



Lifestyle Medicine Across the Cancer Continuum: Prevention, Treatment, and Survivorship

Thank you for joining us!

The webinar will begin shortly.

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August 18, 2026 | 12:00 PM ET

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American Cancer Society
National Breast Cancer Roundtable

Lifestyle Medicine Across the Cancer Continuum: **Prevention, Treatment, and Survivorship**

Webinar

August 18, 2026 | 12:00 PM ET

Housekeeping



This webinar will be recorded and will be archived on the ACS NBCRT website.



You will be muted with your video turned off when you join the webinar.



This webinar takes place on the Zoom platform. To review Zoom's privacy policy, please visit <https://www.zoom.com/en/trust/terms/>.



Questions? Type them in the Question-and-Answer box at the bottom of your screen.

Ground Rules

- 1 Nonpartisan Commitment & Discussion Guidelines**

ACS/ACS CAN is a nonprofit, nonpartisan organization. We believe everyone should have a fair and just opportunity to prevent, detect, treat, and survive cancer. We therefore ask that you avoid partisan topics and opinions today.
- 2 ACS National Roundtable Rules for Engagement**

Rules for engagement clarify the expectations for participation by members and representatives of the ACS NBCRT. Members are expected to respect and comply with these Rules and all other applicable ACS policies.

You can reference the Rules for Engagement anytime on our [website](#).
- 3 Confidentiality**

This webinar is being recorded. Please be mindful of our conversation and respectful of others' privacy. Do not identify or discuss specific patients by name.



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Agenda

- 1 Welcome and Housekeeping**
Melissa Thomas, PhD, MSPH, MSA, MCHES, C.CHW, FAACE
Strategic Director, American Cancer Society National Breast Cancer Roundtable (ACS NBCRT)
- 2 Lifestyle Medicine, the Six Pillars, and Relevance Across the Cancer Continuum**
Amber Orman, MD, DipABLM, FACLM,
Chief Wellness Officer at AdventHealth
- 3 ACS Evidence/Guidance and Implications for Cancer Prevention and Survivorship**
Laura Makaroff, DO, DipABLM
Senior Vice President, Cancer Prevention American Cancer Society
- 4 Q&A**
Moderated by Naomi Y/ Ko, MD, MPH Mary Beth and Chris Gordon Fellow, Harvard Radcliffe Institute 2025-2026; Section Chief of Medical Breast Oncology, NYU Langone Health and
Jason P. Wilson, MD, MBA, CPE, FACS, Medical Director, Sentara Enterprise Oncology Service Line; Clinical Chief, Sentara Surgery Specialists, Sentara Medical Group
- 5 Closing Remarks**
Dr. Melissa Thomas

Thank YOU!

ACS NBCRT Lifestyle Medicine Advisory Group Members:

- Anne Gaglioti, MD
- Ashley Dedmon, MPH, MCHES®, CHW, LSS, DrPH(s)
- Erin Steigleder, MSW
- Jason Wilson, MD, MBA, CPE, FACS
- Naomi Ko, MD, MPH, DipABLM

ACS NBCRT Early Action Priority Team Co-Chairs:

- Amanda Woodworth, MD, FACS, FSSO, CPE
- Aditi Hazra, PhD, MPH

Today's Speakers



Naomi Ko, MD, MPH

NYU Langone
Section Chief of Breast Medical
Oncology

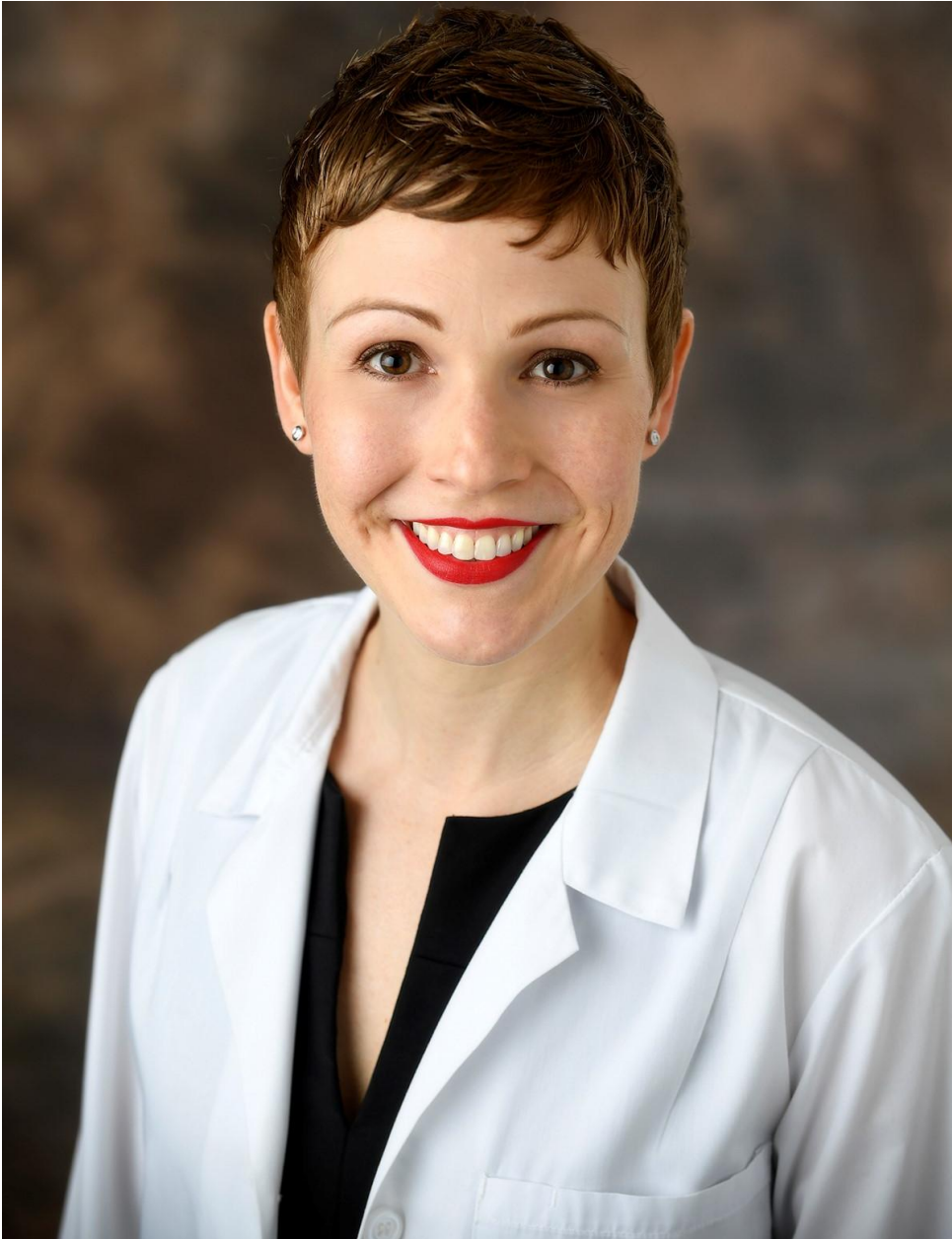
ACS NBCRT Steering
Committee, Co-Chair Clinical
Trials Priority Team



**Jason P. Wilson, MD,
MBA, CPE, FACS**

Medical Director, Sentara
Enterprise Oncology
Service Line

Clinical Chief, Sentara
Surgery Specialists,
Sentara Medical Group



Today's Speaker



Lifestyle Medicine, the Six Pillars, and Relevance Across the Cancer Continuum

Amber Orman, MD, DipABLM, FACLM

Chief Wellness Officer | AdventHealth |
Florida Division; Chief Wellness Officer |
AdventHealth Medical Group ; Radiation
Oncology Specialists, Breast Section ; Co-
Founder of HEAL Cancer | Board Certified
Lifestyle Medicine Specialist

Disclosures

I, Amber Orman, have nothing to disclose.

