



American  
Institute for  
Cancer  
Research®

# AICR

the newsletter

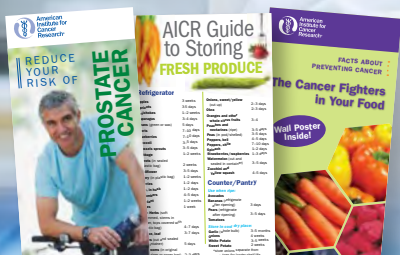
FALL 2023 | ISSUE 161 | [www.aicr.org](http://www.aicr.org)

**FIGHT CANCER FATIGUE  
IN THE KITCHEN >3**

**NEW CANCER  
RESEARCH  
PROJECTS FUNDED  
BY AICR >12**

**USING YOUR CANCER  
EXPERIENCE TO  
HELP OTHERS >6**

**RESEARCH  
SHOWS THESE  
FALL FOODS  
FIGHT CANCER >10**



**LOOK INSIDE FOR YOUR  
FREE BROCHURES**



From a Board Member

It's natural for sleep patterns to change as we age. I find that sometimes I have trouble sleeping, so I've investigated some helpful tips. I've learned that it may help to go to bed and wake up at the same time every day and to create a relaxing bedtime routine. You can try reading a book or taking a bath. Note that activities such as watching TV (especially horror movies!) or checking your phone are stimulating, so it's best to avoid those at bedtime.

Studies also show that getting regular exercise can improve sleep quality and duration. If you have trouble remembering to fit exercise into your daily routine, try stacking it with other daily habits as explained in the article on page 9.

You may also notice changes in sleep habits and fatigue after undergoing cancer treatment. Cancer-related fatigue is different than regular sleepiness due to aging. It's a daily lack of energy that's not relieved by taking a nap, but research shows that diet may play a role. Read more on page 3.

I hope the information in this issue inspires you to live well and thrive.

Sincerely,



# Free Publications from AICR

**FREE MATERIALS!**  
**FALL 2023**

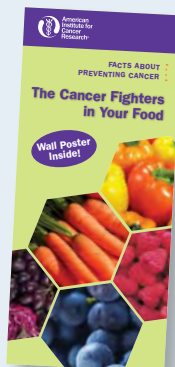
**AICR Guide to Storing Fresh Produce** lists the best ways to store many cancer-fighting vegetables and fruits so they keep longer.



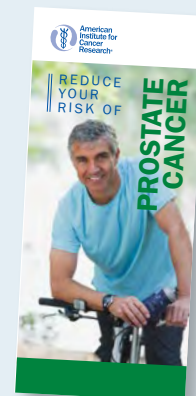
**The Facts about Physical Activity and Your Cancer Risk** describes how scientific evidence links being more physically active with lower cancer risk.



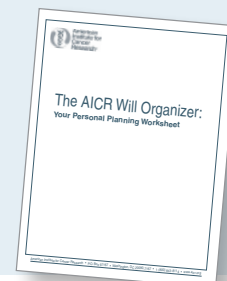
**The Cancer Fighters in Your Food** sums up the latest information about cancer-fighting compounds found in plant foods.



**Reduce Your Risk of Prostate Cancer** highlights the factors associated with this cancer and actions to take to lower risk.



**The AICR Will Organizer** can help save you time and money when you visit your attorney about your will.



**ORDER TODAY.** These free materials help you put AICR's science-based advice to work every day in making healthier choices. Your support makes AICR's life-saving research and education possible, so any gift will be greatly appreciated.

- 1 Fill out the enclosed Free Information Request card.
- 2 Return it in the envelope provided to: AICR, PO Box 97167, Washington, DC 20090-7167.



# To Fight Cancer Fatigue, Start in the Kitchen

*Eating better helps fight cancer fatigue. A recent study shows it may be easier than you think.*

**ONE COMMON** side effect of cancer and its treatments is extreme fatigue, which may affect quality of life. But, according to a recent study published in *Nutrition and Cancer*, an effective treatment might be as close as your kitchen.

