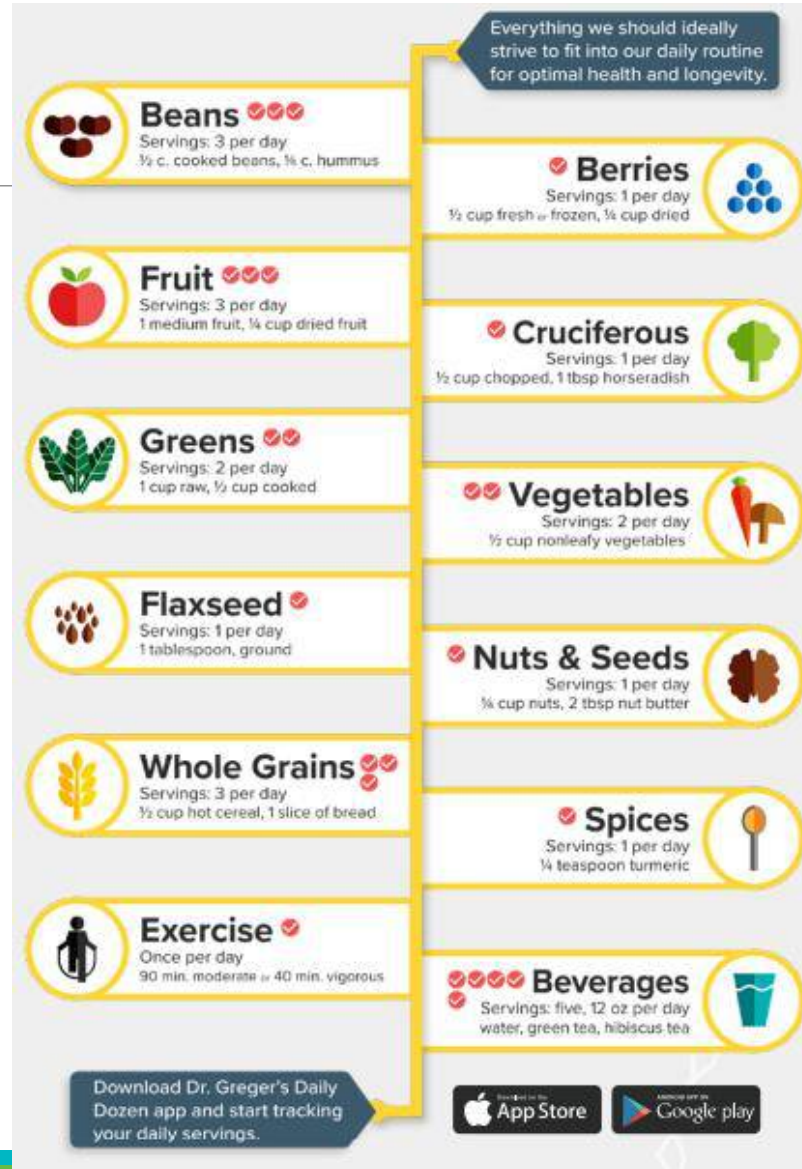


VEGAN



WHOLE FOOD,  
PLANT-BASED

# The Daily Dozen





## 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  |   | Lunch and Dinner<br>Add 1 cup nondairy milk to each meal (optional)   |   |
|--|---|---|---|
| <ul style="list-style-type: none"> <li>4 oz. sprouted-grain or wheat bagel with almond butter or cashew cheese</li> <li>1 cup diced melon</li> </ul>   | <ul style="list-style-type: none"> <li>¼ cup scrambled soft tofu with 3 oz. salsa and 1 cup spinach</li> <li>1 sprouted-grain English muffin or 2 corn tortillas</li> <li>¼ avocado</li> <li>½ cup mango or pineapple</li> </ul>                                  | <ul style="list-style-type: none"> <li>4 oz. baked tofu sandwich on sprouted-grain or wheat bread with 1–2 Tbsp. avocado, lettuce or spinach, tomato, and onion</li> <li>Carrots or broccoli</li> <li>1 orange</li> </ul>                     | <ul style="list-style-type: none"> <li>2 cups stir-fried vegetables (sautéed with 1 tsp. olive oil and garlic)</li> <li>1 cup quinoa, yam, or whole-grain pasta</li> </ul>  |
| <ul style="list-style-type: none"> <li>2 oz. whole-grain muesli cereal</li> <li>½ banana, ½ cup berries</li> <li>10 walnuts</li> <li>1 cup nondairy milk</li> </ul>  | <ul style="list-style-type: none"> <li>2 slices sprouted-grain or wheat toast</li> <li>2 Tbsp. "natural" peanut butter</li> <li>1 cup nondairy milk</li> <li>1 small apple</li> </ul>   | <ul style="list-style-type: none"> <li>3–4 oz. veggie (bean, lentil, soy) burger on sprouted-grain or wheat bun</li> <li>Garden salad with avocado and 1–2 Tbsp. oil and vinegar dressing</li> <li>Diced peaches or pear</li> </ul>           | <ul style="list-style-type: none"> <li>2 cups vegetarian chili</li> <li>2 Tbsp. pumpkin seeds or avocado</li> <li>1 cup cabbage slaw with lime juice</li> <li>½ cantaloupe</li> </ul>                                       |
| <ul style="list-style-type: none"> <li>1 cup plain almond or soy yogurt, mixed with 1 Tbsp. chia seeds and 2 Tbsp. raisins or ½ cup diced fruit</li> <li>1 small bran muffin</li> </ul>  | <ul style="list-style-type: none"> <li>¾ cup brown rice</li> <li>½ cup beans</li> <li>1 cup cooked vegetables</li> <li>½ cup salsa</li> <li>½ cup avocado</li> </ul>  | <ul style="list-style-type: none"> <li>1 cup canned black bean soup (lower sodium)</li> <li>1 cup kale (dropped into soup)</li> <li>6 whole-grain crackers</li> <li>1 apple</li> </ul>  | <b>Chinese cuisine</b> <ul style="list-style-type: none"> <li>½ cup brown rice, wild rice, or quinoa</li> <li>1 cup broccoli tofu (sautéed in broth)</li> <li>1 cup vegetarian hot-and-sour soup</li> </ul>                 |
