

Prevention Cure



DISCLAIMER:

Before making any changes in your exercise program or diet, please talk to your doctor. If you have a medical complaint that you are concerned about, please talk to your doctor.

PLEA of GRNY:

1. Is not responsible for any complications, illness, disease or anything else in connection with material presented.
2. Is not endorsing or recommending any specific diet or dietary changes or exercise program or nor endorsing any medical or surgical treatment.
3. Has done it's best to present some of the most up to date knowledge on any and all information presented as it relates to the relationship of obesity, nutrition, the importance of physical activity and chronic diseases including cancer.
4. Is not responsible for nor endorsing any printed material content from references or research in connection with Nutrition, Obesity, Vitamin D, cancer or other Chronic diseases nor endorsing any surgical or medical recommendations. Talk to your doctors.

PLEA of GRNY is here to educate to hopefully make for a healthier you. **Remember:** Your care is still in the hands of you and your doctor.

DONORS:



Mr. Kenneth Stanley
Lead Layperson | Liaison



Wegmans

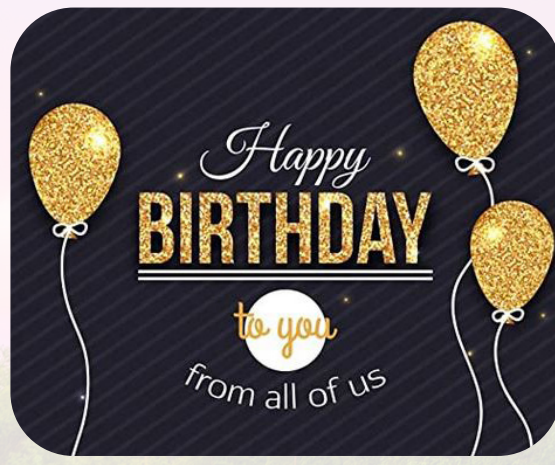


Francis Celona
CPA



2020
PLEA of GRNY
7th Annual Multidisciplinary
City Wide Breast Cancer Health Seminar
October 29, 2020 | By Mail

Precision Medicine: Prevention:
An Ounce of Prevention is Worth a Pound of Cure
Theme compliments of Dr. Timothy Woodlock and PLEA of GRNY



Dual Celebration:
Our 7th Annual Seminar & Our President's Birthday!

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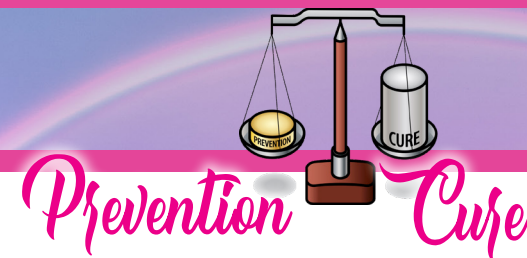
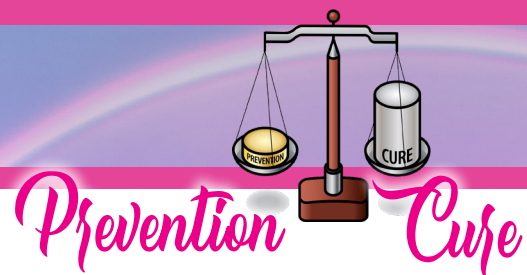
Physicians and Laypersons Educational
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Ruby L. Belton, MD
Co-Founder of PLEA of GRNY

Douglas Belton Jr., MD, FRCPC, MBA
President & Co-Founder of PLEA of GRNY





MESSAGE FROM PLEA OF GRNY

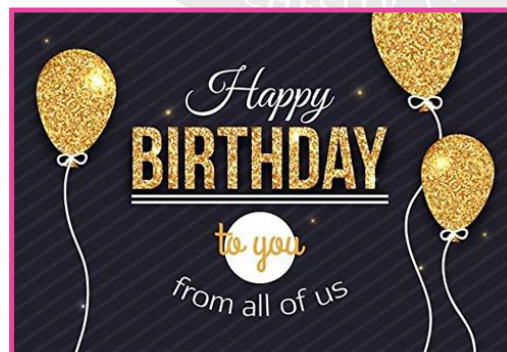
Greetings from Your President from Regina, Saskatchewan, Canada

Hello from Regina, Saskatchewan.