Lifestyle Medicine Across the Cancer Continuum

A specialty that supports prevention, treatment tolerance, survivorship, and cardiometabolic health



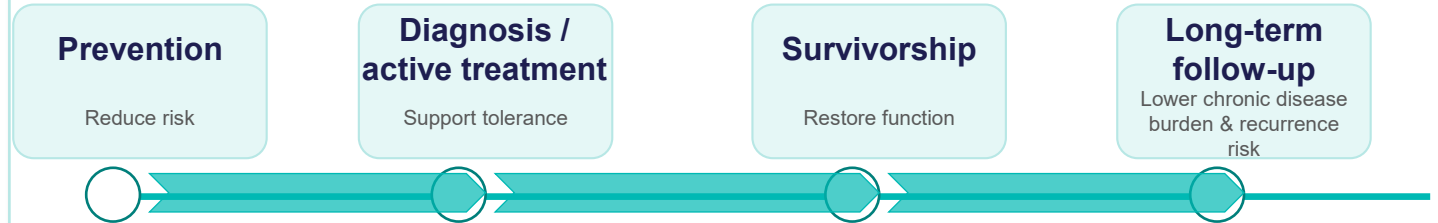
Evidence-based care that uses behavior change and multidisciplinary support to improve health outcomes.

Six pillars

- Nutrition
- Physical activity
- Sleep
- Stress management
- Social connection
- Avoid risky substances

Best used as longitudinal supportive care, not a one-time counseling message.

Where it applies



The same specialty can be relevant from risk reduction through survivorship follow-up.

Why it matters in cancer survivorship

Many survivors live with obesity, hypertension, diabetes, dyslipidemia, reduced cardiorespiratory fitness, fatigue, and other chronic effects of treatment. Lifestyle medicine helps address these shared cancer and cardiometabolic risks.

Integrates oncology, primary care, cardiometabolic prevention, rehabilitation, nutrition, exercise, sleep, and behavioral health.

Thank you



Implications for Cancer Prevention and Survivorship



Laura Makaroff, DO, DipABLM
SVP, Prevention and Survivorship

Agenda

1 **American Cancer Society Nutrition and Physical Activity Guidelines**

Where the recommendations come from, and how prevention and survivorship guidance relate.

2 **Lifestyle Medicine and Prevention**

Weight, diet, and physical activity — what the research shows and what changed in 2020.

3 **Survivorship: Nutrition & Activity**

How guidance shifts during and after treatment, across the care continuum.

4 **Practical Considerations**

How to communicate and apply evidence-based recommendations

Lifetime probability of developing cancer for females, US, 2019–2022

Site	Risk
All sites	1 in 3 (38.7%)
Breast	1 in 8 (13.0%)
Lung & bronchus	1 in 19 (5.4%)
Colon & rectum	1 in 26 (3.8%)
Uterine corpus	1 in 32 (3.1%)
Melanoma of the skin	1 in 39 (2.6%)

All data excludes 2020. Excludes basal cell and squamous cell skin cancers and in situ cancer except for urinary bladder. Probability for melanoma of the skin is for non-Hispanic White individuals only.

Data source: DevCan 6.9.2, National Cancer Institute, 2025.

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Trends in five-year relative survival (%), US, 1975–2021

