

# Cancer Prevention for the 21<sup>st</sup> Century



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Panel

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The National Cancer Institute estimates that roughly one-third of all cancer deaths may be diet and/or lifestyle related. What you eat can hurt you, but it can also help you. Many of the common foods found in grocery stores or organic markets contain cancer-fighting properties, from the antioxidants that neutralize the damage caused by free radicals to the powerful phytochemicals that scientists are just beginning to explore. Could broccoli really help protect against breast cancer? Does eating fish reduce the risk of colorectal cancer? Is green tea really good for you? Can how you live and think influence cancer? Come and explore the role of nutrition and lifestyle in cancer – and how you can give yourself an edge.



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## OBJECTIVES:

1. Participants will be able to discuss the role of red and processed meats in the development of colorectal cancer.
2. Participants will be able to identify the role of fish and Omega 3 fatty acids in the prevention of colorectal cancer.
3. Participants will be able to identify key risk factors for gastrointestinal, prostate, breast, and lung cancers.
4. Participants will be able to describe the risks and benefits of the use of dietary supplements commonly recommended to reduce the risk of certain cancers.