

# ON TRACK WITH BARIX

Support to Keep You On Track With a Healthful Lifestyle

## Obesity & Cancer

The statistics are formidable—a man has a 42% chance of acquiring some form of cancer in his lifetime; a woman 38%. As researchers continue to learn more about the complex factors that cause cancer and search for effective treatments, we can look at the risk factors within our control to minimize our personal risk. Obesity, physical inactivity, excess alcohol consumption and poor nutrition increase the risk for many types of cancer. Out of these factors, excess weight may be the biggest risk factor, contributing to as many as 1 out of 5 cancer deaths.

Cancers of the breast (in women past menopause), colon and rectum, endometrium (lining of the uterus), esophagus, kidney, and pancreas are clearly linked to excess weight. Excess weight may also raise the risk of developing other cancers such as gallbladder, liver, non-Hodgkin lymphoma, multiple myeloma, cervix, ovary, and aggressive forms of prostate cancer.

Although there is a strong link between excess weight and cancer, it is complex and we still have more to learn. For example, it is not clear why excess weight is linked to an increase in breast cancer risk in post-menopausal women, but not in pre-menopausal women. It also appears that gaining weight earlier in life, in childhood through young adulthood,

Type of Cancer	Increased Risk from Excess Weight
Endometrial	2-4 Times
Esophageal	2 Times
Gastric	2 Times
Liver or Kidney	2 Times
Pancreatic	1.5 Times
Colorectal	30% More Likely
Breast (post-menopausal only)	20-40% More Likely

may be a bigger risk factor than gaining weight later in life.

### How does excess weight affect cancer risk?

A number of mechanisms could be involved, such as immune system function and inflammation, levels of certain hormones—such as insulin and estrogen, factors that regulate cell growth, and through proteins that influence how the body uses certain hormones.

### Does losing weight reduce the risk of developing cancer?

Perhaps. Body changes, such as a reduction in the hormones insulin, estrogens and androgens that occur as a result of weight loss may reduce

cancer risk.

### What effect does bariatric surgery have on cancer risk?

It appears that people who have bariatric surgery have lower risks of obesity-related cancers than obese people who do not have bariatric surgery. For example, a 2015 study evaluating the effects of bariatric surgery on obese women most at risk for cancer found that the weight-loss surgery eliminated precancerous uterine growths in those who had them. The American Society of Metabolic and Bariatric Surgery website has a summary of studies that indicate bariatric surgery is associated with a decreased incidence of some cancers and a decreased cancer-related mortality in women.



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## If you do get cancer, does obesity affect the outcome?

Research indicates that obesity may, in some cases, worsen several aspects of cancer survivorship, including quality of life, cancer recurrence, cancer progression, and survival.

## Bottom line: What can you do to reduce your risk?

It's well-accepted that your chances of developing cancer are affected by the lifestyle choices you make. Some simple lifestyle changes can make a big difference:

- Don't use tobacco and avoid exposure to secondhand smoke.
- Eat a healthy diet
  - *Eat mostly a plant-based diet with plenty of fruits, vegetables, legumes, nuts and whole grains*
  - *Avoid added sugars*
  - *If you choose to drink alcohol, do so only in moderation*
  - *Limit processed meats, saturated fats and red meats*
- Maintain a healthy weight
- Get regular physical exercise
- Protect yourself from the sun
- Get immunized
- Get regular medical care and screenings



## Why fruits & vegetables?

**F**ruit and vegetables are low in fat, rich in fiber and stocked with cancer-fighting nutrients. They support your immune system and help your body fight off cancer. Most people need to double the amount of vegetables and fruits they eat to stay healthy and help prevent or fight cancer.



**Eat fish once or twice a week.** Good choices include wild salmon, sardines, herring, and sablefish (black cod). Limit fast food, fried foods, and packaged foods, which tend to be high in unhealthy fat. This includes foods like pizza, potato chips, cookies, crackers, French fries, and doughnuts.

**Cook with olive oil instead of vegetable oil or other unsaturated oil unless it's cold-pressed.** Only cold-pressed oils are made without the use of high heat or toxic chemicals. Check the ingredient list on food labels and avoid anything with "hydrogenated" or "partially hydrogenated" oils.

**Eat foods rich in healthy fiber.** Select raspberries, apples, pears, strawberries, bananas, blackberries, prunes, beans, and lentils, whole grains, broccoli, spinach, dark green leafy vegetables, peas, artichoke, corn, carrots, tomatoes, Brussels sprouts. Do not cook fats and oils on high heat. Low-heat cooking



or baking (less than 240 degrees) prevents oils or fats from turning carcinogenic. Bake, boil, steam, broil, or use a slow-cooker.

