



## **LIFESTYLE & CANCER SYMPOSIUM – November 19, 2021**

**Organized by Inspire2Live and HealthCoachProgram**

**Lifestyle factors by example: Diet, exercise, alcohol, sleeping habits and its influence in cancer.**

**Impact of lifestyle choices in self-defense and self-repair mechanisms involved in cancer.**

Over the next decades, the global incidence of cancer is projected to increase significantly. This phenomenon is largely driven by an increase in lifestyle-related cancers due to global economic and demographic transitions. As causes of cancer and key targets for primary prevention, lifestyle factors such as smoking, alcohol intake, obesity, diet, and physical inactivity, as well as reproductive and hormonal factors, are considered.

The position of the World Health Organization (WHO) is very clear: we should prevent! If we do this, the occurrence of cancer could be lowered. Prevention goes hand in hand with addressing these lifestyle factors, but what the lifestyle factors are and why they are important is not always well known. The access to proper information of the population is vital, necessary, and urgent.

There often is a large discrepancy between what health practitioners know and what science says. How are individuals meant to do things right if the specialists themselves are often unaware and guilty of disease promoting habits? There have been many studies with high scientific value, but there is still a long way to go in terms of application. Patients are frequently given inaccurate information. This needs to change.

This means we have a specific interest in using lifestyle in two ways. Firstly, as a tool to reduce the risk of cancer in a preventive sense before the clinical world needs to be involved. Secondly, we realize that these same tools can also be of great help additional to the clinical work in the direct battle with cancer.

Inspire2Live is about bringing together patients, researchers, and clinicians, to work together internationally. Prevention begins with education and access to accurate scientific information. Therefore, Inspire2Live with the cooperation of Health Coach Program, is organizing a Lifestyle and Cancer Symposium on the 19<sup>th</sup> of November, in Amsterdam.

Topics like alcohol consumption, physical activity, sleeping habits and nutrition will be discussed by experts in their fields around the issue of cancer prevention. Access to the symposium is free, with the possibility of joining us at the venue or online. Registration and more information are available in the following link.

<https://inspire2live.org/our-congresses/upcoming-congresses/lifestyle-cancer-symposium/>

## PROGRAM

|       |   |   |
|-------|---|---|
| 8:30  | Registration  |   |
| 09:15 | Welcome and Introduction  | <p>María Chacón (<b>I2L&amp; Rational Health</b>)</p> <p>Anja van Balen (<b>Sector Banker Healthcare, ABN AMRO</b>)</p> |
| 09:30 | Towards an overview of biological causes of lifestyle cancer protection                     | Luuk Simons ( <b>Health Coach Program &amp; Delft University of Technology</b> )  |
| 10:00 | Alcohol and Cancer Risk   | <p>Carlo La Vecchia</p> <p>Eva Negri (<b>Università degli Studi di Milano</b>)</p>                                      |
| 10:30 | Cancer and sleep: connections and disturbances.   | Dr. Claire Donjacour ( <b>SEIN, Zwolle</b> )  |
| 11:00 | Coffee break  |   |
| 11:20 | Preclinical research and clinical trials done at USC and Italy regarding Fasting and Cancer | Sebastian Brandhorst  |
| 11:50 | Nutrition and Cancer: Facts and Fiction   | Ellen Kampman ( <b>Wageningen University</b> )  |
| 12:20 | Lunch   |   |
| 13:30 | Physical activity and exercise evidence regarding first and tertiary cancer prevention      | Anne May ( <b>UMC Utrecht</b> )   |
| 14:00 | “The potential of nutritional interventions to improve anti-cancer treatments”.             | Jan Hoeijmakers ( <b>Erasmus MC</b> )   |
| 14:30 | Panel Discussion  |   |
| 15:40 | Pause   |   |
| 16:00 | Plant based Nutrition and Cancer  | Dr. Michel Klaper ( <b>Moving Medicine Forward</b> )  |
| 16:30 | Diabetes and Cancer. What is the link?  | Prof. Hanno Pijl ( <b>LUMC</b> )  |
| 17:00 | Conclusions and closure   | Luuk Simons ( <b>HCP</b> )  |