



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.

Remarkably, it has been confirmed that nonsmoking, decreasing alcohol intake, weight control, physical activity, a healthy diet, could prevent half of all cancers in industrially developed and affluent countries. The same factors during cancer treatment have also been shown to improve prognoses and periods of remission. 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.

One of the purposes with this symposium is to strengthen the bond between researchers and practitioners. There is much research with great scientific validity, but there is still a long way to go to implementation. The correct information often does not reach patients. This should change.

What can we do for patients today? What needs to be best practice in 2030?

You will find our program below.

Registration is free. [Click here..](#)

PROGRAM

8:30	Registration	
09:00	Welcome Introduction: Towards an overview of biological causes of lifestyle cancer protection	María Chacón (I2L& RationalHealth) Luuk Simons (Health Coach Program & Delft University of Technology)
09:40	“The potential of nutritional interventions to improve anti-cancer treatments”.	Jan Hoeijmakers (Erasmus MC)
10:10	Pause	
10:40	Alcohol and Cancer Risk	Carlo La Vecchia (Università degli Studi di Milano)
11:10	Cancer and sleeping hygiene: connections and disturbances.	Dr. Claire Donjacour
11:40	Preclinical research and clinical trials done at USC and Italy regarding Fasting and Cancer	Sebastian Brandhorst (USC)
12:10	Nutrition and Cancer: Facts and Fiction	Ellen Kampman (Wageningen University)
12:40	Lunch	
13:30	Physical activity and exercise evidence regarding first and tertiary cancer prevention	Anne May (UMC Utrecht)
14:00	WCRF/AICR Cancer and Nutrition Guidelines: Updated, but are they Upgraded?	Donald Abrams (UCSF)
14:30	Workshops Best practices: How can cancer patients benefit from a healthier lifestyle? Cancer and lifestyle: how to form a coalition of the willing? Promising biology for lifestyle and cancer	
15:40	Pause	
16:00	Plant based Nutrition and Cancer	Dr. Michel Klaper (Moving medicine forward)
16:30	Diabetes and Cancer. What is the link?	Prof. Hanno Pijl (LUMC)
17:00	Conclusions and closure	Luuk Simons (HCP) Peter Kapitein (I2L)