Donald Abrams: A Training for Health Professionals and Cancer Advocates, Part 2

Donald I. Abrams, MD, is chief of the Hematology-Oncology Division at Zuckerberg San Francisco General Hospital; an integrative oncologist at the University of California, San Francisco, Osher Center for Integrative Medicine; and professor of clinical medicine at the University of California, San Francisco. He was one of the original clinician/investigators to recognize many of the early AIDS-related conditions. He conducted numerous clinical trials investigating conventional as well as complementary therapies in patients with HIV. His interest in botanical therapies led him to pursue a two-year fellowship in the Program in Integrative Medicine at the University of Arizona that he completed in December 2004.

1. 00:50 Donald Abrams' integrative cancer care: the role of nutrition:
   a. components of dietary risk:
      i. diets low in fruits, vegetables, whole grains, nuts and seeds, milk, fiber, calcium, seafood omega-3s, polyunsaturated fatty acids
      ii. diets high in red meat, processed meat, sugar-sweetened beverages, trans fatty acids, sodium
   b. proportion of cancer deaths caused by different avoidable cancers

2. 05:30 Obesity-associated malignancies:
   a. body fat increases cancer risk

3. 07:34 Recommendation to reduce cancer risk (2007):
   a. be as lean as possible without becoming underweight
   b. be physically active for at least 30 minutes every day
   c. avoid sugary drinks
   d. fruits, vegetable, nuts and grains are a great source of antioxidants
   e. organic is best

4. 13:04 What about metformin?

5. 19:55 Nutritional prevention strategies: eat more:
   a. phytoestrogens: soy foods and flax seed (omega-3s)
   b. cruciferous vegetables
   c. garlic and onions
   d. turmeric and ginger
   e. green tea

6. 26:57 Meat and colorectal cancer

7. 27:44 Dietary sources of omega-3 fatty acids: animal (fish) and vegetarian

8. 29:09 Alcohol guidelines
   a. red wine and lung cancer
b. alcohol and breast cancer

9. **32:00** Ideal anticancer diet:
   a. organic, plant-based, antioxidant-rich, anti-inflammatory, whole foods
   b. standard recommendations from Donald Abrams, MD:
      i. increase plant-based foods
      ii. decrease animal fats
      iii. decrease refined carbohydrates
      iv. season with garlic, ginger, onions and turmeric
      v. drink green tea and red wine

10. **35:50** Dairy guidelines

11. **40:22** Michael Lerner and Donald Abrams in conversation on cancer and nutrition:
    a. The extraordinary number of cancer deaths that could be avoided by good diet are far more than people think.
    b. the impeccability of the nutrition guidelines that Abrams) references for his work
    c. fasting regimen for people with cancer
    d. the Gerson Diet
    e. thoughts on when to have cancer care locally or go to a major cancer center