

2019

1st ANNUAL FREE PLEA OF GRNY CITY WIDE MULTIDISCIPLINARY BREAKFAST HEALTH SEMINAR

Saturday, April 13, 2019

Staybridge Suites - Rochester University

1000 Genesee Street
Rochester, NY 14611





Table of Contents

Program	1
Goals of the Seminar/Disclaimer	2
Message from our President & Co-Founder	3
Meet Dr. Douglas Belton, Jr.	4
Meet Dr. Ruby Belton	5
Dedication	6-7
Introducing Genesee Valley Club NANBPWC, Inc.	8
Meet the Faculty	9
Sponsors	10
Sources of Vitamin D	11
Vitamin D Facts	12
Vitamin D Comparison	13
Breast Cancer Screening Guidelines	14
Bibliography	15
Your Logo	16

Program

2019

PLEA of GRNY

1st Spring Breakfast Health Seminar

"It's All About Knowledge and Some Things You Need to Know to Help Yourself."

Moderator: Marguerite Dynski, M.D., SSJ

Grace: Ruby L. Belton, M.D.

9:00AM - 10:00AM Breakfast

10:00AM - 10:10AM Welcome Ms. Martha Hope & Ms. Midge Thomas

10:10AM - 10:40AM The Link between Vitamin D Deficiency, Breast Cancer and You
Kristin Skinner, M.D.

10:40AM - 11:00AM Ethnicity, Vitamin D Deficiency and Cancers
Ruby Belton, M.D.

11:00AM-11:15AM Yoga & You: Mind, Body & Soul Action Speaks Louder than Words
Linda Sardisco, R.T./Certified Yoga Instructor

11:15AM - 11:45PM Exercise & Free Radicals
Calvin Cole, Ph.D.

11:45AM-12:15PM Mammography: Everything You Need to Know and then Some
Kamal Kothari, M.D.

12:15PM - 12:45PM Question & Answer

12:45AM-1:00PM Closing Remarks
Marguerite Dynski, M.D., SSJ



Goals of the Seminar

**At the end of the seminar,
you will understand:**

- The link between Vitamin D deficiency and breast cancer. Recommended blood levels of Vitamin D and how to work with your doctor regarding supplements and food consumption to help you reach the appropriate value needed for cancer prevention.
- The association between ethnicity, Vitamin D deficiency, obesity, most common cancers, most common chronic diseases and how to cut your odds.
- The health benefits of Mind, Body, and Soul through Yoga.
- The value of exercise in reducing cancer causing free radicals.
- The value of mammography.

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.
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.

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.

Message from our President and Co-Founder

Douglas Belton M.D. MBA

Hello from Canada and Welcome to PLEA of GRNY's First Annual Spring City Wide Multidisciplinary Breast Cancer and Health Seminar in the Inner City

Relax, enjoy yourself, ask questions, seek understanding and learn much today. Most importantly, be happy and always thankful for whatever is "served on your plate." Use those life's experiences (pleasant and unpleasant), as an opportunity to grow and help others.

Please learn as much as you can. It may help cut the odds of getting all of these chronic diseases, of which cancer is only one.

Please allow me to share an excerpt from one of my favorite books by Louise Hay:

The Power is Within You

Publisher: Hay House; page 231

"Feel your power. Feel the power of your breath. Feel the power of your sound. Feel the power of your love. Feel the power of your forgiveness. Feel the power of your willingness to change. Feel your power. You are beautiful. You are a divine magnificent being. You deserve all good, not just some, but all good. Feel your power. Be at peace with it, for you are safe.

Welcome this new day with open arms and with love. And so, it is.

REMEMBER:

PLEA of GRNY was founded for Laypeople and In honor of Laypeople.

PLEA = Positivity, Love, (Encouragement & Education), Admiration.