Researchers looked at whether a small group of lymphoma survivors could reduce cancer-related fatigue symptoms by eating a healthier diet and the results were promising. Cancer survivors worked with a dietitian for 12 weeks to improve their diets by including these foods each day:

- Five servings of vegetables, including one leafy green vegetable, one tomato and one yellow or orange vegetable
- Two servings of fruit, including one high in vitamin C, like oranges
- Three servings of whole grains like oats or brown rice
- Two servings of omega-3 fats from oily fish like salmon and plants like walnuts or flaxseeds

Participants rated their fatigue levels at the beginning and end of the study. By the end of 12 weeks, each person improved their diet quality scores. Importantly, they also reported much less cancer fatigue.

Some of the benefits of this dietary pattern may come when people choose whole foods in place of low nutrient, excessively sugary foods (like eating fruit instead of candy). Both what you eat, and what it replaces, make a difference in fatigue levels.

## Fatigue Reduction Diet Pattern: The Sum of Its Parts

These foods are part of the *Fatigue Reduction Diet Pattern*, which was previously studied in breast cancer survivors.

“We believe it’s the synergistic effect of this diet pattern that has the most impact on fatigue, not one particular food or food group,” said Dr. Tonya Orchard, the lymphoma study’s lead researcher at The Ohio State University Comprehensive Cancer Center.

This dietary pattern provides essential nutrients that may fight inflammation and are good for health. “Inflammation plays a role in cancer fatigue,” Dr. Orchard said. “We know severely fatigued cancer survivors have higher inflammatory markers, but it’s unclear if inflammation causes cancer-related fatigue or if it happens because of it.”

## Behavior Change Success

Eating better is something all cancer survivors can do to improve their quality of life. Dr. Orchard suggests relying on the healthy eating guidelines from AICR, which align with dietary patterns like Mediterranean or DASH diets.

Dr. Orchard also notes that AICR’s Healthy10 Challenge takes a step-by-step approach to dietary changes. It’s similar to how dietitians helped participants make diet changes in this study. “Working with a dietitian is also key to behavior change success,” according



to Dr. Orchard. “They are trained to help troubleshoot barriers and can provide tools for long-term behavior change success.”

What’s next? The research team will expand their study into a randomized controlled trial funded by AICR from your generous donations. Suzanna Zick, ND, MPH, Dr. Orchard’s co-investigator on the lymphoma study, is an AICR grantee.

## Cooking Up a Fatigue Reduction Diet

Try these tips to make healthy eating easier:

- Focus on making small, manageable changes.
- Try a new vegetable or fruit each week.
- Include healthy swaps whenever possible. For example, snack on carrots instead of chips.
- Don’t stress about days when you miss the targets. Focus on your long-term dietary pattern.
- Ask for help when you need it. A dietitian can personalize your diet and help you overcome challenges.

The AICR Guide to Storing Fresh Produce lists the best ways to store many cancer-fighting vegetables and fruits so they keep longer.



# Research-Based Answers to Help Separate Fact from Fiction

*Do mobile phones cause cancer? Should I worry about sugar?*

**YOUR DONATIONS** help fund AICR research, which can answer these types of common questions:

## Do Mobile Phones Cause Cancer?

This idea likely started because mobile phones do emit small amounts of electromagnetic radiation, which has been linked to cancer. The radiation that mobile phones emit is “non-ionizing” radiation; this low energy radiation cannot directly damage DNA.

Investigators have explored whether the incidence of cancers in the brain or central nervous system have increased alongside the boost in mobile phone use, but found the rates remain stable.

The findings of epidemiologic (case-control and cohort) studies have been summarized in several review studies. While the overall findings are mixed, the big-picture takeaway is that collectively the studies do not show an association between cancer and mobile phone use.

The widespread use of mobile phones is still a relatively recent practice, so there has not been enough research into long-term effects. The largest study to-date showed no link. Studies in this field are continuing.



## Does Sugar Feed Cancer?

Every cell in our bodies, including cancer cells, uses sugar (glucose) for fuel. Glucose helps cells operate, but there’s no clear evidence that the sugar in your diet preferentially feeds tumors over other cells.



Many healthful foods, such as vegetables and whole grains, contain carbs that break down into sugar.

Research does not support the need to cut out foods that break down into sugar. In fact, these happen to be the same foods that make up the plant-based dietary pattern that’s recommended for cancer prevention!