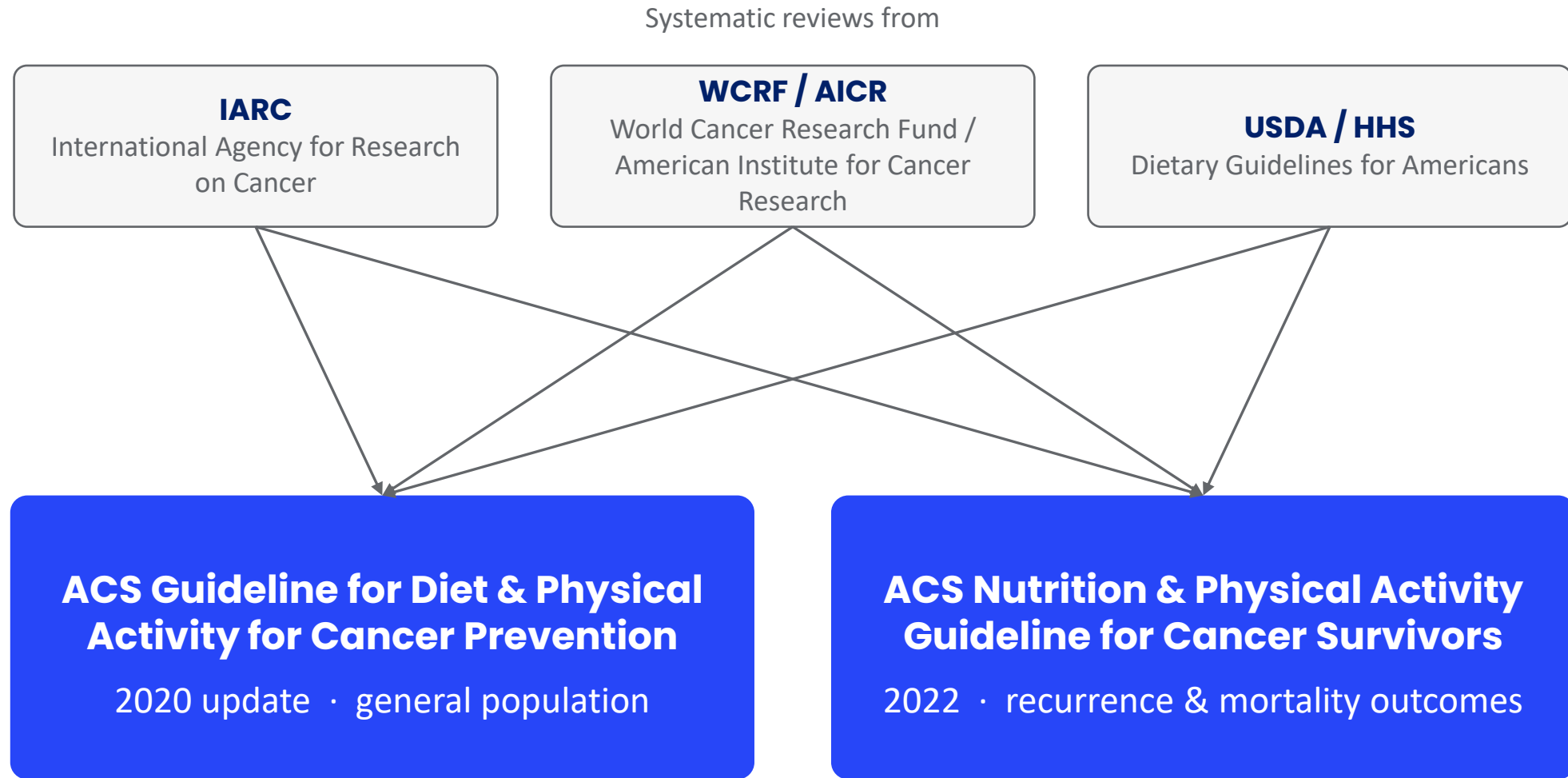
Site	1975-77	1995-97	2015-2021
All sites	49	63	70
Breast (female)	75	87	92
Colon & rectum	50	61	65
Leukemia	34	48	68
Liver & intrahepatic bile duct	3	7	22
Lung & bronchus	12	15	28
Melanoma of the skin	82	91	95
Non-Hodgkin lymphoma	47	56	74
Ovary	36	43	52
Pancreas	3	4	13
Prostate	68	97	98
Uterine cervix	69	73	68
Uterine corpus	87	84	81

Survival is age adjusted for normal life expectancy and are based on cases diagnosed in the Surveillance, Epidemiology, and End Results (SEER) 9 areas for 1975-1977 and 1995-1997 and in the SEER 21 areas for 2015-2021; cases followed through 2022.

Data source: Surveillance, Epidemiology, and End Results program, National Cancer Institute, 2025.

