

ESMO SYMPOSIUM ON CANCER AND NUTRITION

**Tomatoes, fish, and sour cheese:  
Nutrition, a constant companion  
from preventing to treating to  
alleviating cancer**

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Is nutrition really important?

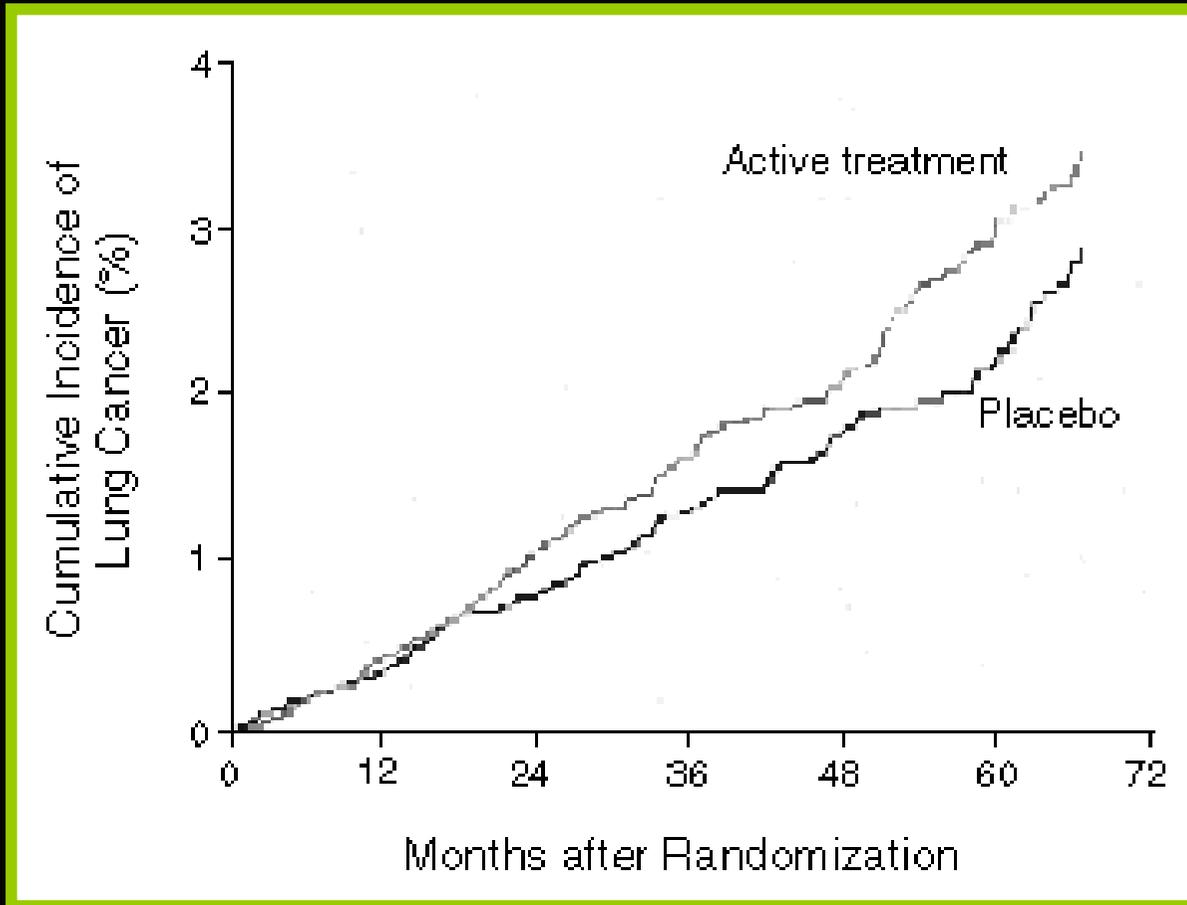
YES

3 illustrative examples

#1

Do vitamins and nutrients have  
any substantial effects?

YES.



**Omenn GS, et al. NEJM 334:1150-5, 1996**

#2

Does dietary modification  
really reduce cancer risk?

YES.