Whole foods that break down into glucose are different than ultra-processed foods that contain lots of added sugar, such as soda, candy and chocolate. It’s easy to over-consume these ultra-processed foods, and excess added sugar can lead to weight gain around the belly (visceral fat). While AICR research shows that sugar by itself is not a cause of cancer, excessive amounts can indirectly increase the risk of 12 different cancers if they cause weight

gain. Visceral belly fat is active fat, which means it contributes to inflammation, increases estrogen production (in post-menopausal women) and promotes insulin resistance. All these conditions can affect cancer development.

## Will Eating a Superfood Prevent Cancer?

Kale, acai berries, green tea and salmon are just a few of the many ingredients that are touted as “superfoods” because they contain a lot of nutrients. “Superfood” is a made-up marketing term that appeared in the early 1900s as a way to increase sales of bananas. While many foods contain beneficial nutrients, there is no single superfood that can prevent or cure cancer. Rather than loading up on one “superfood,” your best bet is to follow an eating plan that’s filled with many nutritious foods, including vegetables, fruits, whole grains, fish, beans, nuts and seeds.



TOP PHOTO BY FOTON1601; PHONE BY KASPARS GRINVALDS; SUGAR BY NEW AFRICA; HEALTHY FOOD GROUP BY ROBYNMAC; ALL ADOBE STOCK





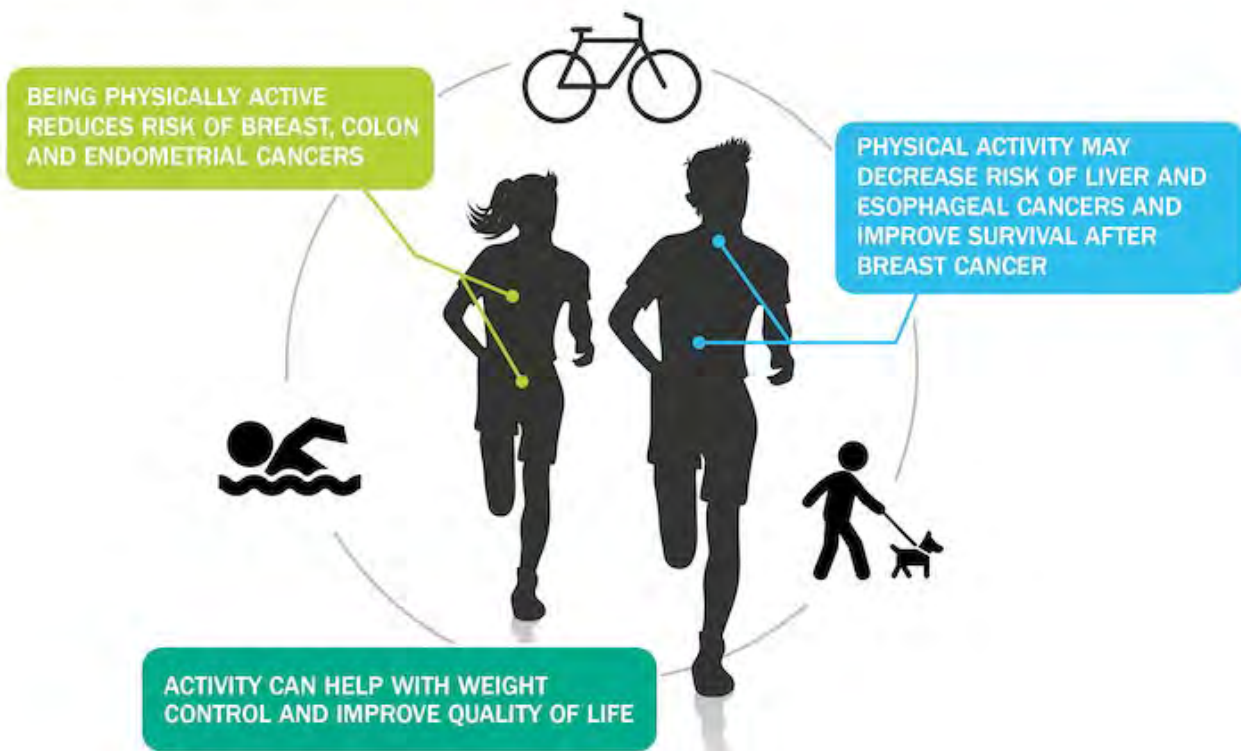
# PHYSICAL ACTIVITY AND CANCER: REDUCING YOUR RISK

GETTING REGULAR PHYSICAL ACTIVITY  
**EVERY DAY**  
**IN ANY WAY**  
LOWERS RISK FOR CANCER

## WALK MORE AND SIT LESS

AIM TO GET AT LEAST  
**150 MINUTES**  
**A WEEK**

FOR MORE PROTECTION, BE ACTIVE FOR  
**45 - 60 MINUTES EVERY DAY**



[www.aicr.org](http://www.aicr.org)



