



National Foundation  
for Women Legislators  
THE POWER TO MAKE A DIFFERENCE



Winning the fight against cancer, every day.®

# Cancer Treatment Centers of America

Plenary Session

Winning the Fight Against Cancer  
A New Era of Treatment Options

# **Annie Stephenson Hostetler**

Chair – Elect, Cancer Treatment Centers of America  
NFWL Board Member

# Rhonda Spinks

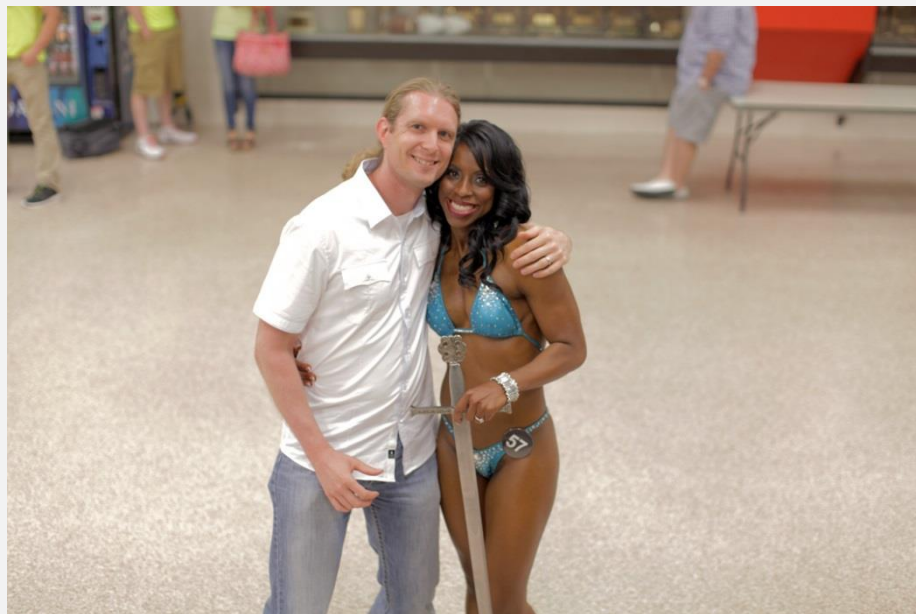
## Breast Cancer Survivor















# Women and Cancer Preview





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# **Katherine Anderson, ND, FABNO**

Chief, Division of Naturopathic Medicine  
Southwestern Regional Medical Center  
Tulsa, OK

# Investing in Yourself



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"An investment in knowledge pays the best interest."

~ Benjamin Franklin

"Investing in yourself is the best investment you will ever make. It will not only improve your life, it will improve the lives of all those around you."