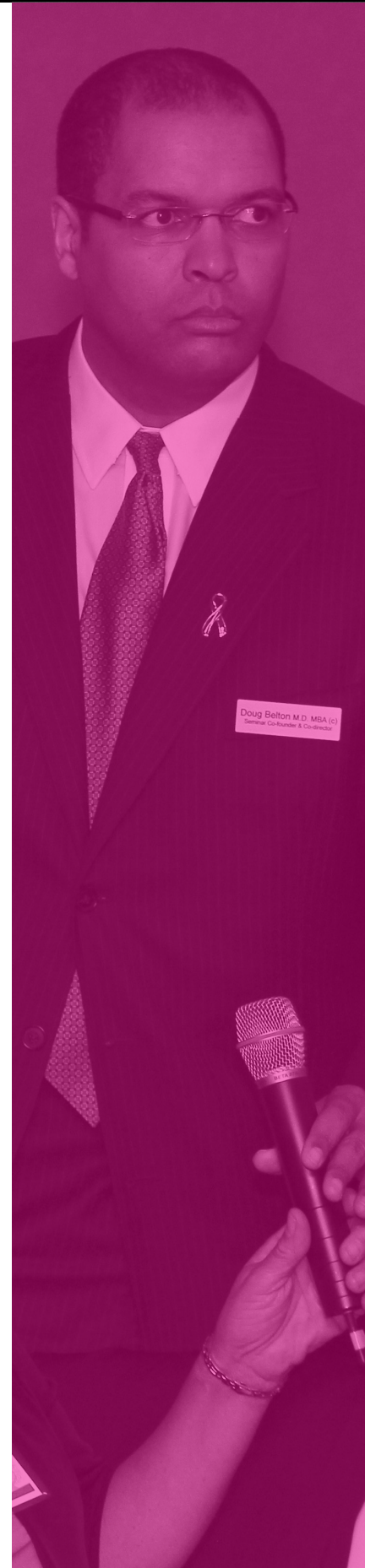
We will continue to offer all of these to you.

Remember, enjoy yourselves. This is a safe place.

With Great Admiration,

Douglas Belton M.D., MBA

President and Co-founder PLEA of GRNY



Meet Dr. Douglas Belton, Jr.

Dr. “Doug” Belton is an advocate for increased provider and community wide awareness of all facets of breast cancer. He is a board certified radiologist with special interests in Musculoskeletal and Women’s Imaging. Dr. Belton received a B.S. in Biology from Hampton University in Virginia, where he also played four years of Division I college basketball.

After obtaining his Medical Degree from the University of Rochester School of Medicine and Dentistry (as one of the First pair of first and second generation African American graduates from that school), he served as a surgical resident at Strong Memorial Hospital and completed his residency in Diagnostic Radiology at Rochester General Hospital.

Dr. Belton is Fellowship trained in MRI.

He completed his Fellowship in MRI at University Medical Imaging, Rochester New York, and earned his MBA degree from the University of South Florida in Gainesville, Florida in April 2016.

He has a reputation defined by innovative leadership, indefatigable work ethic and is a “producer” of positive results.

He enjoys golf, weight training, NBA basketball and spending time with his family. He resides in Canada with his wife Odette and daughter Olivia.

Dr. Belton does not define himself by his many personal accomplishments.

Dr. Belton does define himself by his strong work ethic, his honesty, kindness, love for all and his positive impact on the community at large, and his desire to give back through service and teaching.



President and Co-Founder
PHYSICIANS AND LAYPERSONS
EDUCATIONAL ASSOCIATES OF
GREATER ROCHESTER, NY INC.
“PLEA of GRNY”
Seminar Director

Meet Dr. Ruby L. Belton

Dr. Ruby L. Belton is a board-certified radiologist and Breast Cancer Imaging Specialist. The product of a humble Southern upbringing, Dr. Belton is the first African-American female graduate of the University of Rochester School of Medicine and Dentistry, in Rochester New York. Dr. Belton has previously held leadership positions in Women's Imaging (3), Head of Body Computed Tomography, and served as section chief of Abdominal Ultrasound at institutions in Rochester, NY.

Dr. Belton has practiced medicine and served the patient population and referring physicians in the Rochester area for over 40 years. Including her years of training, she has been a member of the Medical Community for over 50 years. She also has special interests in oncology imaging, genitourinary imaging, head and neck imaging and gastrointestinal radiology.

In addition to her work as a radiologist, Dr. Belton is a collegial, forward thinking scholar and educator who holds the belief that everyone deserves to be educated about health care.

Through PLEA of GRNY, Dr. Belton hopes to foster the dissemination of cutting-edge knowledge and medical advances, in the diagnosis and treatment of breast cancer, to health practitioners and laypersons (in partnership and on equal footing), including those who are currently under-represented and under-served.