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AICR is not engaged in rendering medical advice. For advice in specific cases, the services of a physician should be obtained. A copy of AICR's financial report may be obtained by writing AICR, PO Box 97167, Washington, DC 20090-7167. New York residents may also obtain this financial report by

writing to the New York Department of State, Office of Charities Registration, Albany, NY 12231. MICS 9632. Pennsylvania residents may obtain a copy of the official registration and financial information from the Pennsylvania Department of State by calling 1-800-732-0999. AICR maintains its own mailing list. Occasionally we rent this list or exchange lists with other organizations in order to maintain an active donor file to support AICR's services. If you do not wish to participate in this program, please let us know.



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For article sources, call or write AICR headquarters.



# Using Your Cancer Experience to Help Others

*From fundraising to volunteer work to meal deliveries, learn how you can help others going through cancer treatment.*

**IF YOU**, your spouse or a family member has gone through cancer treatment, chances are that you have thought about how your experience with cancer could help others. Perhaps your journey was so life-altering and profound that you may feel a need to share it or to help make someone else's cancer journey easier. Here are 10 meaningful and rewarding ways to help others during their cancer diagnosis, treatment and beyond.

## **Volunteer at a Cancer Center**

Call the volunteer coordinator at your local cancer center or hospital to see how you can help. The time commitment is often flexible.

Linda Baker is a volunteer at her local cancer center, a job she does in honor of her late husband, Ernest "Ernie" Baker. She never imagined setting foot in the cancer center, much less spending her free time there. But in 2010, at age 58, Ernie was diagnosed with multiple myeloma, an often incurable blood cancer.

Linda remembers she and Ernie were the recipients of volunteer help at three different cancer centers during his treatment. Volunteers would offer snacks, drinks, warm blankets and friendly conversation. They brought in therapy dogs. They played guitar and harp music for relaxation.

Now as a volunteer carrying out these tasks herself, Linda says, "I treasure the times I can offer a long hug, a listening ear or encouraging words to someone going through a hard time."

## **Organize a Fundraiser**

Contact your local religious institution, school, hospital or community group to start a fundraiser for a cancer-related cause. It could be for an individual, a treatment center or a cancer nonprofit organization, and fundraising can be done in-person or online. People can donate and the funds can directly help people during their cancer journey.

Linda recalls that Ernie was "let go" from his job just after his diagnosis. "We had a cancer diagnosis, house and car payments, and no source of income.



We were involved with two churches that came together to raise funds for us. It was the scariest and most devastating week of our married life. Their kindness was overwhelming.”

While Ernie was in the hospital, Linda’s friends organized a fundraiser, “Standing in the Gap for Ernie Baker.” They planned a barbeque dinner and silent auction and raised \$52,000. It allowed the Bakers to keep their home and have a vehicle. By organizing a fundraiser, you can make a difference in the lives of people in your community, too.

### Join a Support Group

When affected by cancer, you have much to offer to a support group by sharing your experiences with others who may be in various stages of their cancer journey. Join a support group at your local cancer center or a virtual support group online and share your wisdom and insights to help others.

The Bakers were members of a support group for myeloma patients and their caregivers. Linda found that meeting others going through the same challenges was extremely helpful. The group attended



**AFTER NINE YEARS** of treatment, Linda Baker’s beloved husband, Ernie, lost his battle with myeloma. Not long after, Linda decided to become a volunteer at the cancer center where Ernie had his treatment. Upon her return, she was welcomed back with open arms, hugs and love.

**Linda says: “I always knew I wanted to give back for the kindness we received over the years. Service is important to me. The choice was clear after the experience I had with the comfort volunteers brought to us. Volunteering has allowed me to feel useful and appreciated as I navigate a new normal. Helping others is healing me.”**

seminars together and formed a team for the “Light the Night” walk in support of myeloma patients.