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Where the Guidelines Come From



What Changed in the 2020 Update for Cancer Prevention

Previous Guideline

- 150 min/week moderate-intensity or 75 min/week vigorous-intensity activity
- General guidance toward a plant-based eating pattern
- Alcohol and processed foods mentioned, but with less emphasis

Updated Guideline (2020)

- 150–300 min/week moderate or 75–150 min/week vigorous — exceeding 300 is ideal
- Stronger emphasis on limiting processed & red meat, sugar-sweetened beverages, and processed foods
- Increased emphasis on reducing alcohol consumption

Nutrition and Physical Activity for Cancer Prevention

1 Achieve and maintain a healthy weight throughout life.
Keep weight within the healthy range and avoid weight gain in adult life.

2 Be physically active.
Adults: Get 150-300 minutes of moderate intensity or 75-150 minutes of vigorous intensity activity each week (or a combination of these). Getting to or exceeding the upper limit of 300 minutes is ideal.
Children and teens: Get at least 1 hour of moderate or vigorous intensity activity each day.
Limit sedentary behavior such as sitting, lying down, watching TV, and other forms of screen-based entertainment.

3 Follow a healthy eating pattern at all ages.
A healthy eating pattern **includes**:

- Foods that are high in nutrients in amounts that help you get to and stay at a healthy body weight
- A variety of vegetables – dark green, red and orange, fiber-rich legumes (beans and peas), and others
- Fruits, especially whole fruits in a variety of colors
- Whole grains

A healthy eating pattern **limits or does not include**:

- Red and processed meats
- Sugar-sweetened beverages
- Highly processed foods and refined grain products

4 It is best not to drink alcohol.
People who do choose to drink alcohol should have no more than 1 drink per day for women or 2 drinks per day for men.





Nutrition and Physical Activity for Cancer Survivors

During Treatment

Preserve strength and muscle through adequate calories and protein. Nutrition and physical activity screening and counseling should begin as early as possible after diagnosis, with referral to an RDN when risk is identified.

After Treatment

Return toward the same healthy-eating pattern as the prevention guideline. Work toward 150–300 min/week of activity, plus muscle-strengthening activity 2 or more days a week — adjusted to ability and recovery.

Resources



A web-based app that assesses comprehensive cancer risk and offers personalized recommendations to empower individuals to reduce their cancer risk and improve overall health.

Assessment Makeup

Dynamic set of questions & content to identify areas of risk

The Basics

- Age
- Sex
- Race & ethnicity
- ZIP code

Health History

- Genetic mutations
- Hereditary cancer syndromes
- Family history of cancer
- Personal medical history

Daily Life

- Tobacco use
- Alcohol consumption
- Diet
- UV exposure
- Sleep
- Physical activity
- Environment

Screening History

- Breast Cancer Screening
- Cervical Cancer Screening
- Colorectal Cancer Screening
- Lung Cancer Screening
- Prostate Cancer Screening

Personalized Action Plan, Information & Resources, Personalized Questions to Ask Your Doctor

ACS CancerRisk360 is offered in English and Spanish (as of 10/2026)



Your Personalized Recommendations

You did it! You've taken an important first step toward improving your health and reducing your risk of cancer.

Based on what you've shared with us, here are your personalized recommendations for actions you can take right now to improve your health and lower your cancer risk. We've also included helpful information and resources to support you on your journey. Remember, you have the power to make a difference for your health, and we're here to cheer you on!

These recommendations are based on answers provided during the assessment using an automated decision-making matrix. It does not constitute medical or legal advice, is not meant to be comprehensive, and is not intended for use in the diagnosis or treatment of individual conditions. It should not be relied upon as a substitute for professional consultation with a qualified doctor familiar with your individual medical needs. Please talk to a doctor about which tests you might need and the right screening schedule for you. It's also a good idea to discuss risk factors, such as family history, that may put you at risk.

This assessment was taken on 11/06/2024

Circumstances changes since then? If so, we recommend you retake the assessment

ROADMAP

These action items are organized by highest impact for improving your health and reducing your cancer risk.

- Schedule your next mammogram and get screened.
- Eat a healthy diet, be active, and talk to your doctor about other weight control strategies.
- Good job in being active - try to add even more activity to get to 150 minutes of moderate activity (or 75 minutes of vigorous) per week.
- Add more whole grains to your diet.
- Cut down on highly processed foods in your diet
- Keep on your regular cervical cancer screening path.
- Keep on your regular colorectal cancer screening path.



