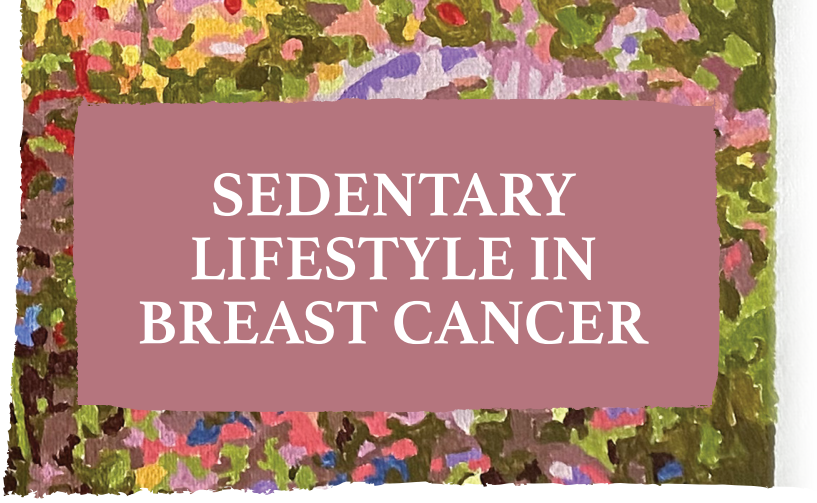
Healing Cancer at the Root
HYPERION
Functional Medicine



# SEDENTARY LIFESTYLE IN BREAST CANCER

Many studies have shown that physical activity can reduce the risk of breast cancer, while obesity and sedentary behavior are factors that increase risk. According to the American Cancer Society, being overweight after menopause is linked to an increased risk of hormone receptor-positive breast cancer, The risk of triple-negative breast cancer is increased in patients who are overweight before menopause[1].

**Obesity can contribute to breast cancer development through several important pathways:**

- Through Inflammation: Immune cells move to areas of the body with lots of fat cells and increase and inflammatory response in the body. Inflammation drives cancer growth.
- Growth hormones: Excess body fat can cause growth hormone levels to rise, cells can then be signaled to divide more often and increase the chance of cancer cell development.
- Other Molecular Mechanisms: Fatty tissue of obesity can increase inflammation, control antitumor immunity and promote tumor growth, increase tumor blood cell formation, and contribute to cancer metastasis.
- Fatty Tissues and Estrogen production: Obesity has been known to increase estrogen levels, which could promote the growth of hormone-receptor-positive breast tumors. Higher levels of estrogen in the blood after menopause are linked to an increased risk of breast cancer. Obesity and/or elevated body mass index (BMI) at breast cancer diagnosis is known to have a negative impact on prognosis for both premenopausal and postmenopausal women[2].

Medical research is gradually uncovering the intricate connection between consistent lack of physical activity and the development of breast cancer. These risk factors cannot be changed: age, family history, and the duration of breast-feeding which all can affect breast cancer development. But lifestyles can be changed.

If you have breast cancer, increased activity and weight loss will increase your chances of beating your disease. Hyperion Functional Medicine uses specific studies to identify and remove toxic types of estrogens, normalize growth hormones, diagnose and treat hyperinsulinemia, elevated blood sugars, and increased inflammation.

Your treatment plan with standard of care oncology can be optimized when using a plan like ours to tackle the risks associated with obesity and a sedentary lifestyle.


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**Hyperion Functional Medicine orders detailed lab testing for all cancer patients to identify and treat insulin resistance, hyperinsulinemia, resulting metabolic syndrome, and inflammation.**

*A patient centered exercise and nutrition plan targeting weight loss, if needed, is a part of all Hyperion Functional Medicine cancer treatment protocols.*

*In hormone driven cancers, a detailed study on estrogen toxicity is offered to our patients.*

CANCER ROOTS
Collaborating for a Cure

*In partnership with* healingstrong

1 - https://health.gov/sites/default/files/2019-09/PAG_Advisory_Committee_Report.pdf
2 - Cleary MP, Grossmann ME. Minireview: Obesity and breast cancer: the estrogen connection. Endocrinology. 2009 Jun;150(6):2537-42. doi: 10.1210/en.2009-0070. Epub 2009 Apr 16. PMID: 19372199; PMCID: PMC2689796.