### Make a Donation

Donate funds that go toward support, cancer research or other worthy endeavors such as Reel Recovery, a free fly-fishing retreat for cancer survivors that encourages healing with the help of nature. Other organizations can help with basic needs like housing, transportation and living away from home while having cancer treatments.

Donations that fund research may go toward developing new therapies. Ernie Baker enrolled in a clinical trial during his battle with myeloma. Without it, he had run out of standard treatments.

### What Else Can You Do?

In addition to the ideas above, you can also give back by:

- Signing up to be a member of TeamAICR on our website, and racing in support of cancer.
- Making “goody bags” to bring to a local cancer center. Fill them with personal care items like lip balm, hand sanitizer and lotion or fun items like hard candies, books or an encouraging note.
- Starting a sign-up list to rotate bringing meals to someone battling cancer. You can use a free app like MealTrain to make coordination easy. It allows people to sign up to bring meals on specific dates, and even lists favorite meals and preferences.
- Offering a caregiver a break while you stay with their loved one for a few hours.
- Providing gift cards to cover gas costs for those who cannot drive themselves and need a ride to treatment.
- Organizing musicians from a religious institution or school to sing or play for patients during treatment to elevate their spirits.

Consider donating to AICR to advance cancer research and to provide valuable cancer resources to the public. The contributions from our supporters have helped us show that 40 percent of cancers can be prevented with lifestyle improvements. With your additional support, we can do innovative research that will help people live longer, healthier lives. We won’t stop until we live in a world where no one develops a preventable cancer.

## AICR RECOMMENDATIONS IN ACTION:

# A Look Inside Dana-Farber Cancer Institute



DANA-FARBER DIETITIANS  
HILLARY WRIGHT (L) AND  
JULIE BOSWORTH (R)

*The AICR resources funded by your donations help many patients*

**DANA-FARBER CANCER INSTITUTE** in Boston, MA, has a longstanding history of providing nutritional care for patients and families. Among its eight locations, Dana-Farber employs 15 registered dietitian nutritionists (RDN) who provide nutrition support.

During individual consultations, nutrition education programs and online support groups, Dana-Farber RDNs utilize AICR's evidence-based information to provide up-to-date scientific advice on the connection between diet, lifestyle and cancer survivorship. Here are some examples of how your support of AICR enables dietitians to use resources that impact the lives of Dana-Farber patients living with—and surviving—cancer.

Over 31,000 new patients are seen at Dana-Farber each year, all of whom have access to RDNs who consider AICR's Global Cancer Update Program (CUP Global) their go-to resource on potential associations between lifestyle factors and specific types of cancer.

### One-on-One Support

Dana-Farber RDNs hear daily how overwhelmed patients are by the enormous amount of mixed information they read online. RDNs rely on AICR's comprehensive analyses, research and reports to separate fact from fiction at various touchpoints:

- In one-on-one consultations, RDNs use the findings from CUP Global to guide patients about foods that help protect against certain cancers.
- During treatment, RDNs educate patients using AICR's Planning and Preparing for Treatment.
- After treatment, RDNs use AICR's 10 Cancer Prevention Recommendations.

Julie Bosworth, RDN, a nutritionist at Dana-Farber said, "AICR takes the mystery out of so much that's available about nutrition. It's great to have AICR resources and the website to refer patients to for answers about their diagnosis and for lifestyle tips."

Dana-Farber RDNs also share AICR's cancer survivorship strategies with patients, such as:

- Establishing a regular physical activity routine
- Limiting consumption of "fast foods" high in fat and sugar
- Replacing meat with plant-based proteins more often

### Through Mind/Body Programs

As part of Dana-Farber, The Zakim Center for Integrative Therapies provides nutrition education for patients during and after cancer care. AICR's Recommendations serve as the foundation for all nutrition programming.

The RDN-led "13 Weeks to Wellness" online group webinar series uses the Recommendations as the backbone of the program, which helps patients develop healthy habits after treatment. The program's online cooking classes use recipes that reflect AICR's advice for switching to a plant-based diet that's rich in whole grains, vegetables, fruits and beans.

### Nutrition Advice Online

Dana-Farber's Blum Patient and Family Resources Center offers live online events on a variety of topics including nutrition.

Colleen Timmons, MS, RDN, of Dana-Farber's South Shore location, recently gave a presentation about identifying reliable nutrition resources, and AICR was featured prominently.