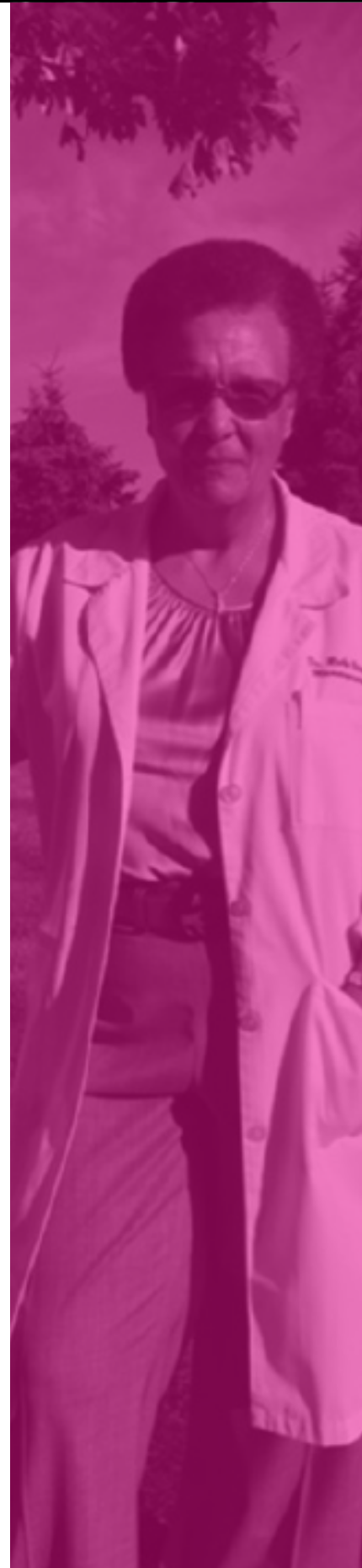
On her role as an educator and mentor. "I am one of ten children born in Mississippi just after World War II. Degrees, accomplishments nor appointments define me. Instead, my humble beginnings, my faith, God and family, love for all, my desire to help any in need, and sharing my gift through teaching define me."

I am the proud mother of Shayla J. Belton DVM MS, Doug Jr. MD MBA, and wife of Doug Sr. of 49 years.

"I exist to care, give, love and teach."



Co-Founder
PHYSICIANS AND LAYPERSONS
EDUCATIONAL ASSOCIATES OF
GREATER ROCHESTER, NY INC.
"PLEA of GRNY"
Seminar Director





Physicians and Laypersons Educational Associates of Greater Rochester, NY Inc.

AKA PLEA of GRNY | Created for Laypeople and in Honor of all Laypeople

2019

1st ANNUAL FREE PLEA OF GRNY SPRING INNER CITY BREAST CANCER AND HEALTH SEMINAR

PLEA of GRNY is proud to dedicate this first and all upcoming Breast Cancer and Health Seminars in the Inner City, to five (5) lifetime members of the under-served and under-represented. They have, along with all we have encountered in life's journeys, sparked the desire to give back through service and education using "tools of our trade" and our innate gifts.

Enjoy, learn and apply knowledge gained to help doctors help you. Remember you hold the keys to a healthier life.

These special people inspired us, taught us, and touched us in a such a way where:

"We Remember from whence we came".

- Mrs. Sarah Geneva Hilliard Sturgis & Mr. Gibson Sturgis Sr. (Late Parents of Dr. Ruby)
- Mrs. Marie Belton & Mr. Etta Belton (Late Parents of Mr. Douglas Belton Sr.)
- Pastor Dr. Vera Miller (Late and Former Pastor Genesee Baptist Church & Member of the PLEA of GRNY Faculty)

