**Lecture Topics Offered Rocky Mountain Cancer Centers**

Contact the social worker at your cancer center for scheduled events

and on an individual basis/contract

**FCWF**

Learn about where and how cancer cells go wrong and what lifestyle factors can create an environment that reduces your risk. We’ll break it down into simple, specific changes that can help you avoid being overwhelmed.

**Fighting Fatigue With a Fork, a Glass and Exercise**

Fatigue affects >70% of cancer patients during active treatment, with some continuing to struggle for several years after it is finished. We’ll review why this happens, and how simple changes in routines around sleep, hydration, exercise, and supplements can help. Learn strategies to keep blood sugars stable through the day and improve your energy levels.

**FCWF: Weight loss and Exercise**

The two most significant ways to reduce your risk of cancer or recurrence, but easier said than done. We’ll review the research around fasting, metabolism, meal replacements, and the interventions with the most success. Learn how to make easy changes in what you eat and how you move.

**Cancer Diets: Fads and Facts**

Friends and family members can offer conflicting advice about diet and lifestyle changes, adding to your stress. We’ll review the research around popular cancer diets, evaluating whether their recommendations are overstated or valid, and limiting your stress by helping you maximize the return you get on any changes you decide to make!

**Repairing and Caring for the GI Tract**

Learn how the GI tract normally works, and strategies to deal with the side effects of treatment: taste changes, nausea, mouth sores, reflux, dehydration, constipation and diarrhea.

**Immune Function in Colds, COVID, and Cancer**

Discover the role of your immune function in illness and cancer, and the diet and lifestyle changes that may help limit infections and boost immune function.

**Managing Side Effects of Hormone Changes from Cancer Therapies**

Learn strategies to deal with the effects of a rapid onset of menopause (male or female), managing the impact on sleep, hot flashes, bone health and weight control.

**Integrative Cancer and Nutrition**

Friends and family members can offer conflicting recommendations around changes in diet, lifestyle and supplements. We’ll review research around some of the most common recommendations, and strategies for evaluating the benefits they may offer you, reducing your stress by helping you maximize the return you get for any changes you decide to make!

**Detoxification: It’s not just spring cleaning!**

Our liver and GI tract work 24/7 to detoxify and eliminate cancer causing chemicals, produced in daily metabolism or coming in from our environment. Genetically, some people clear these toxins faster and easier than others, while slow detoxification could result in damage to our DNA and increased risk of cancer. We’ll review changes in your diet, lifestyle and supplements that can help you limit exposures and support these critical functions.

**Inflammation**

Discover lifestyle patterns that can increase (or decrease) inflammation, a common risk factor for heart disease, cancer and fatigue.  We'll review the Mediterranean diet and strategies to easily implement changes, including healthy fats, fiber, spices, supplements, and medications that may reduce inflammation..