"With so many websites and social media accounts to sift through, having a proven resource like AICR to recommend to attendees gives me peace of mind as a provider," says Timmons.

AICR's resources allow Dana-Farber RDNs to provide evidence-based care to patients. Dana-Farber dietitian Hillary Wright, MEd, RDN, says, "Having access to AICR's simple messaging that reflects a lot of complex research helps us weave science-based advice into patient education that's sensitive to the complexities of living with a cancer diagnosis. The work that AICR does makes our job easier."



# Habit Stacking May Help You Build Exercise into Your Routine

Add new activities to your routine by doing them right after an established habit.

**SOME DAILY RITUALS** are steeped in routine. Perhaps you get out of bed and brush your teeth. When you repeat the pattern often enough, it becomes automatic, and you don't forget these steps as you begin each day.

If you build new habits on top of established habits, you have a better chance of making the new habit become routine.

The idea of habit stacking is simple. Let's say you want to add a 10-minute walk to your day, but you often forget. If you plan to take the walk right after you perform an established habit, such as brushing your teeth, you're more likely to remember it. Why is this the case? Neurons in the brain are information messengers that support behavior patterns. Some researchers posit that the more you do something, the stronger and more efficient the neuron connections become.

## Four Habit Stacking Stages

1. Cue: The first thing you do begins the process. For example, you wake up and walk to the bathroom with morning breath.
2. Craving: Your motivation. It's what drives your need to do something based on the cue. In this case, you feel the need to brush your teeth to clean your mouth.
3. Response: The habit you perform, such as brushing your teeth.

4. Reward: What you gain from the response to the cue. In this case, it's fresh breath and clean teeth.

These stages are vital to make the habit a ritual. Studies show it takes about 60 days for the new habit to become routine. Stick with it! If you miss a day, don't abandon your emerging habit. Just try again tomorrow.

## Make Your Plan

Let's use an example to show you how to stack physical activity into your habits.

You want to stretch more often to improve flexibility and keep your joints working well. Here's how to work that goal into the four habit stacking stages:

- After I eat breakfast while sitting on the wooden chair in my kitchen, my joints feel tight when I get up (cue).
- I want to feel more limber (craving).
- I am going to do 10 minutes of stretching after breakfast (response).
- My joints will feel better and my flexibility will improve (reward).

Habit stacking works best when the cue is very specific and happens regularly, such as waking up or eating a meal. A cue such as "when the phone rings, I will. . ." is too vague and won't allow for consistent habit stacking.

A new study shows that just 11 minutes of physical activity per day—such as a walk—may lower the risk of premature death. The large meta-analysis included more than 30 million participants who self-reported their activity levels.

Researchers found that people who got 75 minutes of moderate activity per week had lower risks for overall mortality, heart disease, stroke and several cancers compared to inactive people.

While guidelines recommend at least 150 minutes of moderate physical activity per week, this new research shows that even a bit of physical activity is better than none. Stack 11 minutes of activity into your day to get started with this beneficial habit!

Not sure where to start? Pick one of these fitness ideas and suggested cues:

- Go for a walk (after breakfast)
- Do a yoga or Pilates workout (after you brush your teeth)
- Practice tai chi (after lunch)
- Follow a stretching routine (after you walk your dog)
- Lift weights (while you watch Jeopardy!)

*The Facts about Physical Activity and Your Cancer Risk* describes how scientific evidence links being more physically active with lower cancer risk.



# Research Shows These Seasonal Fall Foods Help Fight Cancer

*From broccoli to cranberries, take advantage of fall's bounty.*

**WHILE NO SINGLE** food can protect you against cancer by itself, research you have funded shows that a diet filled with a variety of plant foods helps lower the risk for several cancers. Fall is harvesting season for many crops, and it's a perfect time to focus on the anti-cancer effects of the vitamins, minerals, fiber and phytochemicals in fresh, seasonal produce. Add these items to your grocery list.

**APPLES:** Apples contain fiber and polyphenol compounds that partner with gut microbes to create an environment that may help reduce the risk of cancer.



*How to:* Enjoy apples as a crunchy snack, or slice and dip into peanut butter.

**BROCCOLI:** This cruciferous vegetable contains sulforaphane, a plant compound formed from naturally occurring glucosinolates in broccoli. Studies show that it may help thwart the development and progression of cancer.