Douglas Belton M.D. MBA President and Co-Founder
Ruby L. Belton M.D. Co-Founder

Dedication

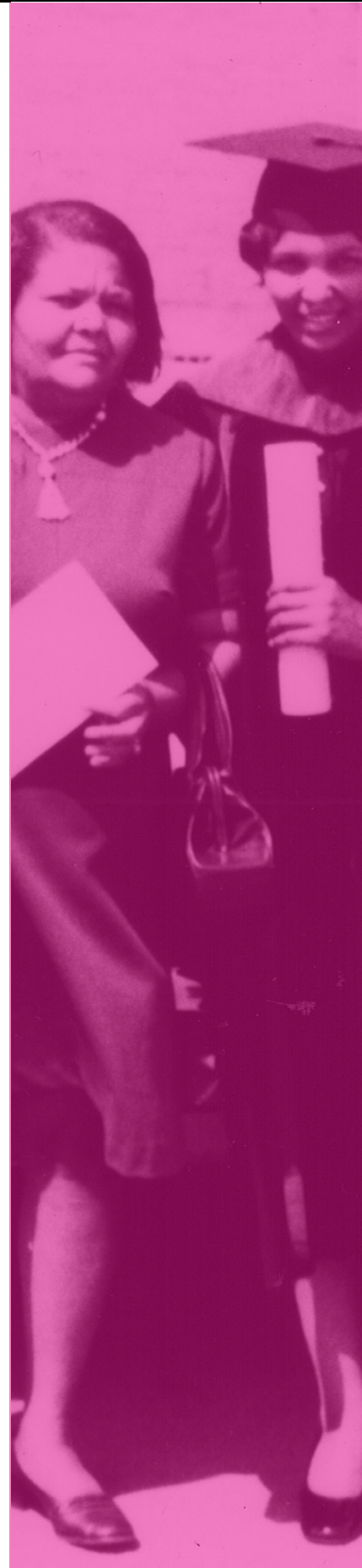
Mr. Etta & Mrs. Marie Belton



Mr. Gibson & Mrs. Geneva Sturgis



Rev. Dr. Vera Miller



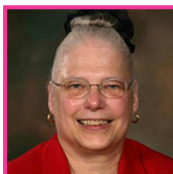
Introducing Rochester Genesee Valley Club NANBPWC

Rochester Genesee Valley Club



**PROUD SUPPORTER AND CO-SPONSOR of the First Annual
Spring PLEA of GRNY Breast Cancer and Health Seminar in
the Inner City.**

Meet the Faculty



Marguerite Dnyski, SSI, MD
Breast Surgeon
Rochester General Breast Center



Kristin Skinner, M.D.
Surgeon
*University of Rochester
Medical Center*



Calvin Cole, MD
Research
*Research Assistant Professor,
University of Rochester, Dept. of
Surgery: Cancer Control Group*



Ruby L. Belton, MD
Breast Cancer Imaging Specialist



Douglas L. Belton, MD, MBA
Imaging Specialist



Linda Sardisco
Licensed Yoga Instructor



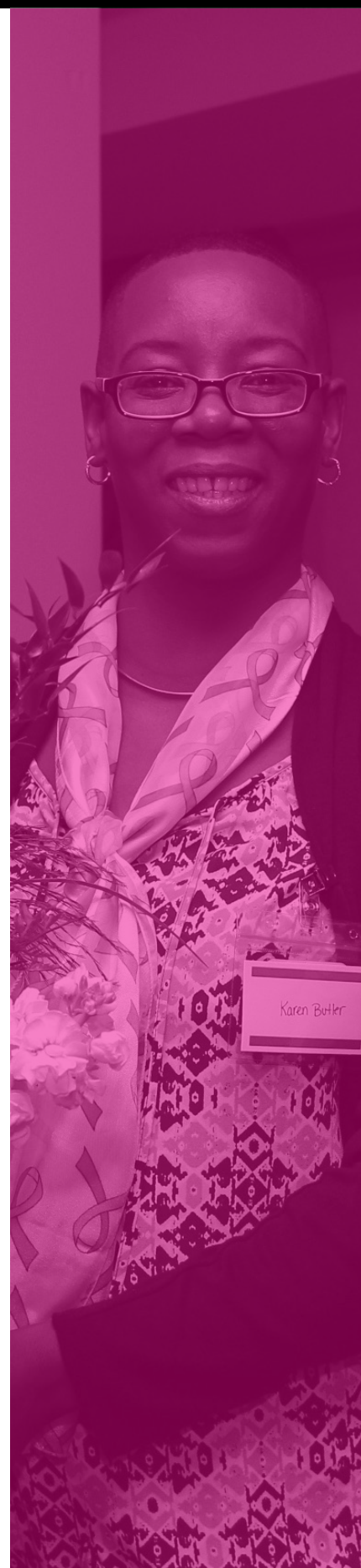
Martha Hope
President Emeritus
*Rochester Genesee Valley Club
NANBPWC Inc.*