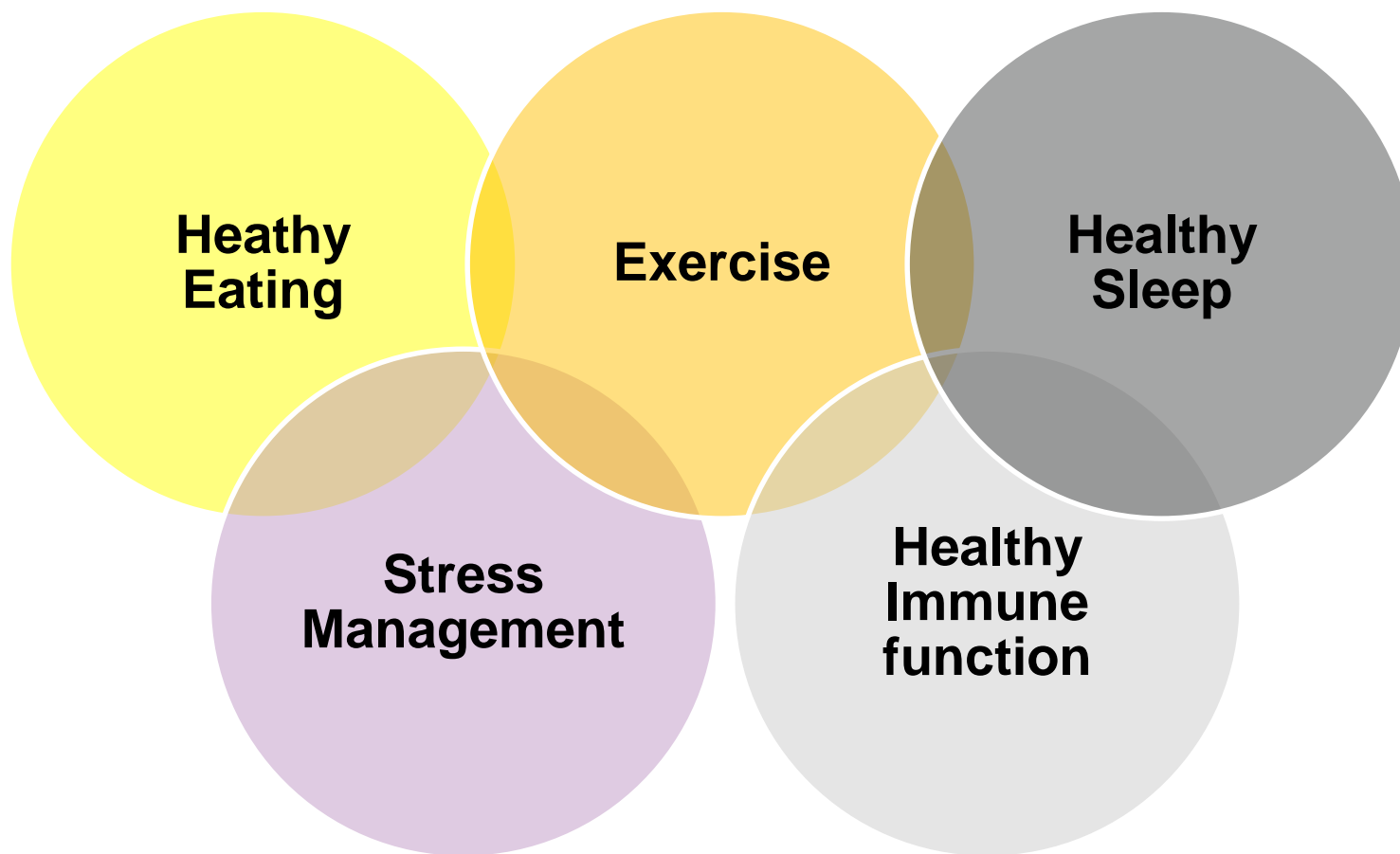
~ Robin S. Sharma



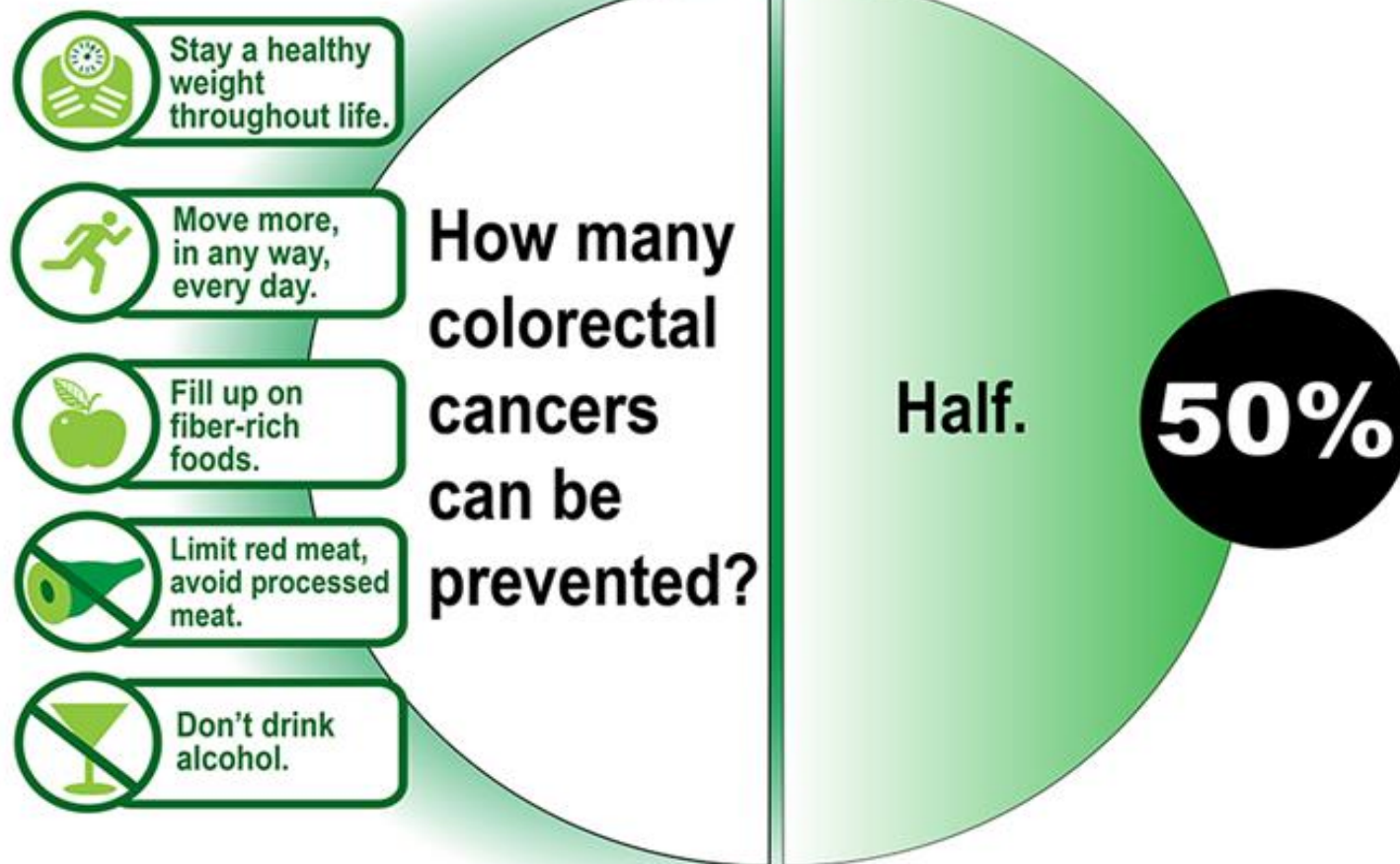
# Cancer Prevention – Our Focus Today



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# Colon Cancer



# Kick the Stick



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- 250 known harmful chemicals
- Damages the hair cells (cilia) in your lungs and nasal passages.
  - Decreases the immune system
  - Increases risk of lung infections
  - Decreases effectiveness of treatment