*How to:* Try raw chopped broccoli in salads or stir-fry it with garlic and olive oil.

**BRUSSELS SPROUTS:** Brussels sprouts are packed with fiber. There is probable evidence that foods containing fiber help decrease the risk of colorectal cancer. Brussels sprouts are also filled with phytochemicals



that bolster antioxidant and DNA defenses and promote healthy cell signaling.

*How to:* Halve Brussels sprouts and roast them with olive oil and a touch of maple syrup, or shred for raw slaw.

**CARROTS:** Bright orange carrots are rich in the antioxidant beta carotene. Limited evidence suggests that foods containing carotenoids like beta carotene may decrease the risk of lung cancer and ER negative breast cancer.

*How to:* Dip raw carrots in hummus, or roast carrots and top them with spicy harissa (hot chili pepper paste).

**CRANBERRIES:** These jeweled berries are a source of vitamin C, but the main source of cranberries' potential for cancer prevention comes from their phenolic compounds. Cranberries contain proanthocyanin, which may exert cancer inhibitory effects.

*How to:* Toss cranberries into pancake or muffin batter or make traditional cranberry sauce to serve with turkey.

**KALE:** Carotenoids found in kale can act as antioxidants and boost the body's own defenses. The vitamin C in kale is also a powerful antioxidant. Together, these may help reduce free radicals that can damage DNA and increase the risk of cancer.

*How to:* Chop kale and swirl

it into vegetable soup or pasta dishes, or bake kale "chips."

**WINTER SQUASH:** Similar to carrots, hardy butternut, acorn and spaghetti squash are brimming with beta carotene, which may reduce the risk of lung cancer. In population studies, higher blood levels of carotenoids are linked with a lower risk of overall cancer.

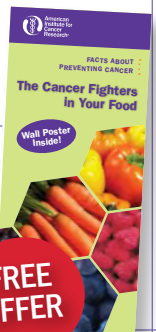
*How to:* Make roasted butternut squash soup or top spaghetti squash with marinara and Parmesan cheese.



**HONORABLE MENTIONS:** While you're at the farmers' market or grocery store, add these fabulous fall finds to your shopping cart as well. They are rich in fiber, antioxidants and vitamins:

- Beets
- Cabbage
- Cauliflower
- Onions
- Pears
- Persimmons
- Pomegranates
- Spinach
- Sweet potato

*The Cancer Fighters in Your Food* sums up the latest information about cancer-fighting compounds found in plant foods.





# How a Diagnosis Inspired a Lifestyle Change

**Activist and author Gabe Canales started Blue Cure after a cancer diagnosis.**

**SOMETIMES** personal life experiences can inspire big ideas. That's the case with Gabe Canales, whose own prostate cancer diagnosis led to the founding of his nonprofit organization *Blue Cure*, and ultimately his book, *Unexpected Diagnosis: Prostate Cancer and the Wake-Up Call to Live Healthier and Happier*.

"In 2010, at age 35, I was diagnosed with early-stage prostate cancer," says Canales, now an activist, author and public speaker. "I had no symptoms and no family history of cancer."

The diagnosis came as a surprise. However, Canales's family has a history of obesity, heart disease and hypertension. He admits that he did have high cholesterol and high body fat leading up to his diagnosis, and his diet included alcohol, fast food and red meat.

The good news for Canales came when he saw a urologist who explained that making significant changes to his diet and lifestyle could slow the progression of his prostate cancer, which was in the early stages. But what struck Gabe about this news was that he saw four urologists before this appointment, and none of them made the connection between cancer and lifestyle.

This was a pivot point for Canales. It inspired him to seek out additional experts and learn about the power of lifestyle interventions to slow, prevent and in some cases, reverse disease.

Gabe Canales founded Blue Cure in 2010 to raise awareness of prostate cancer among younger men and educate them on lifestyle choices to prevent and help treat the disease. He has spent over a decade traveling the country to share his journey and the power of lifestyle changes. Canales recorded a TEDx talk, has been featured in *Forbes* and presented his story at the 2022 AICR Research Conference, since his advice aligns with AICR's Cancer Prevention Recommendations.