Midge Thomas
President Emeritus
*Rochester Genesee Valley Club
NANBPWC, Inc.*



Kamal Kothari, M.D.
Breast Cancer Specialist
Borg & Ide Imaging



Sponsors



UR
MEDICINE

MEDICINE *of* THE HIGHEST ORDER

Wegmans

**Dr. Kamal Kothari
through Rochester Community Foundation**

Mr. Kenneth Stanley

Sources of Vitamin D

Vitamin D Physiology Molecular Biology
& Clinical Applications | Second Edition

Edited by Michael F. Holick | Humana Press

Nutrition And Health | Adrienne Bendich , PhD , FANC, Series Editor

Natural	Amount of Vitamin D
Cod liver oil	400-1000IU/tsp
Salmon, fresh wild caught	600-1000 IU/3.5 oz.
Salmon , farm raised	100-250 IU/3.5 oz.
Salmon, canned,	300-600 IU/3.5 oz.
Sardines , canned	300 IU/3.5 oz.
Mackerel , canned	200 IU/3.5 oz.
Tuna, canned	236 IU/3.5 oz.
Shiitake mushrooms, fresh	100 IU/3.5 oz.
Shiitake mushrooms , sun dried	1600 IU 3.5 oz.
Egg Yolk	20 IU /yolk
Sunlight/UVB radiation	Arms, legs (0.5 MED) equivalent to ingesting 3000 IU. Bathing suit 1 MED = 20,000 IU
Fortified Foods	
Fortified milk	100 IU /8 oz.
Fortified orange juice	100 IU /8 oz.
Fortified yogurts	100 IU/8 oz.
Fortified butter	56 IU/3.5 oz.
Fortified margarine	429 IU / 3 oz.
Fortified cheeses	100 IU/3 oz.
Fortified breakfast cereals	~ 100 IU/serving
Pharmaceutical Sources	
Vitamin D2 (ergocalciferol)	50,000 IU capsule
Multivitamin	400 IU
Vitamin D3 (cholecalciferol)	400,800,1000,2000,10,000,50,000

Vitamin D Facts

Health Professional Fact Sheet

National Institutes of Health
Office of Dietary Supplements

<https://ods.od.nih.gov/factsheets/VitaminD-HealthProfessional/>

Facts about Vitamin D

1. Fat soluble
2. Can be obtained from supplement or produced by your body. All supplements are inert. Body has to activate.
3. ** Vitamin D is responsible for calcium absorption in the Gi tract. **
4. Vitamin D:
 - a. Insures enough calcium and phosphorus for bone health
 - b. Cell growth “regulators”
 - c. Programmed cell growth (apoptosis) “regulator”
 - d. Immune system “regulator”
 - e. Neuromuscular “regulator”
 - f. Inflammation “regulator”
 - g. Cell proliferation “regulator”
 - h. Cell differentiation “regulator”
5. Just like Estrogen Receptor, Just like EGFR, Vitamin D has a RECEPTOR. Some of these cells can even make Vitamin D .
6. It is not a Vitamin but belongs to the Steroid Family.

Groups at Risk of Vitamin D Deficiency

1. Breast fed infants
2. Older adults
3. People with Darker skin
4. People with inflammatory bowel disease or any medical conditions leading to malabsorption.
5. OBESITY
6. People who have had gastric bypass surgery

Vitamin D Comparison

Vitamin D Council	Endocrine Society	ZRT Laboratory	
40-90 ng/ml	30-50 ng/ml	20-80 ng/ml	NORMAL MOST STANDARDS 30-60 ng/ml NORMAL SUFFICIENT VALUES
<20 Deficient	Minimal above 20 ng/ml		
<p>NOTE:</p> <p>Vitamin D Council states even 30-40 are insufficient levels</p> <p>80-100 ng/ml are only reached with Vitamin D supplementation.</p>		<p>CHRONIC CONDITIONS:</p> <p>Diabetes Autoimmune (RA) Cancer, not unusual for clinicians to aim for higher levels.</p> <p>Check with your doctor.</p>	
5000 IU/day	4000 IU/day	Recommended Daily Intake	





Breast Cancer Screening Guidelines

New American College of Radiology (ACR)
and Society of Breast Imaging (SBI)

ACR Guidelines for Screening:

- First to recognize African -American women are at high risk for breast cancer.
- Risk assessment recommended at age 30 to see if screening earlier than age 40 is needed.
- Women with average risk to begin screening at age 40.
- Factors leading to ACR /SBI has reclassified African- American women include:
 - a. African- American women are 42% more likely to die from breast cancer than non-Hispanic white women despite about the same incidence rates.
 - b. African American women have a two-fold higher risk of aggressive – “triple negative” – breast cancer.
 - c. African-American women are less likely to be diagnosed with stage 1 breast cancer, but twice as likely to die of early breast cancers.
 - d. African –American women have a higher risk of BRCA1 And BRCA2 genetic mutations
 - e. than those of Western European ancestry.