This year's seminar by mail is on my birthday. I am happy to be able to share our 7th Annual Seminar by mail, on my birthday, with all of you from afar. That is still a blessing, and I am thankful.

Learn much, stay well and God bless all.

Douglas Belton, MD, FRCPC, MBA



*"Birds of a feather flock together."
"A healthy body is a healthy body for all comers."*

Tumor size	Node +	Node -	AND survival at 15 years
Tumor size	Node +	Node -	Node + Node -
0.1-1 cm	0.7	0.6	80.4 % 91.8%
			(71.2-89.6) (88.7-94.9)
1.1-2cm	1.7	1.6	70.1% 89.3 %
			(63.4-76.8) (86.2-92.4)
2.1-5cm	3.3	3.0	47.1% 78.5%
Reference :1 inch = 2.5 cm			(40.4-53.8) (73.4-83.6)
Curr Oncol, 2012 October: 19(5)249-253 : Older data			

SEER Stage	5-year Relative Survival Rate
Localized (breast)	99%
Regional (outside breast nearby/ nodes)	86%
Distant	27%
SEER stages combined	90%

Remember.

Size Matters: Please get your annual mammogram. Early detection helps us help you. Lifestyle changes: BMI < 30, Strong immune system (D and C), Nutrition, Exercise, etc. *"Birds of a feather that must flock together."*

Be well and see all soon.

Dr. Doug

Special Message to You from PLEA of GRNY

Remember PLEA of GRNY does not prescribe nor endorse anything.
Your care is between you and your Doctor.
We educate knowing : "Knowledge is Power."
We Love you.

Precision medicine in breast cancer now is important because breast cancer is no longer a single disease.

Your medical treatment is now based on characteristics of your tumor. We call this precision medicine.

Your Radiologist finds the cancer by imaging, provides the tissue by core biopsy, and stages the breast by MRI, which sometimes requires more biopsy work.

Your breast pathologist, using this tissue, makes the diagnosis, and by using special protein stains, the location of this protein staining in the cell, provides information on what treatment is right for your particular tumor.

Requirement:

Early diagnosis: yearly mammogram beginning age 40, (sometimes sooner depending on history). Your breast cancer imaging specialist requires high quality mammography and sometimes ultrasound.

Work with your technologist. Your Radiologist is only as good as the images we receive. Mammograms show "Black and White." The breast must be compressed. The blind spots (armpit area, around the nipple and along the bottom of your breast) must be included on yearly mammograms.

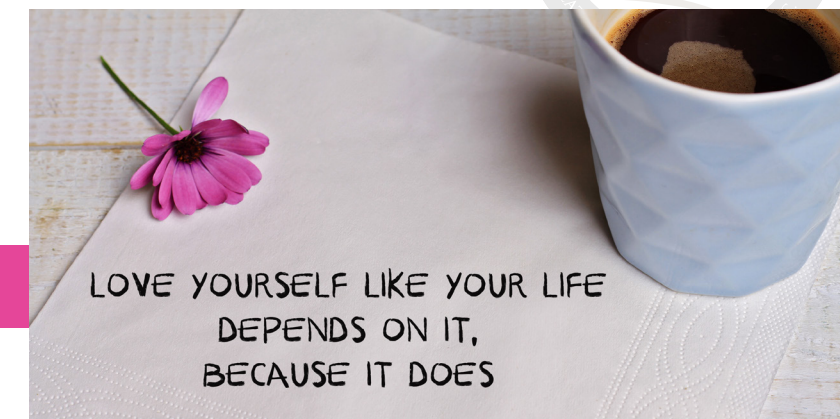
Please help your technologist help us help you.

We love you.

