The VCU Institute for Women’s Health
Presents:

Nutrition and lifestyle management
of cancer survivors

How to Treat a Woman: Strategies for Healthcare & Self-Care

An ongoing, year-round series of brown-bag seminars focused on women’s health — open to all

Date: Wednesday, March 20, 2013
Time: 12 p.m. to 1 p.m.
Location: Main Hospital, 1st Floor Learning Center

About the Presentation
The experience after cancer diagnosis can be difficult and frustrating for cancer survivors and their families. They are often highly motivated to seek information about diet and lifestyle to improve their treatment outcomes, quality of life, and overall survival. Individualized integrative lifestyle support may provide help for cancer survivors to improve quality of life.

By the end of this presentation, participants should be able to:
1. Provide a general overview of nutrition and lifestyle in cancer survivors;
2. Introduce updated research about healthy lifestyle in cancer survivors; and
3. Discuss several important issues and facts about nutrition, lifestyle and cancer.

About the Speaker
Dr. Yi Ning received his Doctoral of Science Degree in Nutrition from Harvard University and is an Assistant Professor in Division of Epidemiology of Department of Family Medicine and Population Health, and Associate Member of Massey Cancer Center at Virginia Commonwealth University. His research focuses on clinical epidemiology of cancer and obesity with a focus on the interface of nutritional, biochemical and genetic factors in the initiation and progression of cancer. Current research interests include quality of life of cancer survivors. His research interests are broadly classified into four areas: (1) nutritional epidemiology; (2) the links of metabolic disorders and development and survival of cancer; (3) early life precursors of obesity and diabetes; and (4) the role of nutritional factors in particular vitamins/minerals in the development and progression of chronic diseases. He is currently the Principal Investigator of the Day and Night Lifestyle and Cancer Survival Study which assesses daily dietary/lifestyle risk factors, sleep quality and biological markers in relation to quality of life of cancer survivors. Moreover, this is a pilot study to identifying risk factors for adverse effects of radiation therapy.

Fees: None — free and open to all. No pre-registration required.
For more information: Visit www.womenshealth@vcu.edu or call 804-827-2241