# Dirty Dozen/Clean Fifteen

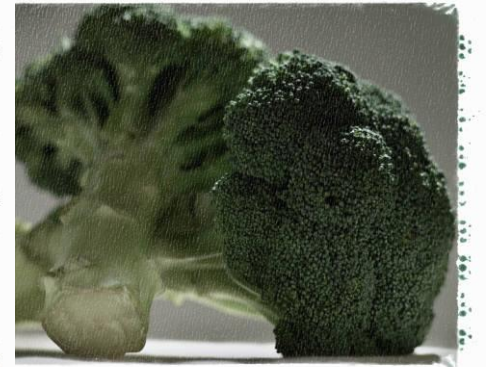
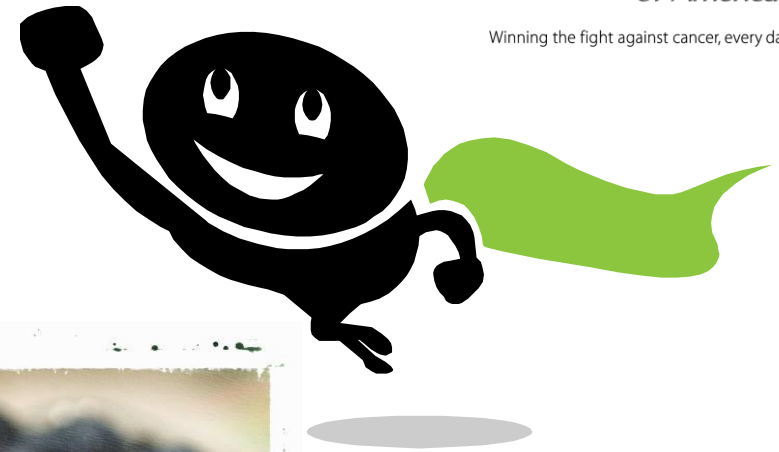


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- **“The Dirty Dozen” list**, when conventionally grown, tested positive for at least 47 different chemicals, with some testing positive for as many as 67. Apples are the number one offender for 2014
- **The “Clean Fifteen” list**, outlines the least-contaminated fruits and vegetables, includes avocado (in first place)

For more information go to [EWG.org](http://EWG.org)

# Super Foods



- Cruciferous vegetables
- Green leafy vegetables
- Curcumin (Turmeric)
- Blueberries
- Wild Alaskan salmon
- Beans
- Spinach
- Walnuts
- Quinoa (complete protein)

# Add Some Spice!

- Turmeric, cloves, ginger, cayenne pepper, and garlic
  - Various constituents in herbs and spices have anti-inflammatory, immune stimulation, and antioxidant properties
  - Sprinkle on food and use in cooking to create unique and diverse flavors



*\*Do not use supplement forms without first consulting your doctor*



# Food Combining Absorption Tricks



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- Adding eggs to salads makes it easier to absorb the carotenoids in the raw vegetables. Carotenoids are the yellowish-red pigments that give carrots and tomatoes their color.

– Purdue University, March 2015

# Coffee



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- #1 source of antioxidants in US diet
- Colon cancer patients who drank between 2-4 cups of caffeinated coffee a day showed 52% lower risk of tumor recurrence and death from the disease.
  - Journal of Clinical Oncology, August 2015
- May help to prevent Parkinson's disease

# Stress Management



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# Try Belly Breathing!



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- Most of us breathe in a shallow way
- Belly breathing can be relaxing, as well as enhance energy and oxygen to our body
  - Sit up as straight as you can comfortably to create space in your chest and diaphragm
  - Place one hand on your belly and the other on your chest
  - Breathe in through your nose at an even rate
  - Allow your abdomen to expand rather than your upper chest and feel the hand on your abdomen move
  - Breathe out through your mouth evenly and slowly
  - Try 5 to 10 complete breaths and see how you feel

# Exercise and Meditation



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Meditation helps to manage anxiety, depression and pain.

- JAMA Internal Medicine (Harvard Health Blog, January 2014)

A meta analysis of 52 studies suggested a risk reduction of Colon Cancer of 24%.

- Wolin, KY, et al (2009). Physical Activity and Colon Cancer Prevention: A meta-analysis. Br J Cancer; 100(4):611-616



# Vitamin D



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- More than 75% of people are deficient
- Test your vitamin D level (ask your doctor)
  - Name of the lab test: 25-OH Vitamin D3
- Vitamin D is associated with cancer risk and survival outcomes. It contributes to a healthy immune system, strong bones and improved mood.
- Supplement with vitamin D3 (not D2)
- Consider downloading “Dminder,” an app designed to calculate sunlight exposure and vitamin D production based on factors such as sex, age, height, weight and skin type. (Harvard Health Blog, August 2015)

# Probiotics



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- Probiotics may help to prevent diarrhea that is caused by infections or antibiotics.
- They may also help with symptoms of irritable bowel syndrome.
  - National Center for Complementary and Integrative Medicine

# **Rola Eid, DO**

Medical Director of Plastic & Reconstructive  
Surgery

Cancer Treatment Centers of America  
Southwestern Regional Medical Center  
Tulsa, OK