NYS Cancer Services Program for Uninsured Individuals:

Free breast cancer screening and diagnostic services for uninsured, eligible New Yorkers

- Women ages 40 and older
- Some programs serve women ages 50 and older only
- Women under age 40 at high risk for breast cancer (eligibility is determined by a New York State – licensed health care provider)
- For women with abnormal results, the program provides diagnostic testing.

Physical Activity Exercise Guidelines Second edition/health.gov

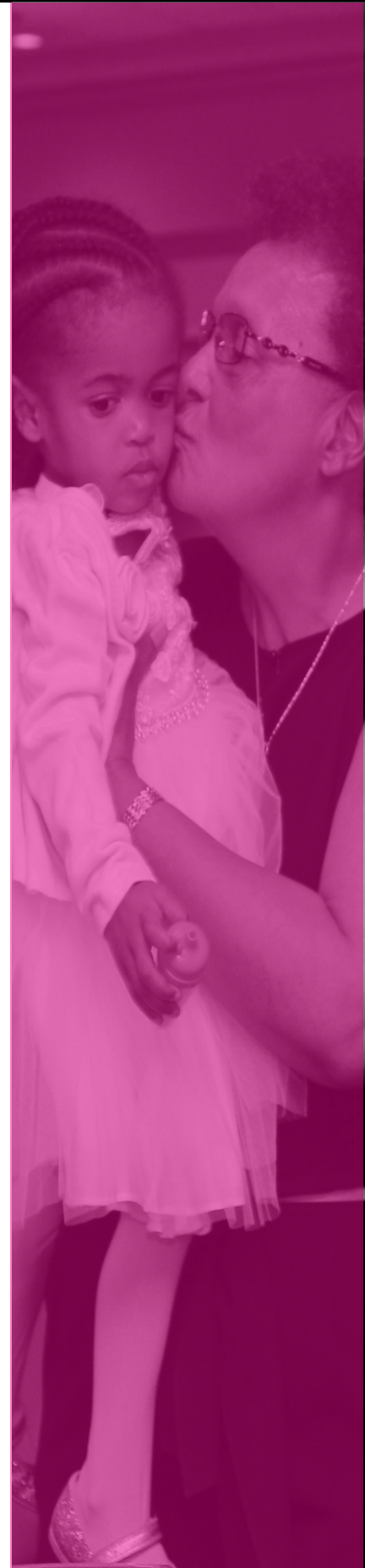
- Avoid inactivity
- A little exercise is better than none
- Be safe, know your limitations. Talk to your Doctor
- Get help in choosing type of physical activity best for you, your fitness level.
- Gradually increase your activity, work your way up slowly. For Inactive people, it is recommended you “start low and go slow” gradually increasing how often and how long you work out.
- 2 hours and ½ moderate activity a week or 75 minutes of vigorous activity with some strengthening exercises is recommended for adults.

The Key is doing something, always remembering to talk to your doctor. Exercise may not be “one size fits all”. Like treatment for breast cancer, we are all different and as we get older, working with our doctors is the best bet to determine what we can safely do.

We must do something, that is for sure.

Bibliography

1. Berger, Nathan A., and Andrew J. Dannenberg. *Obesity, Inflammation and Cancer*. Springer, 2013.
2. Brown, Kristy A., and Evan R. Simpson. *Obesity and Breast Cancer: The Role of Dysregulated Estrogen Metabolism*. Springer, 2014.
3. Holick, Michael F. *Vitamin D: Physiology, Molecular Biology, and Clinical Applications*. Humana Press - Springer Science Business Media, 2013.
4. Litwack, Gerald. *Vitamins and the Immune System*. Academic, 2011.
5. Manson, Joann E., and Shari S. Bassuk. "Vitamin and Mineral Supplements." *Jama*, 5 Feb. 2018, doi:10.1001/jama.2017.21012.
6. Michell, M.j., et al. "A Comparison of the Accuracy of Film-Screen Mammography, Full-Field Digital Mammography, and Digital Breast Tomosynthesis." *Clinical Radiology*, 2012, doi:10.1016/j.crad.2012.03.009.
7. Seyfried, Thomas N. *Cancer as a Metabolic Disease: on the Origin, Management, and Prevention of Cancer*. Wiley, 2012.
8. Brown, Kristy A., Simpson . Evan R. *Obesity and Breast Cancer Role of Dysregulated Estrogen Metabolism* . Springer 2014
9. Dannenberg, Andrew , Berger, Nathan A *Obesity , Inflammation and Cancer* Springer 2013
10. <https://ods.od.nih.gov/factsheets/VitaminD-HaelthProfessional/>
National Health Interview Survey 1997-2012
Published in final edited form as: *Gastroenterology Clin North Am*.
2016 Dec; 45(4): 571-579
Cassandra Arroyo-Johnson. PhD, MS and Krista D. Moncey,DrPH,MPH
11. Health and Nutrition Examination Survey 2011-2014
Overweight & Obesity Statistics National Cancer Institute



