

WHAT IS WHOLE PERSON CARE OR LIFESTYLE MEDICINE?

- Whole person care means your healthcare team addresses not just the physical aspects of cancer but also the emotional, social, psychological, and spiritual dimensions of your experience.
 - This is a very personalized approach that will be used to formulate a treatment plan.
- Lifestyle medicine refers to the therapeutic use of evidence-based lifestyle interventions to prevent and to treat chronic diseases. Doctors trained in lifestyle medicine work to empower you to adopt these tools and to make effective behavior changes.
- Six pillars of lifestyle medicine are:
 - Physical activity
 - Attention to diet
 - Social connection
 - Avoidance of risky substances
 - Stress management
 - Adequate sleep
- Emerging studies demonstrate the important role of these lifestyle behaviors for improving patient outcomes.
- Talk to your doctor if there's a lifestyle medicine program at your cancer center or utilize online resources.

LIFESTYLE EXPERT TIPS

"As a breast oncologist, I can tell you that there are significant studies demonstrating that individuals with a diagnosis of breast cancer who are able to exercise, whether that's during treatment or after completion of primary treatment, actually have a lower risk of recurrence and improved outcome from their breast cancer. This is very powerful data, and we're seeing this in other cancer types as well." - Dr. Amy Comander

"Exercise has been shown to help patients tolerate their treatment better, reduce side effects, reduce the need for dose reductions, improve the fatigue that is often associated with cancer, and in many cases, reduce risk of recurrence and improve the outcome." - Dr. Amy Comander

"Emerging research has demonstrated that a healthy, diverse gut microbiome may be associated with how well some types of cancer respond to certain treatments, such as immunotherapy. Eating a variety of fruits and vegetables makes your gut microbiome healthy. Think about how can you get 30 different fruits and vegetables into your diet in a week. I love incorporating different types of lettuces into my salad. Herbs like parsley and cilantro count too!" - Dr. Amy Comander

"If poor appetite is a major problem, talk to your doctor, as there are strategies we can think about, sometimes medications to boost the appetite or introducing foods that may be appealing, like a smoothie. Maybe you weren't a smoothie person before going through cancer treatment, but now that may be a great way to get in some calories and healthy foods." - Dr. Amy Comander

NUTRITION IN CANCER TREATMENT

- Consider the benefits of a whole foods plant-predominant diet. It's beneficial to consume a wide variety of fruits, vegetables, and whole grains. Try to make half your plate fruits and vegetables, a quarter of your plate to be whole grains (brown rice, whole wheat pasta, quinoa, farro, etc.) and a quarter to be a protein source (plant-based protein, fish, chicken)
- Limit red meat, processed foods, sugar-sweetened beverages, and alcohol.
 - If you're on new medications or going through chemotherapy, in the best case scenario, alcohol should be avoided or limited to special occasions.

SOCIAL WORKER TIPS

"Regular exercise can mean a lot of different things. At the end of the day, the important thing is that you're moving your body. So if you start with just stretching, yoga, things to get your body start moving, it's better than absolutely nothing, and then you work your way up." - Nicole Normandin, LMSW

"Practices, including meditation, yoga, deep breathing exercises to help reduce stress levels, improve your overall clarity and mental health is really important. We want patients to stay as cool, calm, and collected as they can be. Even taking some deep breaths in through your nose, out through your mouth, these things are critical." - Nicole Normandin, LMSW

"We want to make sure patients are aware of their sleep. The sleep cycle is one of those things that people often complain about but aren't really informed on how important it is to your actual overall well-being. If that is an issue, we make sure that we are referring them to the appropriate specialist in order to help get that resolved." - Nicole Normandin, LMSW

RESOURCES

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| <ul style="list-style-type: none"> • Patient Empowerment Network App - Health Storylines • American Institute for Cancer Research • American Cancer Society <ul style="list-style-type: none"> ◦ ACS Cares App ◦ Nutrition and Exercise after Cancer Treatment ◦ Common Questions about Nutrition and Physical Activity ◦ Eat Healthy and Get Active | <ul style="list-style-type: none"> • Maple Tree Cancer Alliance • Meditation Apps <ul style="list-style-type: none"> ◦ (Free) Healthy Minds & UCLA Mindful • National Cancer Institute <ul style="list-style-type: none"> ◦ Nutrition in Cancer Care ◦ Physical Activity and Cancer • Savor Health: free, AI powered dietitian • YMCA LIVESTRONG Program |
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