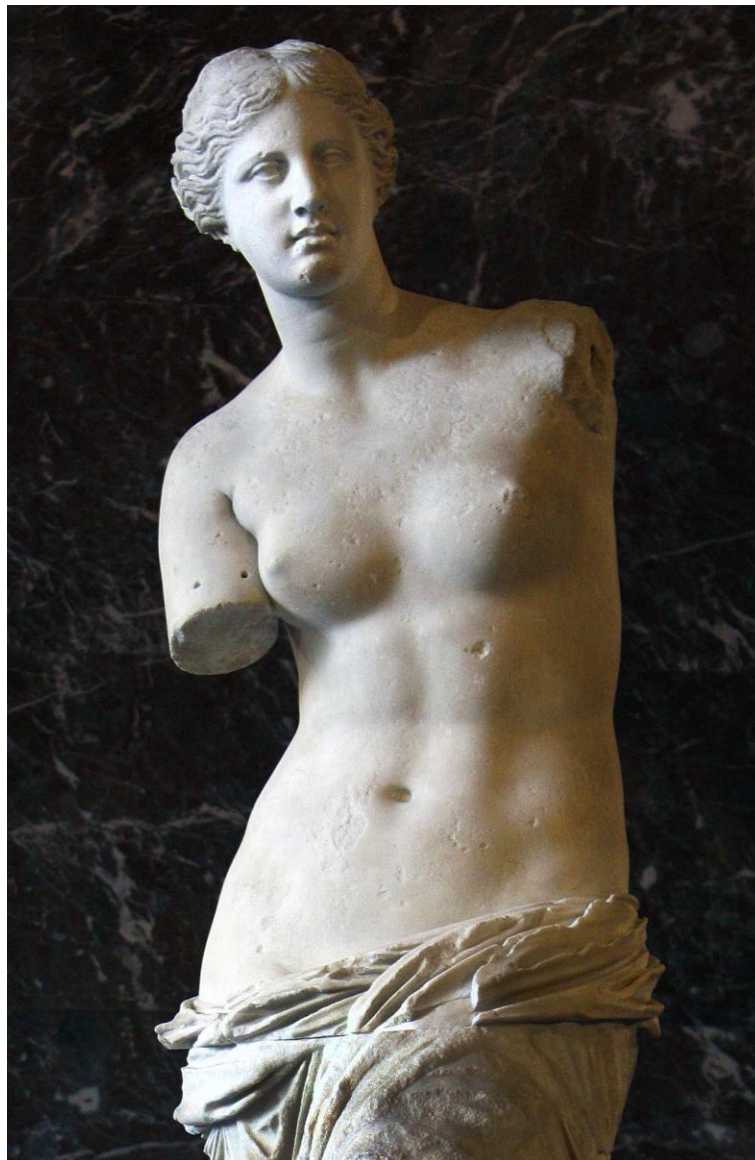






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# Immediate Breast Reconstruction



# Prophylactic Nipple Sparing Mastectomy



Post-op adjustable saline implants  
+ ADM



# During our lifetime, 1 in 8 women will be diagnosed with breast cancer



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- Know your options
- Mastectomy
  - Nipple-sparing mastectomy
  - Skin-Sparing mastectomy
- Lumpectomy (Oncoplastic Surgery)
  - Breast reduction
  - Breast lift

# Technology and Techniques



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Hyperbaric O2 Therapy



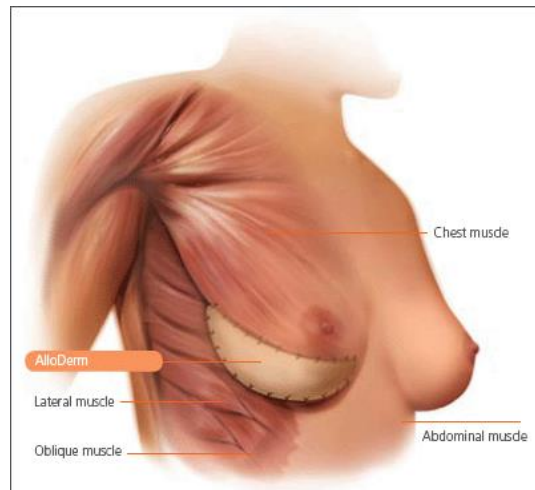
Negative pressure therapy



Scar Therapy



Revolve Fat Processing System  
© 2015 Rising Tide



Acellular Dermal Matrix



SPY Elite

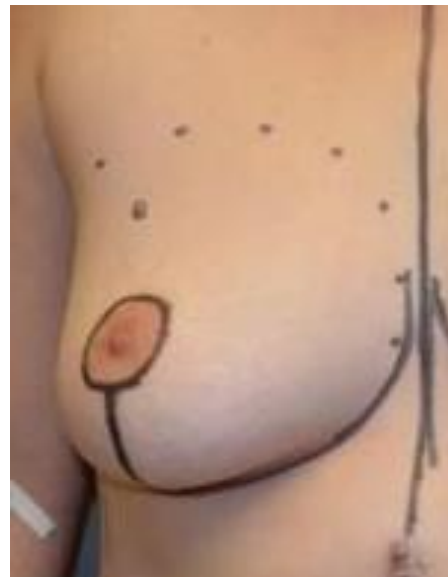
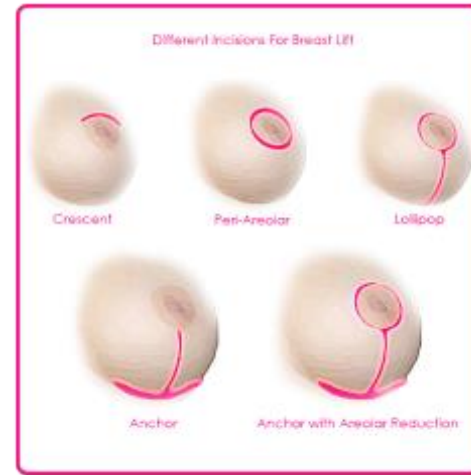
# Indocyanine Green Angiography



