

# Breast Cancer, Diet & Heart Health:

How the Pathways Study is Informing Lifestyle Medicine



pathways  
a study of  
breast cancer  
survivorship



KAISER  
PERMANENTE®



CHE  
Collaborative for  
Health & Environment

zero  
breast cancer

## Pathways Breast Cancer Study Webinar 4 October 29, 2024

# Before we begin...

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- Slides are on website
- Live transcript (captioning) available
- Use Q & A to ask questions any time
  - Chat is view only – look for resources there
- Webinar will be recorded
  - Recording link will be emailed to everyone registered
- Hour-long webinar
  - May stay longer to answer more of your questions

# Moderator Lianna Hartmour, MA

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zero  
breast cancer



# Pathways Survivorship Study Community Advisory Board (CAB)

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breast cancer



# Speaker Isaac Ergas, PhD, MPH, MFA

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# Speaker Robin Zwerling Baltrushes, MD

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**Resilient Me**  
Zero Breast Cancer's  
Health & Wellness  
Coaching Program

**Now Recruiting Clients in  
Northern CA with an emphasis on  
the SF Bay Area for Free Services**

**Who?** People after active breast cancer treatment, including those with metastatic disease

**What?** 12 free weekly 30 minute Zoom sessions with a certified Health & Wellness Coach

**Interested?** Learn more and complete the form at [zerobreastcancer.org/resilientme](https://zerobreastcancer.org/resilientme)



*"I really, really loved this. I didn't always want to fit it in, but it was always so beneficial when the session was over. I feel very grateful. My life has significantly changed for the better."*

*"The program has given me the opportunity to focus on my mental and physical well being with my own personal guide. It's been fun and enlightening and I feel that I'm actually developing some good habits that will stay in place when I've finished the program."*

# Panelist Lawrence Kushi, ScD

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# Thank you!

- Please complete the survey after this webinar
- You will receive a follow-up email with a link to the survey and recording
- Next webinar will be in Spring 2025

# Connect with ZBC

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