

# Lifestyle and Cancer

## The facts



New revised second edition

# Foreword by Paula Radcliffe

World champion marathon runner

My mum, although exceptional in many ways, is, I'm sure, similar to thousands of people who have had the trauma of cancer thrust upon them. As well as wanting to make sure she had the best possible medical care and fully understand her treatment options, she had a strong desire to know the best ways to help herself. Day to day questions which seem straight forward before cancer now had an added complexity especially after the



side effects of surgery, radiotherapy, chemotherapy and herceptin started creeping in. For example; What to eat, what not to eat, should I exercise less or more, if so how and where to exercise, would a supplement help, are they safe?

The problem is where to look for these answers? Medicine is similar to sport science in this regard, despite the great benefits of the *information age*; it is still difficult to sort the wheat from the chaff, to know which advice is based on myth and hearsay and which is based on fact and proof. Just as there are hundreds of books explaining how to run faster for longer, there are countless books telling you how to you how to live better for longer. On top of this there are literally thousands of websites, usually trying to sell you something, which claim to have the answer to fighting cancer, ranging from coffee enemas to magnets.

As a cancer expert who has worked closely with patients for many years, Professor Thomas is very aware of the concerns which many patients have, not only with conventional treatments, but with dietary, exercise and lifestyle issues after cancer. I know, from my mum's contact with him during her treatment, that he is sensitive to fact that patients like her need to feel in control and have a strong positive desire to help themselves. As a scientist and a doctor, he has an

exceptional knowledge of the important topics around lifestyle and cancer, not only from his own research, but from regular scrutiny of the world literature. This book, therefore, provides just what people need to empower themselves - a reliable tool based only on best available evidence, containing relevant practical guidance sensitive to the psychological, cultural and physical needs of people after cancer.

We, as a family, have already striven to win, most obviously in sport and careers, but now with this recent turn of events in fighting cancer. To do this, as well as determination, effort and dedication, we needed, and continue to need, accurate advice and help. Certainly for my mum, this book has been fundamental in providing this well needed support and arming her with the tools to win her own personal marathon. I know she cannot thank Professor Thomas enough for his dedication, professional expertise and commitment.

**Paula Radcliffe**

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This book will have a wide appeal but will be of particular interest to:

- Those who want to live a healthy lifestyle to avoid cancer
- Those who want to empower themselves after a diagnosis of cancer
- Those who want to reduce their risk of their cancer relapsing after treatment
- Those who want to improve their overall chance of long term cure
- Men who want to slow the growth of their indolent prostate cancer
- Families and friends of those affected by cancer
- Professionals interested in the evidence for lifestyle and cancer