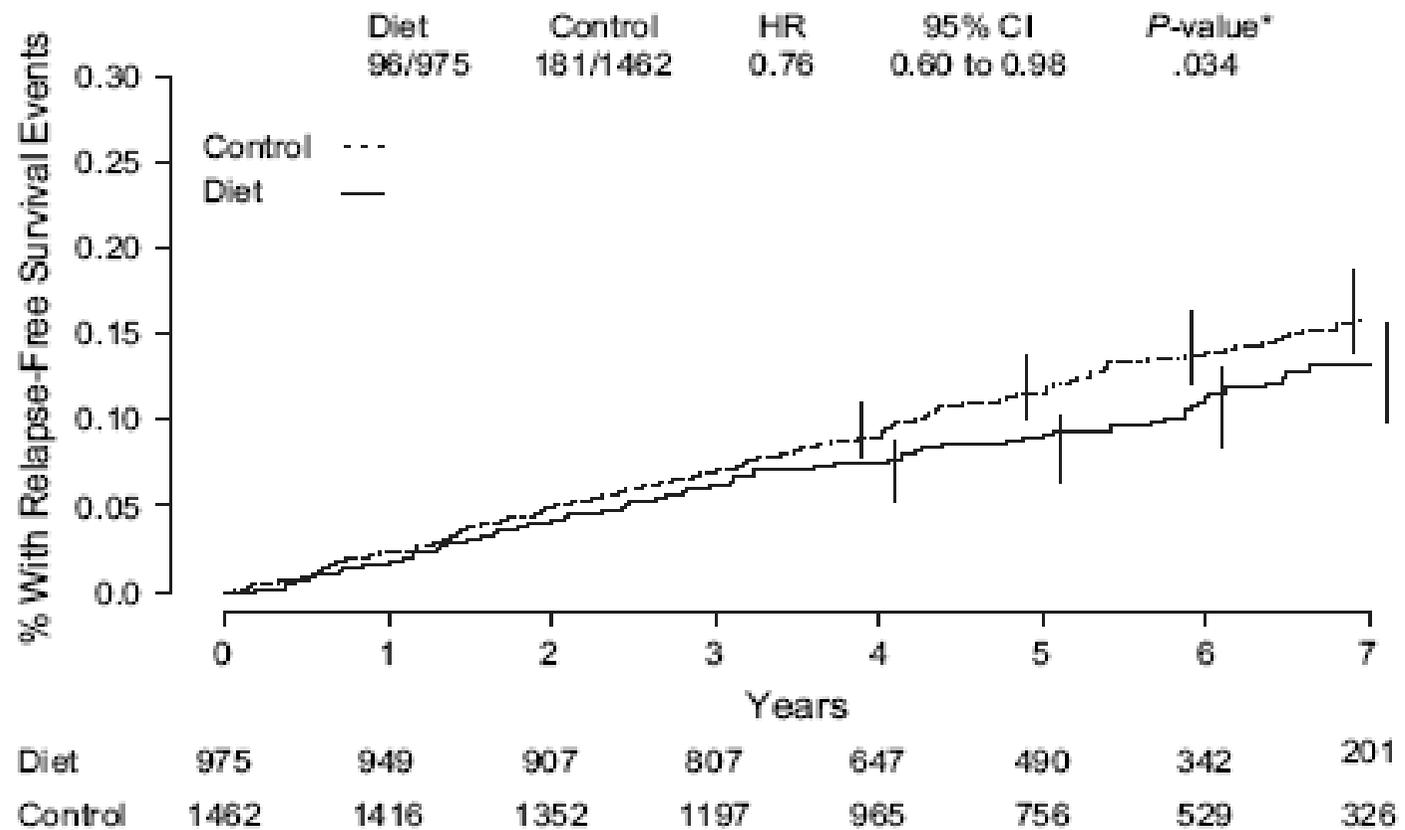
BREAST CANCER  
SURVIVOR

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graph LR; A[BREAST CANCER SURVIVOR] --> B[LOW FAT 20% reduction in fat]; A --> C[REGULAR]
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LOW FAT  
20% reduction in fat

REGULAR

The WINS Study.



