



Although health insurance and adequate healthcare services are high priorities in the prevention and treatment of any disease, neither of these is as essential to breast cancer prevention and intervention as is diet.

Breast cancer is a leading cause of suffering and mortality among women, regardless of race, occupation or social status; and there seems to be no letup, as this disease is now affecting women in their 20's and 30's. Health research has long shown that dietary habits account for 70% of all cancers, and nearly 80% of breast, colon and prostate cancers.

Health researchers agree that diet plays a major role in preventing breast cancer. They also agree that women being treated for breast cancer are in dire need of correct dietary advice to help them reduce the side-effects caused by common cancer treatments, specifically adjuvant therapies (radiation, chemotherapy and hormone therapy). These side-effects include weight gain, chronic nausea, vomiting, hair loss, mental dysfunction, fatigue, premature menopause, and increased risks of osteoporosis and cardiovascular disease.

These conditions lead to poor quality living and bleak prognosis. An adequate dietary regimen, along with specific lifestyle modifications, can improve overall health.

Many cancer patients proactively pursue dietary information to improve treatment outcomes. Therefore, it comes as no surprise that a wide range of dietary advice is available; however, this advice is often conflicting and confusing. It spans from the ridiculous to the sensible. The lack of a sound dietary framework for persons being treated for cancer means that patients risk continuing the same dietary habits that might have caused the cancer. Following wrong dietary advice can exacerbate the illness, causing greater suffering and mortality, despite treatment.

This book, **Dietary Considerations for Breast Cancer Patients**, achieves two important objectives. First, it educated women about breast cancer and provides guidance to prevent this disease. Secondly, it provides dietary guidance that will enable breast cancer patients to make more informed decisions about how best to adjust their diets to alleviate and remedy this disease. The dietary guidance provided in this book is also aimed at reducing the side-effects of common cancer treatments and adjuvant therapies, such as radiation, chemotherapy and hormone therapy.

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