Canales has lived with early-stage prostate cancer for 13 years and hopes the lifestyle changes he's made continue to keep his prostate cancer at bay. Canales advocates for these positive steps:

- Eat plant-based foods
- Get daily movement
- Manage stress
- Get adequate sleep
- Follow up with doctors
- Attend regular screenings
- Know your numbers for blood pressure, cholesterol and blood sugar

## Making an Impact

Canales says that receiving emails and social media messages from strangers who have been positively impacted continues to keep him inspired. "Often, I have wondered whether I am helping people," says Canales.



GABE CANALES

"Receiving random messages from men and their loved ones across America, and as far away as Australia, lifts me up and keeps me going."

In addition to Blue Cure, Canales also refers his followers to AICR's website because, he says, "It is a credible and renowned organization that funds research focusing on how nutrition and lifestyle affect the prevention, treatment and survival of cancer."

Canales says that in 2010, none of the prostate cancer nonprofit organizations he researched had dietary and lifestyle recommendations on their websites. "Their social media didn't post information on diet and lifestyle," says Canales. He's seen an evolution in public awareness around nutrition and lifestyle as they relate to cancer risk and is now optimistic that organizations like AICR and Blue Cure are creating change.

*Reduce Your Risk of Prostate Cancer* highlights the factors associated with this cancer and actions to take to lower risk.

FREE OFFER



# New Research Projects Funded by AICR Supporters

*Here's an overview of the new research projects funded by your donations.*

**AICR FUNDS** research projects that investigate the links between diet, physical activity, body composition and cancer. Your donations make this research possible and allow AICR to explore new frontiers of science. **Here are some of the projects that you have helped us fund in 2023:**

**Erin Van Blarigan, ScD**

UNIVERSITY OF CALIFORNIA  
SAN FRANCISCO, CA

[Health behaviors and colorectal cancer survival in the multiethnic cohort study](#)

Colorectal cancer (CRC) is the second-leading cause of cancer death in the United States, with marked unexplained differences in CRC mortality by race/ethnicity. This study will use the 30 years of pre- and post-diagnosis lifestyle data in the Multiethnic Cohort to examine the impact of following the WCRF/AICR Cancer Prevention Recommendations and the impact of race/ethnicity of these outcomes.



ERIN VAN BLARIGAN, SC D

**Lisa Schwartz, PhD**

THE CHILDREN'S HOSPITAL OF PHILADELPHIA, PA

[Using innovative digital technologies to capture the dynamic predictors and benefits of physical activity in adolescents and young adults with cancer](#)

Adolescents and young adults (AYA) with cancer experience



LISA SCHWARTZ, PH D

more intense treatment and higher risk of relapse compared to younger patients. Physical activity (PA) has positive effects on health and survival

in adults with cancer, but direct evidence is limited in AYA. This study will examine the physical and psychosocial factors influencing PA in AYA using innovative technologies delivered through a smartphone app.

**Why Were These Projects Chosen by AICR?**

All of these research projects leverage existing research to take the next important step to reduce cancer risk, improve survivorship and/or improve patient outcomes.

**Ask the Financial Expert...**

**Q: I have a \$100,000 paid-up life insurance policy that was to provide support for my father in the event he outlived me. He died earlier this year of colon cancer. Is there some way I can use this policy to support AICR's colon cancer research efforts?**

**A:** Our condolences on the loss of your father. There are several ways life insurance can be used to further colon cancer research. You can make AICR the death beneficiary of the policy simply by asking the insurance company for a change of beneficiary form. Another option is to make AICR the owner of the policy. You would be entitled to an income tax charitable deduction for the value of your gift. If there is a cash surrender, we could cash in the policy and use the funds for immediate colon cancer research.

Please contact Ann Worley in AICR's Office of Gift Planning at 202-600-3016 or email her at [a.worley@aicr.org](mailto:a.worley@aicr.org) with any questions you may have.

**Kuang-Yi Wen, PhD**

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[Txt4fasting: an interactive mobile, time-restricted eating diet intervention for patients with brain metastasis to maximize radiation outcomes](#)

Metastasis of breast cancer to the brain is associated with dismal survival despite improved methods of targeting radiation therapy to specific sites. Small trials have demonstrated that a prolonged duration of nighttime fasting is feasible, safe and improves various outcomes. This study will test the feasibility and efficacy of a one-month remote telehealth coaching and mobile text messaging interactive intervention (txt4fasting) promoting a 16-hour nightly fast.



KUANG-YI WEN, PH D