Your Personalized Recommendations

 Send  Print  Download

<https://www.cancer.org/cancer/risk-prevention/cancer-risk-360.html>



Cancer.org



**Most trusted source for cancer
information next to a patient's physician**

50+ million annual users



Comprehensive information
across the continuum



1000's of downloadable
patient education pieces



Content is curated and
maintained by oncology
physicians and certified
nurses



Directs patients to their
health care team



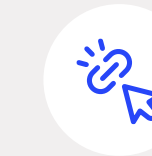
Includes videos, quizzes, 3-D
animations and illustrations



Provides tools and resources
for medical professionals



Information in English and
13 other languages



Links patients to our access
to care programs (i.e.,
lodging and transportation)

Thank You



Q&A



Closing Remarks



Resources



American College of Lifestyle Medicine (ACLM) — evidence-based education, clinical tools, and resources related to the six pillars of lifestyle medicine. <https://lifestylemedicine.org/>

ACLM Lifestyle Medicine for Cancer Risk Reduction and Survivorship Toolkit — provider- and patient-focused resources supporting cancer risk reduction and survivorship.

https://portal.lifestylemedicine.org/Portal/ACLM/Store/Item_Detail.aspx?iProductCode=LMCANTOOL

American Journal of Lifestyle Medicine — peer-reviewed research and emerging evidence in lifestyle medicine.

<https://journals.sagepub.com/home/ajl>

American Cancer Society — Nutrition and Physical Activity During and After Cancer Treatment — evidence-based guidance related to nutrition, physical activity, body weight, alcohol, cancer care, and survivorship.

<https://www.cancer.org/cancer/supportive-care/nutrition-activity-with-cancer.html>

American Cancer Society — Diet and Physical Activity Guideline for Cancer Prevention — evidence-based recommendations related to diet, physical activity, weight, and cancer risk reduction.

<https://www.cancer.org/health-care-professionals/american-cancer-society-prevention-early-detection-guidelines/nupa-for-prevention-guidelines.html>

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A Provider's Guide to Breast Density and Optimal Screening



Sept 30th, 2026
World Dense Breast Day

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Thank You



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SCAN TO TAKE
ASSESSMENT



**Knowing your
cancer risk can
help you prevent it.**



**Cancer
Risk360**

Check your risk.

Get personalized insights on your cancer risk.

Know your risk.

Talk to a doctor and get the whole picture.