**Use flaxseed oil in smoothies or salad dressings.** It loses its protective properties when heated so don't cook with it. Don't bbq on high heat. Burning or charring meats creates carcinogenic substances. Cook at lower temperatures and don't overcook meats.

**Eat 100 calorie portions of nuts and seeds.** Good choices include walnuts, almonds, pumpkin seeds, hazelnuts, pecans, and sesame seeds. Avoid foods that look or smell moldy, they may contain a strong carcinogen, aflatoxin.

**Choose fresh meats, ideally organic and grass-fed, instead of processed meat that has been cured, dried, preserved, or smoked.** Don't use plastic containers or cover food with plastic wrap to be heated in the microwave. Use waxed paper and microwave-safe containers.

**Wash all fruits and vegetables.** Use a vegetable brush for washing. Washing does not eliminate all pesticide residue, but will reduce it. Purchase organic produce if possible. Don't forget to spice things up. Immune-boosting herbs and spices include garlic, ginger, and curry, turmeric, basil, rosemary, and coriander.

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To receive a free **Reconstructive Surgery Guide**, call **800-282-0066** or send us an email at [rc@barixclinics.com](mailto:rc@barixclinics.com) with your name and contact information. Our reconstructive surgery program is currently performed at our centers in Michigan, and Pennsylvania. **Call us today for more information!**

## Share Your SUCCESS

Tell us about how your life has changed as a result of your weight loss surgery. Your story may be printed in this publication or on one of our websites and can serve as an inspiration to others.

**Submit your story online**  
[www.barixclinicsstore.com/share\\_your\\_story.html](http://www.barixclinicsstore.com/share_your_story.html).

*We'd love to hear from you!*

## QUESTIONS ABOUT FINANCING YOUR SURGERY?

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## Recipes

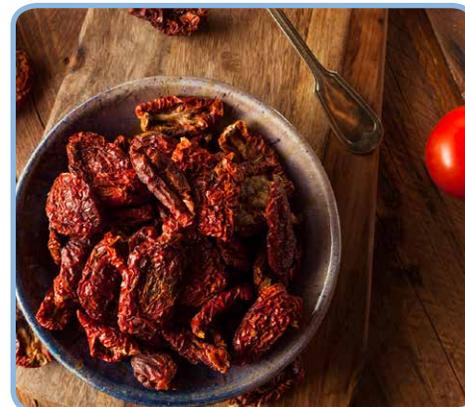
### Tuscan Chicken

1 lb chicken breasts  
1 tbsp margarine  
8 oz mushrooms, sliced  
5 cloves garlic, minced  
1 1/2 cups skim milk  
1/2 cup nonfat Greek yogurt,  
plain  
1 tbs cornstarch + 2 tbs water  
1/4 cup Parmesan cheese, shaved  
1/4 cup sun-dried tomatoes

Spray a nonstick pan with cooking spray. Add chicken breasts and cook on medium-high heat until cooked through—about 8-10 minutes on each side. Remove chicken breasts from the pan.

In the same pan, melt margarine and then sauté garlic and mushrooms until tender. Add milk, yogurt, and Parmesan cheese. Whisk occasionally until the cheese has fully melted and the sauce begins to boil. Mix the cornstarch and water together and stir into the sauce. As the sauce begins to boil and thicken, reduce the heat to low and add the chicken and sun-dried tomatoes. Simmer until the chicken is warm, approx 5 minutes. Makes 6 servings.

**NUTRITION INFORMATION PER SERVING:** 164 calories, 24 grams protein, 4 grams fat, 7 grams carbohydrate, 207 mg sodium.



### Chocolate PB Overnight Oats

1/2 cup rolled oats  
1/2 scoop chocolate protein powder (I used Matrix 2.0)  
1/4 cup Dannon Triple Zero Vanilla yogurt  
2 tbsp powdered peanut butter  
3/4 cup Fairlife milk, skim

Combine ingredients in a bowl, mason jar, or mug and mix well. Refrigerate overnight. In the morning it's ready to enjoy. Makes 2 servings.

**NUTRITION INFORMATION PER SERVING:** 201 calories, 22 grams protein, 3 grams fat, 25 grams carbohydrate, 150 mg sodium.

## Get Rewarded!

*This month, you could earn a **SPECIAL GIFT** for your "It Worked For Me" tips or recipes! Just submit as many recipes and "It Worked For Me" tips as you like. The most original and creative will be awarded a special gift from our online store. Include your name and contact info with your entry — make sure your recipes follow Barix nutritional guidelines. **Tips must be submitted by April 30, 2017.** Please send comments, ideas, recipes and "It Worked For Me" tips to Deb Hart, RD, LD at [dhart@foresthealth.com](mailto:dhart@foresthealth.com).*