| <ul style="list-style-type: none"> <li>2 slices sprouted-grain or wheat toast</li> <li>1 cup berries</li> <li>1 cup nondairy milk</li> </ul>   | <ul style="list-style-type: none"> <li>1 cup oatmeal with 1 Tbsp. pumpkin seeds and 2 Tbsp. raisins or dried fruit</li> <li>1 cup nondairy milk</li> </ul>  | <ul style="list-style-type: none"> <li>1 low-fat, low-sodium frozen entrée or vegetarian entrée</li> <li>Green salad with fresh vegetables, nutritional yeast, 1–2 Tbsp. olive oil and vinegar dressing or avocado</li> <li>1 plum</li> </ul> | <b>Indian cuisine</b> <ul style="list-style-type: none"> <li>½ cup beans or 1 cup lentil soup (dal)</li> <li>1 whole-grain flatbread</li> <li>1 cup diced cauliflower, onions, and tomatoes</li> </ul>                      |
| <b>Snacks</b>  |   | <ul style="list-style-type: none"> <li>½–1 cup black-eyed peas</li> <li>1 cup steamed greens with a dash of hot sauce</li> <li>1 cup brown rice</li> <li>1 fresh fruit</li> </ul>   | <b>Mexican cuisine</b> <ul style="list-style-type: none"> <li>2 bean tacos made with 2 corn tortillas, 1 cup whole beans, 2 Tbsp. avocado, salsa, shredded lettuce or cabbage, and tomatoes</li> <li>Diced mango</li> </ul> |
| <ul style="list-style-type: none"> <li>½ cup baked sweet potato</li> <li>2 tbsp. dried fruit or nuts</li> <li>Fresh fruit</li> <li>3 cups air-popped or light microwave popcorn</li> <li>¼ cup roasted garbanzo beans</li> </ul> | <ul style="list-style-type: none"> <li>Raw vegetables with hummus or vegetable paté</li> <li>Medium apple with 1–2 Tbsp. "natural" peanut butter</li> <li>3 large rye wafer cracker</li> <li>1½ oz. cashew cheese</li> <li>Fresh nonstarchy vegetables</li> </ul> |   |   |

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

- |  |  |   |
|--|--|---|
| <ul style="list-style-type: none"> <li>✓ Fruits—fresh, frozen, canned in their own juice, or dried</li> <li>✓ Vegetables—fresh, frozen, or low-sodium canned</li> <li>✓ Plain nondairy milk (fortified soy, rice, oat, or almond)</li> <li>✓ Plain nondairy yogurt (soy or almond)</li> <li>✓ "Natural" peanut or other nut butter</li> <li>✓ Cultured cashew cheese</li> <li>✓ Olive or organic canola oil</li> </ul> | <ul style="list-style-type: none"> <li>✓ Light soy sauce, tamari, or Bragg's liquid aminos</li> <li>✓ Sauerkraut or kimchee</li> <li>✓ Whole beans (canned or dried), or lentils</li> <li>✓ Hummus, bean spreads, or tahini</li> <li>✓ Tofu (silken, firm), tempeh</li> <li>✓ Avocado, olives, or sun-dried tomatoes</li> <li>✓ Unsalted nuts and seeds</li> <li>✓ Nutritional yeast</li> <li>✓ Vegetable broth</li> </ul> | <ul style="list-style-type: none"> <li>✓ 100% whole-wheat or sprouted-grain bread, rolls, or bagels</li> <li>✓ Rye wafer or whole-wheat crackers</li> <li>✓ Brown rice or whole-wheat pasta</li> <li>✓ Whole-grain cereal (oats, or muesli)</li> <li>✓ Whole grains (bulgur, whole cornmeal, hulled barley, farro, millet, whole-wheat couscous, brown rice, or quinoa)</li> <li>✓ Tortillas (corn, or whole- or sprouted-wheat)</li> </ul> |
|--|--|---|

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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## 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

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