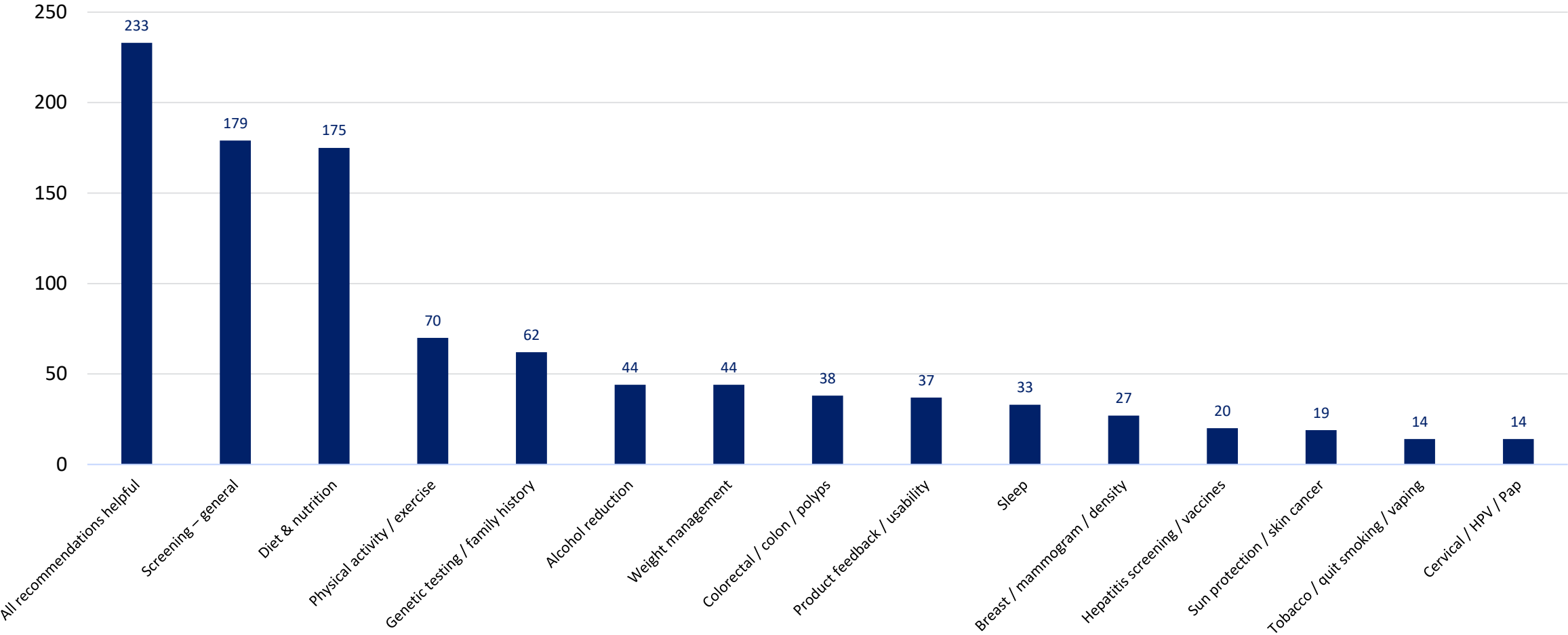
Reduce your risk.

Take action by making meaningful changes.

Learn more at
cancer.org/cancerrisk

ACS CancerRisk360 Feedback Modal

Which assessment recommendation did you find most helpful?



ACS CancerRisk360 Feedback Modal data between April 2nd, 2025 (when the question was implemented) and December 31, 2025. n = 988 responses.

ACS CancerRisk360™ At a Glance

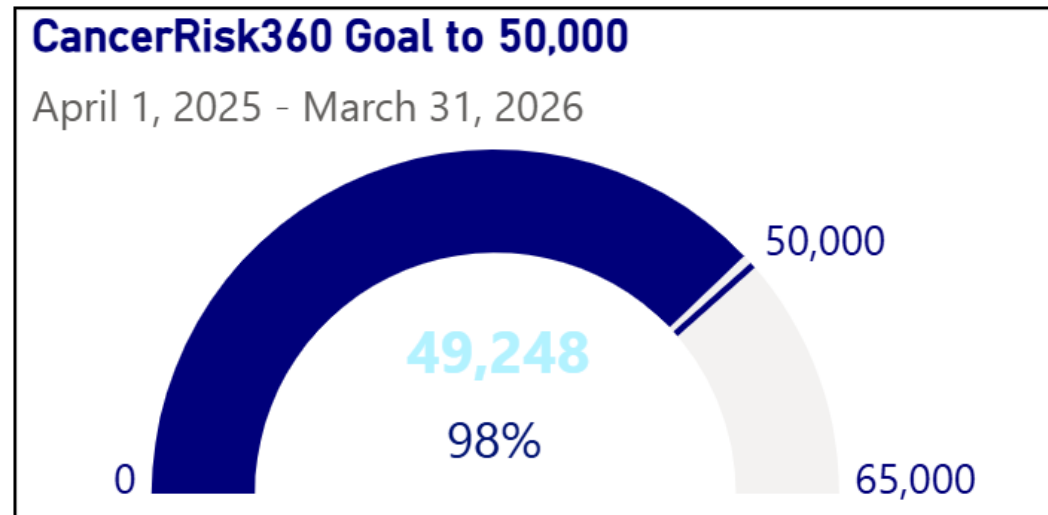
2025 (Jan – Dec) Totals



71,194 Assessments completed

79% Average completion rate

4.24 Average rating (out of 5)



Progress toward KPI goal as of 12/31/2025