## SPY Elite

# Minimizing Scars

- Strategically designing aesthetic incisions
- Scar massage
- Silicone Sheeting/  
tape



Nipple Sparing Mastectomy



Mastectomy Scars

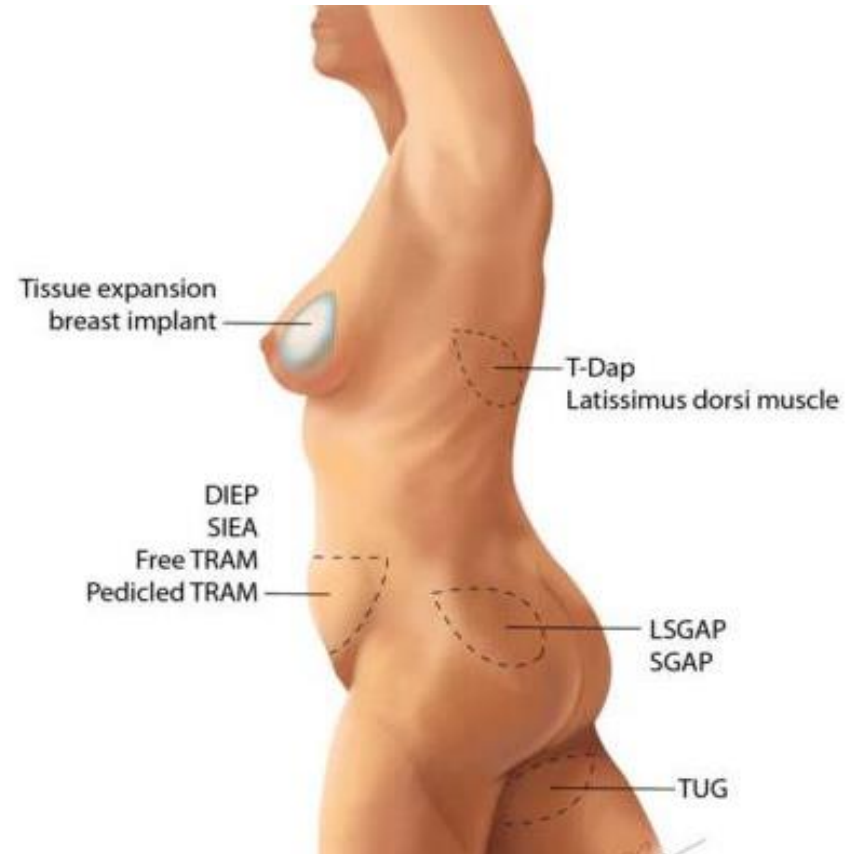
## **Medical-Grade Silicone found in**

- ❖ **Breast implants**
- ❖ **Heart catheters**
- ❖ **Heart valves**
- ❖ **Cardiac pacemakers**
- ❖ **Implantable infusion pumps**
- ❖ **Most medical devices implanted in soft tissue are coated with silicone at the material-tissue interface**



# Breast Reconstruction Options

- Tissue expander/Implant reconstruction
- Autologous Flaps
  - Latissimus Dorsi Flap +/- Expander
  - Abdominal Flaps
    - DIEP
    - SIEA
    - Free TRAM
    - Pedicled TRAM
  - Gluteal Flaps
    - LSGAP
    - SGAP
  - Thigh flaps (TUG)



# Fat Grafting Benefits= Body Contouring



# Revision of a Reconstructed Breast



# Plastic Surgery

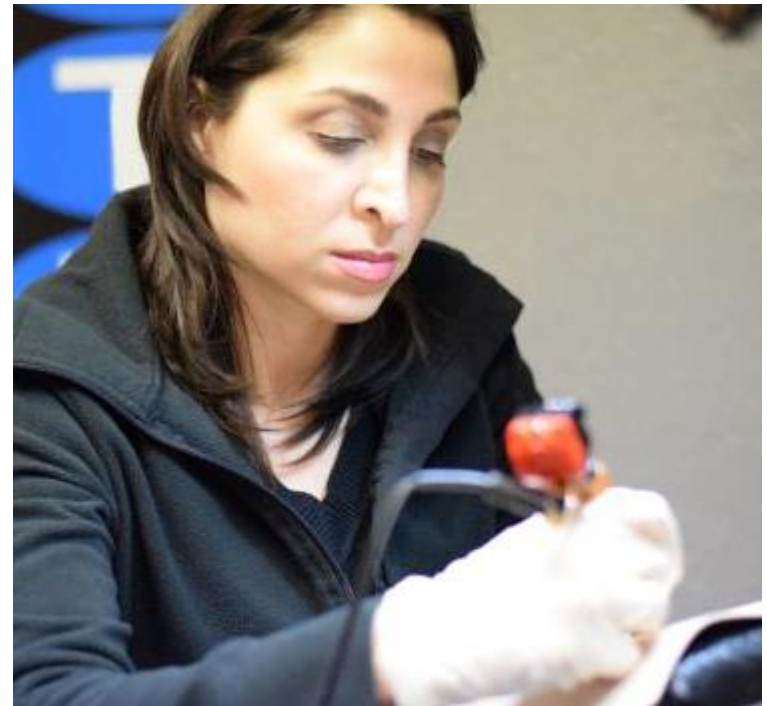


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## Award-winning 3D Realism Artist