Your Logo

*PLEA of GRNY Logo
(pronounced "PLEA of Granny")*

What does it mean? Who created it?

The "Circle"?

Community of physicians, medical professionals, caregivers, breast cancer survivors and unaffected laypeople learning together in partnership as equals, as one, and in multidisciplinary CME accredited seminars.

Tree trunk?

One lactiferous duct (milk duct) branching and ending in hearts or ribbons signifying the terminal duct lobular unit. The TDLU is where we believe breast cancers develop.

Four eggs at the top where trunk splits?

The egg: Largest cell in the body when fertilized produces 57 trillion cells each containing its full complement of DNA.

The tree of many and different colors and shapes?

Under-served, under-represented, diverse educational levels, religions, genders, the sick, the well and different socioeconomic statuses: from all walks of life, together.

Base of the tree?

The nipple areola – complex. A site where some breast cancers develop.

Hands of many colors, with each holding a heart of many colors?

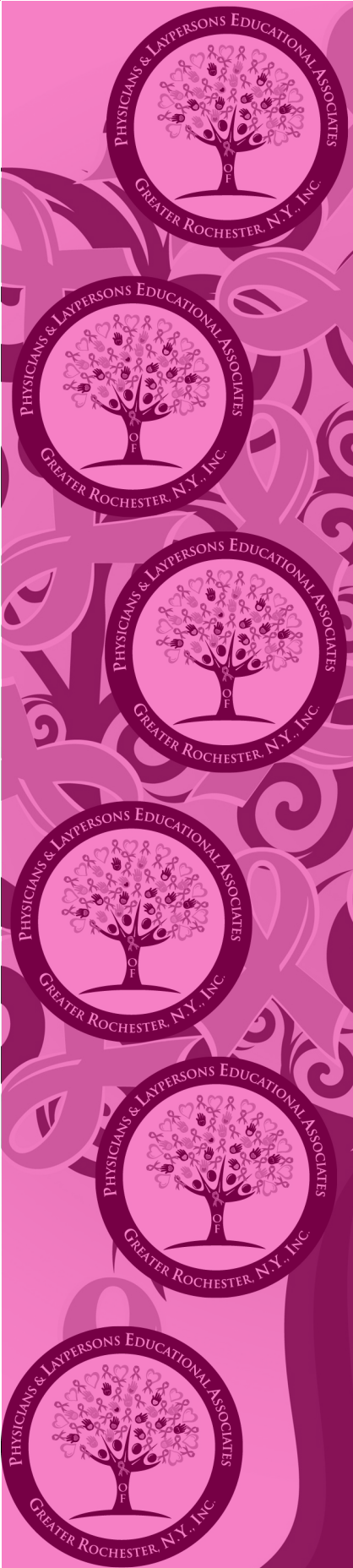
The love and care physicians, medical caregivers and the community at large have for all affected by breast cancer, all cancers and diseases; the coming together of Physicians and Medical Professionals from all Health Care systems and Private practices with our hearts in our hands with one goal.

"Teach each other, and teach our laypeople together as one in a CME accredited setting."

Welcome to the community's PLEA of GRNY where all are welcome.

Logo created by: Douglas Belton MD MBA

Interpretation of logo: Douglas Belton MD MBA & Ruby L. Belton MD



**PLEASE JOIN US
at the**



**SIXTH ANNUAL
MULTIDISCIPLINARY
CITY WIDE PLEA of GRNY
BREAST CANCER SEMINAR
LOCUST HILL COUNTRY CLUB
OCTOBER 9, 2019**