Chlebowski RT, et al. JNCI, 2006

**Was it really the low fat diet? Or...**

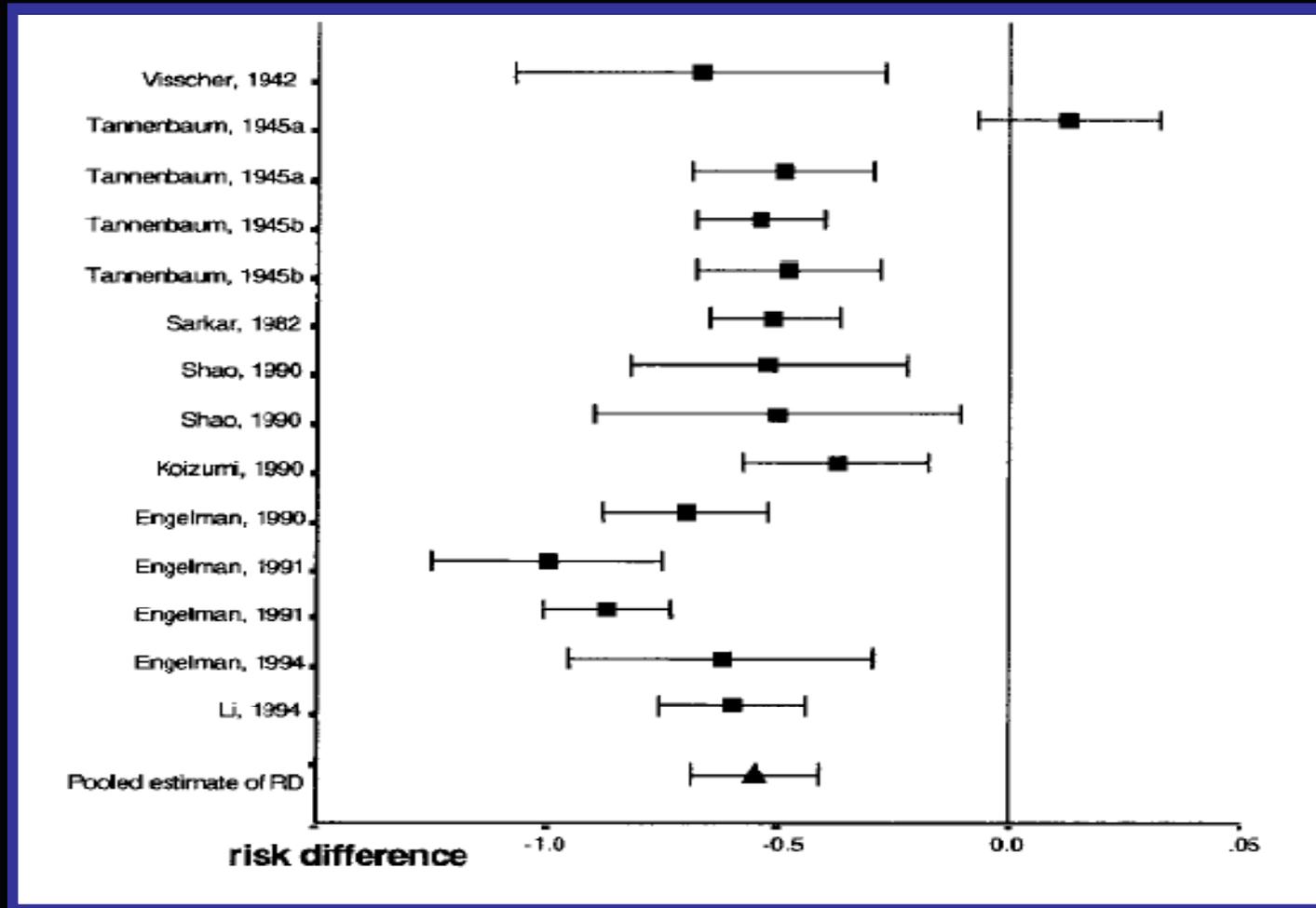
- **Chance?**
- **The weight loss?**
- **Other nutrients?**
- **Other healthy habits?**

#3

Are there any data to show  
that nutrition can prevent  
cancer?

YES.

# CALORIC RESTRICTION DECREASES CANCER INCIDENCE



Dirx et al. Int J Cancer, 2003

# CONCLUSION:

Nutrition truly does have an  
impact on cancer.

More to come....