## Lifetime Student



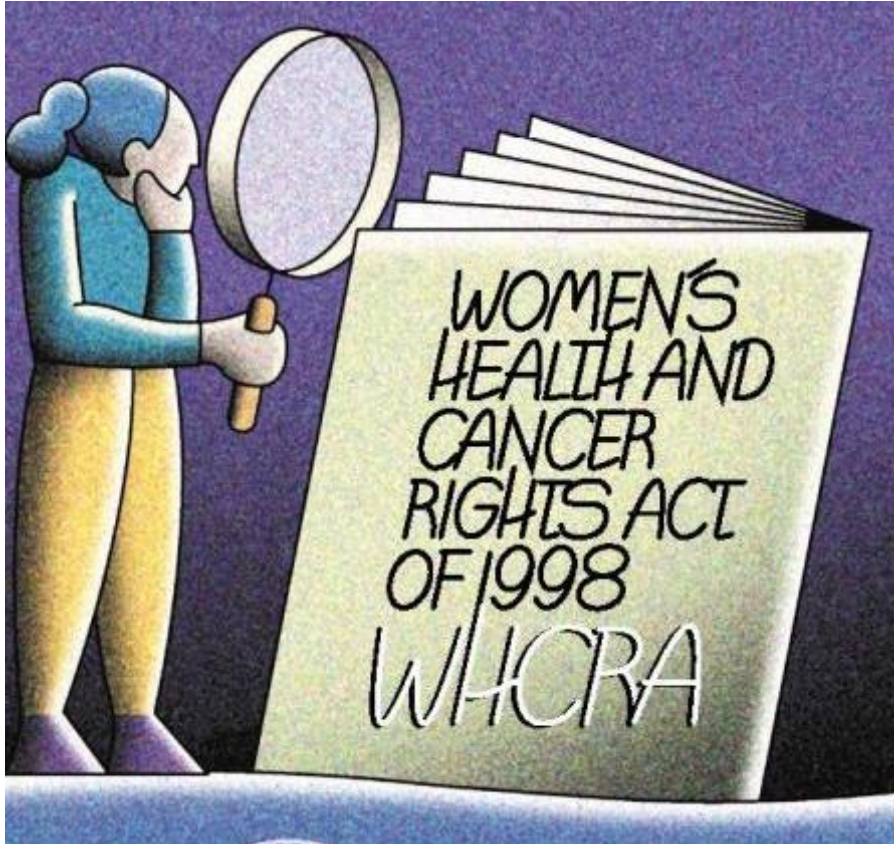
## 3D Nipple-Areola Tattooing



# Health Insurers Mandated to Cover:



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- All Stages of Breast reconstruction
  - Prostheses
  - Nipple reconstruction
  - Nipple-areola tattooing
- Surgery of other breast to produce symmetrical appearance
  - Breast Reduction
  - Breast Lift
  - Breast Augmentation

# **Nicole Longo, DO, FACOI**

Director, OncoPrez®

Cancer Treatment Centers of America

OICC/Quality of Life Physician

Eastern Regional Medical Center

Philadelphia, PA



# What is Oncofertility?



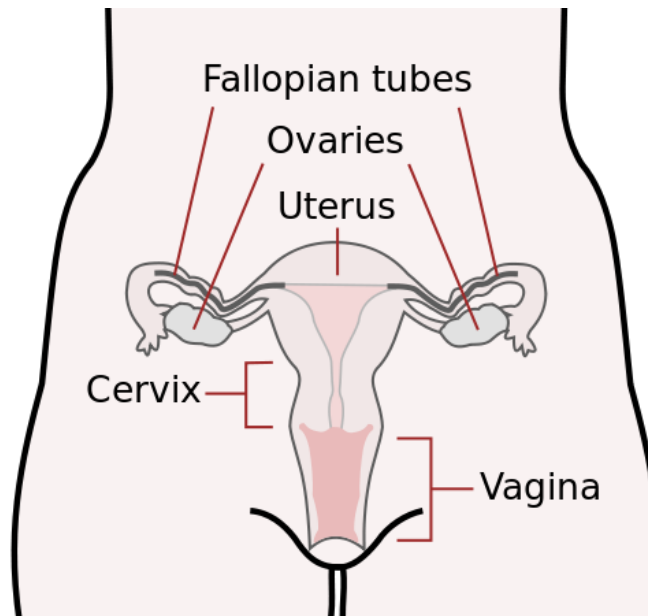
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- Cancer and its treatment can impact fertility
  - Exploration of reproductive issues as it relates to the cancer patient
  - Expansion of options for future fertility of cancer survivors

Oncofertility can be appropriate for both males *and* females

# How Does Cancer Affect Fertility?

- Cancer itself
  - Change in hormones
  - Involvement or destruction of reproductive organs
  - Involvement or destruction of other nearby anatomic structures

