

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