God Bless and keep you.

Douglas Belton, MD, MBA, FRCPC
President and Co-Founder PLEA of GRNY

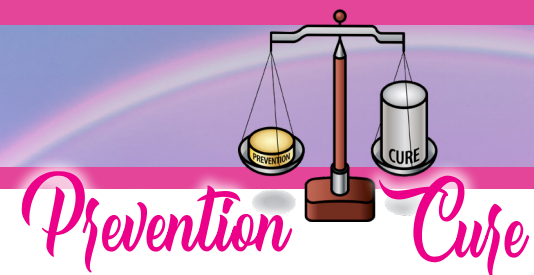
Ruby L. Belton, MD
Co-Founder PLEA of GRNY



LOVE YOURSELF LIKE YOUR LIFE
 DEPENDS ON IT,
 BECAUSE IT DOES

References:

1. Litwack, Gerald, VITAMINS AND HORMONES/VITAMINS and the IMMUNE SYSTEM, Elsevier, 2011.
2. Louise Hay "THE POWER IS WITHIN YOU." Hay House 1991
3. Personalized Treatment of Breast Cancer Masakazu Toi | Eric Winer | John Benson Suzanne Klimberg | Springer 2016



Chemoprevention/ Estrogen Blockers

By Timothy Woodlock, M.D.

Introduction to Upcoming Live CME Annual Conference.

A major public health focus is the prevention of breast cancer. Breast cancer is the most common female cancer in all ethnic groups. Although this is a treatable breast cancer and survival is good and has improved, the challenges to patients, families and caretakers managing breast cancer are significant.

"An ounce of prevention is worth a pound of cure."

Most breast cancers are fed by a natural hormone, estrogen. Clinical trials begun in the 1980's have shown that four medications, which block estrogen and limit the development of breast cancer in higher RISK groups by 50%.

Criteria for taking such meds are reviewed with a Medical Oncologist and based on patient and family medicine issues.

Drugs: Tamoxifen, raloxifene, anastrozole, exemestane

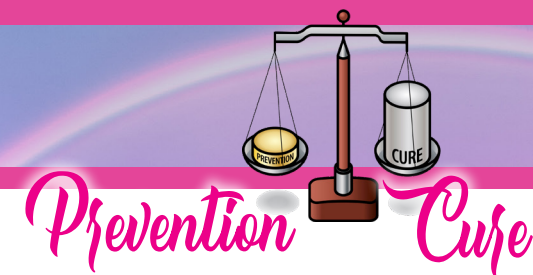
Medications generally well tolerated taken for 5 years. Tamoxifen is available for premenopausal women age 35 years and greater, carries risks of blood clots and endometrial cancer.

Tamoxifen, raloxifene, anastrozole, and exemestane are available for post-menopausal women: choice of medication by PATIENT counseling, based on acceptance of given side effect profiles (blood clots vs bone thinning).

All relevant professional and governmental advisory organizations (NCCN, ASCO, USPSTF) advise appropriate use of estrogen blockade for chemoprevention as an OPTION for appropriate patients, final DECISION by patient after appropriate counseling.

PLEA of GRNY: Stay tuned.

Dr. Woodlock has much to teach us at a later date. This is Precision Medicine at work.



INTRODUCTION | 10.29.20

From PLEA of GRNY by Mail

- Breast Cancer: Ounce of Prevention/ Pound of Cure
- CHEMOPREVENTION and PREVENTION
- Faith and Medicine in Harmony
- Chemoprevention = To stop growth using Chemical vs. Prevention / Natural
- "Ask not what Doctors can do for you, but what you can do for yourself."
- Dr. Fauci has reported he takes Vitamin C and D as do we.
- List of medications taken by one person who recently developed COVID along with all other "chemicals, including monoclonal antibody, is Vitamin D, per the news"

