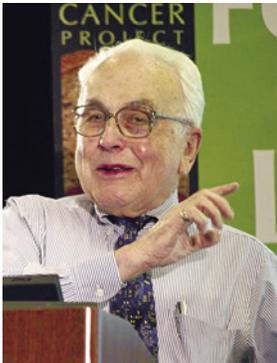


# The Cancer Project Update

## Top Cancer Researchers Show How to Fight Cancer with Food



Paul Talalay, M.D.



Edward Giovannucci, M.D., Sc.D.



Gordon Saxe, M.D., Ph.D., M.P.H.



Neal Barnard, M.D.



Paulette Chandler, M.D., M.P.H.

**H**undreds of oncologists, nurses, health professionals, dietitians, and Cancer Project Food for Life cooking instructors received breakthrough information this summer about how foods can fight cancer when top cancer researchers from across the country joined Cancer Project president Neal Barnard, M.D., at the first Cancer Project Symposium. You will soon be able to receive this same information by viewing the symposium webcasts at *CancerProject.org*.

The symposium, which was held in July in Bethesda, Md., featured presentations from Dr. Barnard, Paul Talalay, M.D., Edward Giovannucci, M.D., Sc.D., Paulette Chandler, M.D., M.P.H., and Gordon Saxe, M.D., Ph.D., M.P.H.

Dr. Talalay is John Jacob Abel Distinguished Service Professor of Pharmacology and Molecular Sciences at Johns Hopkins University School of Medicine. He spoke about how cruciferous plants, such as broccoli, cabbage, kale, cauliflower, Brussels sprouts, arugula, watercress, and radish, may be particularly effective in reducing cancer risk at several organ sites. Crucifers are rich in glucosinolates, which induce the liver to produce enzymes that detoxify potential carcinogens.

Dr. Giovannucci is a professor in the departments of Nutrition and Epidemiology at the Harvard School of Public Health and an associate professor in the Department of Medicine at Harvard Medical School. He was recently awarded the 2005 DeWitt-Goodman Award for excellence in cancer research from the American

Association for Cancer Research. At the symposium, Dr. Giovannucci spoke about evidence linking dairy products with risk for aggressive prostate cancer. Dr. Giovannucci's research in the Harvard Health Professionals Follow-Up Study, which followed more than 47,000 men for 16 years, found a twofold increased risk for high-grade prostate cancer in men with high calcium intake, mainly from dairy products, compared with those with low calcium intake. Some researchers believed the high-fat dairy products were to blame for this increased risk, but new evidence shows that low-fat dairy products might increase the risk for prostate cancer even more than high-fat products.

Dr. Saxe, assistant professor in the Department of Family and Preventive Medicine at the University of California, San Diego, presented evidence that a plant-based diet can play a role in the management of prostate cancer. Dr. Saxe presented findings from a pilot clinical intervention trial in which 13 prostate cancer patients were put on a plant-based diet along with stress-reduction training. The participants showed marked improvements, as measured by prostate specific antigen.





The full results of the trial can be found in the September issue of *Integrative Cancer Therapies*.

Dr. Barnard presented research about the link between diet and breast cancer survival. He explained how a high-fat, low-fiber diet increases the amount of estrogens in a woman's body. Because estrogens cause cells to multiply, the more of these hormones that circulate in the blood, the more likely cancer cells will arise and multiply. A high-fiber, low-fat diet will not only bring estrogen levels down, but the

antioxidants and phytochemicals in plant-based foods are protective and can help prevent cancer.

Dr. Chandler is an associate physician in internal medicine at Brigham and Women's Hospital in Boston and an instructor in clinical medicine at Harvard Medical School. Dr. Chandler, who is also a Food for Life Nutrition and Cooking class instructor for The Cancer Project, ended the day with an uplifting discussion on how to stick to healthy diet changes when embarking on a vegan lifestyle.

### Continuing Education

The symposium wasn't the end of the learning experience for Cancer Project Food for Life cooking instructors. The Cancer Project held a summit for cooking instructors from around the country. The summit gave the instructors a chance to meet, mingle, and continue learning about cancer-fighting foods and cooking techniques. To find a Food for Life cooking class near you, visit [www.CancerProject.org](http://www.CancerProject.org).

GENE CARL FELDMAN

## Prescription for Health PSAs Now Available

If you're interested in spreading the word about the cancer-fighting power of vegetarian foods by helping us place this Prescription for Life public service announcement in your local newspapers and magazines, please contact Colleen Young at 202-686-2210, ext. 330, or [cyoung@pcrm.org](mailto:cyoung@pcrm.org).

THE CANCER PROJECT

## Finally!

*A prescription with side effects you want.*

**Blueberries** and **red beans**, just a few of the many foods rich in antioxidants, are powerful remedies in the fight against cancer. Research shows that fruits, vegetables, and other low-fat vegetarian foods may help prevent cancer and even improve survival rates. A healthy plant-based diet can lower your cholesterol, increase your energy, and help with weight loss and diabetes. Fill this prescription at your local market and don't forget—you have unlimited refills!

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For a **free** nutrition booklet with cancer fighting recipes, call toll-free 1-866-906-WELL or visit [www.CancerProject.org](http://www.CancerProject.org)

## Online Symposium Videos

The following presentations from the symposium will soon be available as a webcast or for download at [CancerProject.org](http://CancerProject.org):

"The Cancer Project's Nutrition Research and Advocacy"  
*Neal Barnard, M.D.*

"Protection Against Cancer and Chronic Degenerative Diseases: Plants, Genes, and Enzymes"  
*Paul Talalay, M.D.*

"Nutrition and Breast Cancer Survival"  
*Neal Barnard, M.D.*

"Dairy Products, Calcium, and Prostate Cancer: A Review of the Evidence"  
*Edward Giovannucci, M.D., Sc.D.*

"Effects of a Plant-based Diet on Disease Progression in Recurrent Prostate Cancer"  
*Gordon Saxe, M.D., Ph.D.*

"Keys to Keeping the Change"  
*Paulette Chandler, M.D., M.P.H.*

Physicians, dietitians, and other health care providers can order copies of the Prescription for Life poster for their waiting rooms, examining rooms, and offices on page 21 or by going to the PCRM Web site: [www.PCRM.org/shop](http://www.PCRM.org/shop).

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