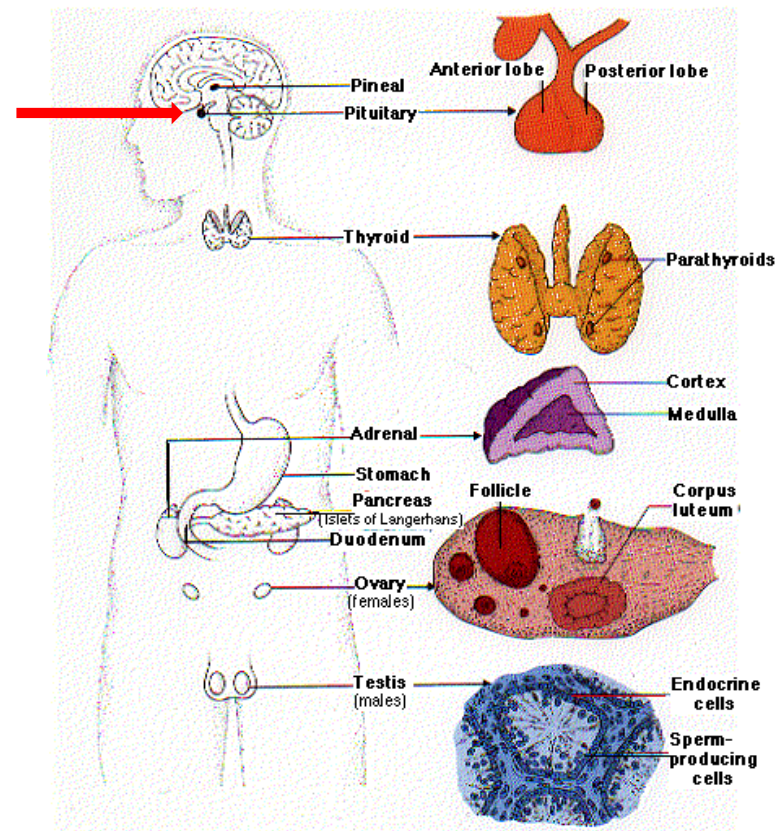


- Cancer directed therapy
  - Surgery (removal of reproductive organs)
    - *Partial vs total hysterectomy*
  - Pelvic radiation
    - *Premature menopause*
    - *Mutagenic exposure*
  - Chemotherapy
    - *Premature menopause*
    - *Mutagenic exposure*
  - Don't forget the Pituitary!



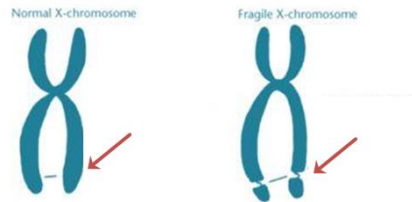
# What does the Pituitary have to do with it?

- Your reproductive organs are in the pelvis right?
- Its tiny (only the size of a pea)
- Secretes hormones that affect many organ functions, including sex organs
- *Trauma, surgery or irradiation* near/to the pituitary can alter hormones governing fertility



# Mutagenics

- Physical or chemical agent that can alter genetic material (DNA)

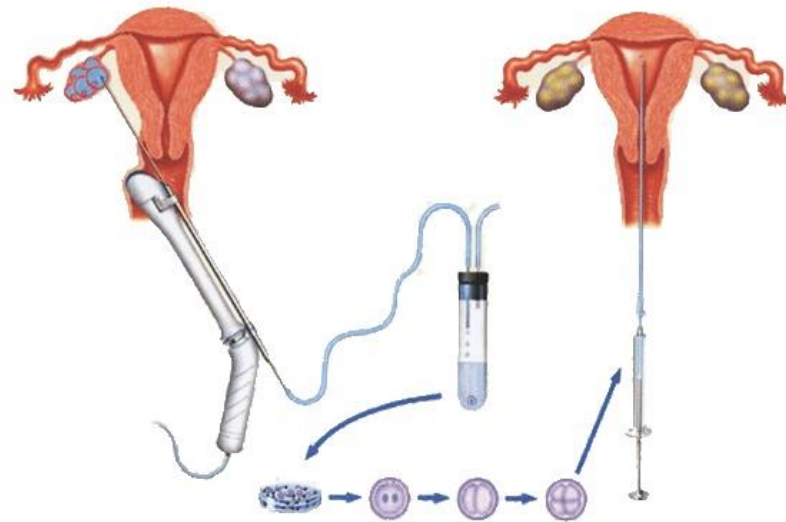


- Can result in mutations (permanent changes in DNA), which can alter the product of a gene or proper function



# Protecting Future Fertility

- Many methods for future family building
  - Freezing of cells for later use (Eggs, Sperm and Embryos)