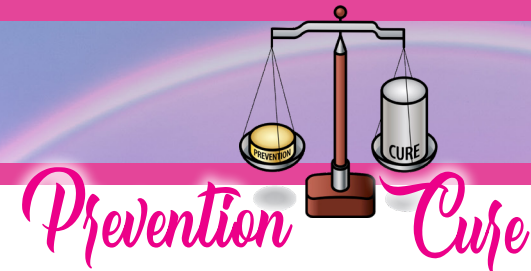
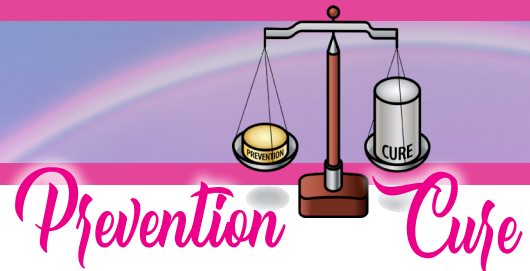
NATURAL PREVENTION

- Get Rid of Obesity : (CAT) Central Adipose Tissue / "midsection" (BMI <30)
- FAT: An Endocrine organ that Produces Estrogen,
- Estrogen "feeds" tumors and is target of one type of chemoprevention
- Get Vitamin D level up
- Nutrition / Vitamin D / Exercise /Rest /Spirituality
- Genesis: Light, Water, Plants/NUTRITION, Sun: Plants are the source of all life.
- Eat the colors of the Rainbow. Eat from the Ground.
- Hunters and Gatherers: Exercise
- Rest, Read, Pray and Give Thanks for All

CHEMOPREVENTION

See Dr. Woodlock's comments.





POUND OF CURE

"Precision Medicine"

KNOW THYSELF & HELP THYSELF

"You are with you all the time; we are with you some of the time".

Mind -Body-Soul-Spirit
Keep Faith and Medicine in Harmony

- Eat the colors of the rainbow
- Obesity & BMI: Get your BMI < 30
- Obesity & waist circumference:
 > 35 inches for women & > 40 inches for men
- Obesity & Waist to Hip ratio:
 > .90 for men & > 0.85 for females
- Exercise: Connect with nature. She is beautiful!
 "One size does not fit all." Talk to your Doctor.
- Get plenty of Sleep & Rest
- Vitamin D level : 50ng/ml -65ng/ml
 (Talk to your Doctor)
- 5000IU Vitamin D daily: "one size does not fit all."
 (Talk to your Doctor)

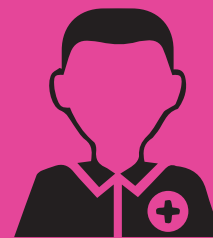
- Programmed cell death in cancers / Vitamin D
- Innate & Acquired Immunity
 - Bone Health / Vitamin D
 - Spirituality & Positive Mindset
 - Meditation
 - Keep those Betz Cells Working (The Mind)
 - READ

**LOVE
YOURSELF**



Doctors

General and all Specialists



Mammogram

+/- Ultrasound
 Breast MRI / depending on Risk Assessment



Image Guided Biopsy & Diagnosis

Staging Breast MRI +/- more biopsy



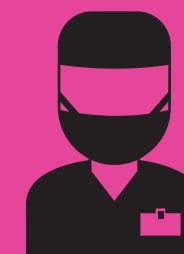
Pathologist

Cell type, tumor grade/ Immunohistochemistry



Surgeon

Total or Partial Mastectomy
 Breast Reconstruction



Medical Oncology

Chemo prevention
 Chemotherapy



Radiation Oncology

Whole Breast Irradiation
 Partial Breast Irradiation



Radiation Oncology & Surgeon

Intraoperative Irradiation (at time of surgery)



Radiologist & Surgeon

Imaging guided preoperative needle wire localization pre-breast conserving breast surgery



CHEMOPREVENTION

	Receptor Estrogen	Receptor Progesterone	Her 2	Ki67
Luminal A	+	+	-	- low
Luminal B	+	-	-	- high
Luminal B	+	-	+	any
Her 2 +	-	-	+	any
Basal	-	-	-	+ any
Normal-like	TN non basal	-	-	- any