- Donor cells
- Surrogacy/Gestational Carrier
- Fostering
- Adoption



# Which Method is Best?

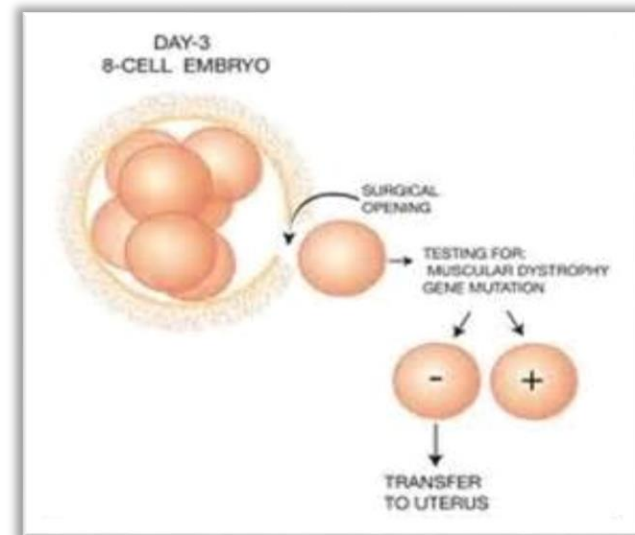


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- Potentially **dependent** on:
  - personal, cultural and religious beliefs
  - other existing medical issues
- Can be **limited** by:
  - need to begin cancer-directed therapy
  - prior treatment exposures
- Addressing earlier in treatment process can lead to a greater variety of potential options

# PGD Testing

- “Preimplantation Genetic Diagnosis”
  - Testing of a *single cell* from an embryo for known heritable genetic disorders of the parent (*ie* BRCA)
  - Via IVF **before pregnancy**



# To PGD... or not to PGD...

## Advantages

- Identify serious genetic disorders prior to pregnancy
- Opt to use embryo negative for tested disorder
- Avoid decision to terminate pregnancy due to amniocentesis findings

## Limitations

- 1 cell = 1 test
- Possibility of embryo damage with cell removal
- Not every gene disorder is amendable to PGD
- Cost
- No more embryos

## Controversies

- “Designer Babies” concept
  - Gender selection
  - Trait selection
- Destruction of embryos

# Where to Start?



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Ask Questions

*Its ok to express concerns regarding fertility!*

Ask Early

*Remember earlier = more potential options*

Family Planning is Individual

*Consider what fits your family model*

# Fertile Futures



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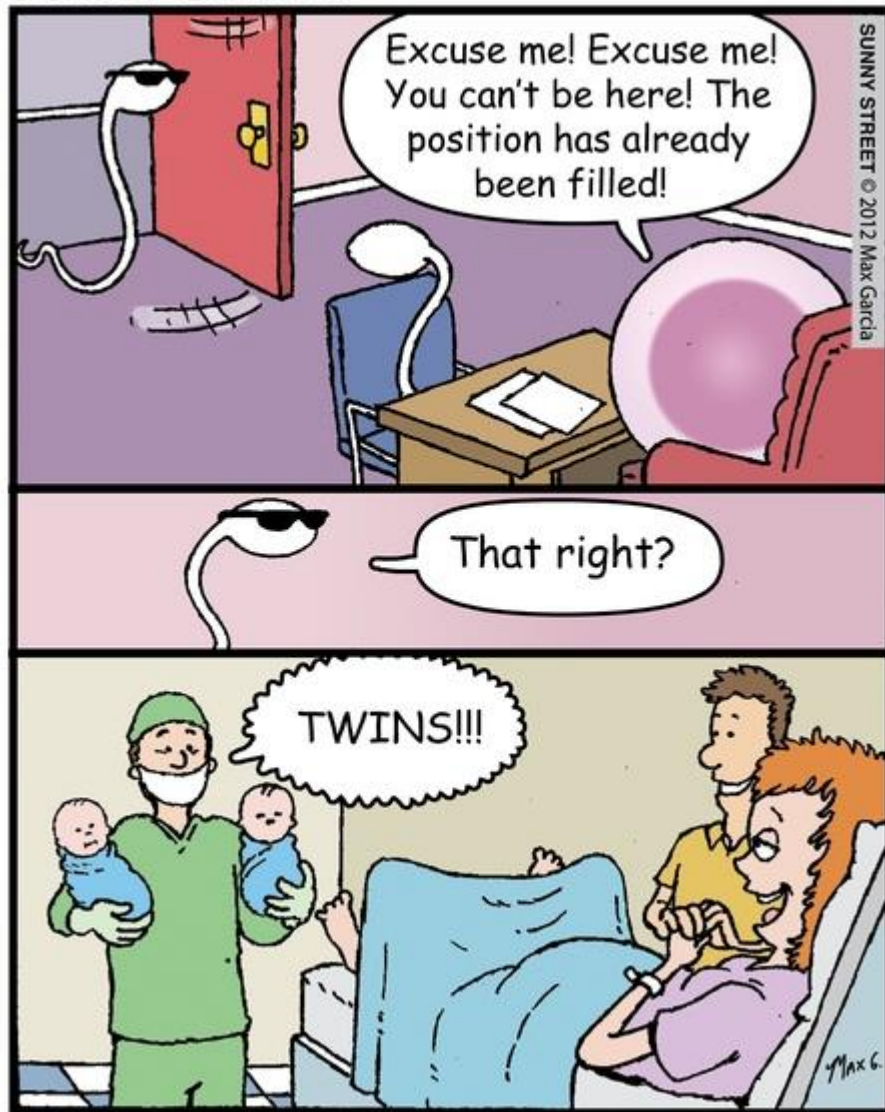
As cancer is continually transitioning to a more chronic disease, patients are living longer

There is an expectation of returning to a 'normal quality of life', which *includes having a family*

Ever-evolving advances in technology for fertility preservation help bring **hope** to the cancer patient



## SUNNY STREET



Thank you!



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