



# **Lifestyle Medicine & Breast Cancer: Prevention and Survivorship**

**Medicina del Estilo de Vida y Cáncer de Mama:  
Prevención y Supervivencia**

**Fred Kass, MD  
Amanda Scott, MD**

Tuesday, October 14, 2025  
5:00 pm - 6:00 PM  
Zoom





Interpretación entre inglés y español  
disponible. Preste atención a las siguientes  
pautas.

*Interpretation between English and Spanish  
available. Please listen to the following  
guidelines.*

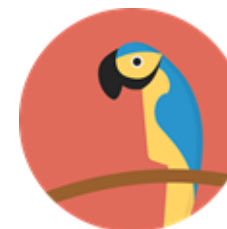
# Pautas para las Reuniones Multilingües Virtuales



Hable a un paso moderado



Hable de forma clara y audible



Todo lo que se diga se interpretará



Hable en el lenguaje en el que se sienta cómodo



Asegúrese de que sólo hable una persona a la vez



Seleccione su idioma preferido en la función de Zoom



# Guidelines for Virtual Multilingual Meetings



Speak at a moderate pace



## Speak clearly and audibly



Everything said will be interpreted



Speak in the language  
you feel comfortable



Make sure only one person speaks at a time



Please select your preferred language on the Zoom feature

# Healthcare Webinar



This is a webinar series presented by Rooted Santa Barbara County and Savie Health.

It is an educational resource and does not provide medical advice and is not intended to substitute for medical advice, guidance, or treatment.

Please contact your healthcare provider(s) for guidance on specific conditions, treatment, and lifestyle changes.

# Healthcare Webinar



Rooted SB County breaks down barriers to good health and advances health equity through joyful, community-centered food and nutrition education, lifestyle medicine training, and support so every neighbor can Eat to Thrive.

Savie Health provides free medical, behavioral health, dental and vision care to uninsured adults in Santa Barbara County and beyond regardless of race, gender, ethnicity, immigration status, religion, or sexual orientation.

# Healthcare Webinar



Discover a wide range of information, opportunities and complimentary patient resources from Rooted and our partner the American College of Lifestyle Medicine (ACLM) at:

[RootedSantaBarbara.org/Online-learning/](https://RootedSantaBarbara.org/Online-learning/)

[RootedSantaBarbara.org/For-Healthcare-Providers/](https://RootedSantaBarbara.org/For-Healthcare-Providers/)



**Scan me!**



**Scan me!**

# A little bit about me:



Santa Barbara  
*Lifestyle Medicine*

- UCSB - graduated in 2002.
- Royal College of Surgeons in Ireland for medical school – graduated in 2010.
- Internal medicine residency at SB Cottage Hospital – 2013.
- Primary care for 11 yrs.
  - Santa Ynez Tribal Health Clinic
  - UCLA Health
- 2024 – I left primary care & opened a lifestyle medicine practice.



# Introduction to Lifestyle Medicine:

- Despite all my hard work and dedication, I felt like something was missing from my medical practice and patients were still really struggling.
- Is medicine just not a good fit for me, or is there something missing from medicine?

“I’m in pain/depressed/anxious and no one is helping me!”

“I’m being told all my tests are normal, that there is nothing wrong with me, but I don’t feel good!”



# Introduction to Lifestyle Medicine:

I found the American College of Lifestyle Medicine website - it was like coming home!

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## Reimagining health, empowering change

As the premier medical society in lifestyle medicine, we educate and certify healthcare professionals, advocate for the broader practice of lifestyle medicine, build community for clinicians, and provide evidence and research to advance the field.

Since 2004, ACLM has been at the forefront of a new way of thinking about health, leading the way toward a transformed system of care. As the only medical society dedicated to advancing the evidence-based field of lifestyle medicine, ACLM represents an extensive nationwide and global network of interdisciplinary stakeholders who are actively changing the healthcare paradigm.

**Our vision is to live in a world where lifestyle medicine is the foundation of health – and all healthcare.**



# Introduction to Lifestyle Medicine:

Lifestyle medicine is a medical specialty that uses therapeutic lifestyle interventions as a primary modality to treat chronic conditions including, but not limited to, cardiovascular diseases, type 2 diabetes, and obesity.

## 6 Pillars of Lifestyle Medicine:



### Nutrition

Consuming a fiber-filled, nutrient-dense, antioxidant-rich eating pattern based predominantly on a variety of minimally processed vegetables, fruits, whole grains, legumes, nuts and seeds.



### Physical Activity

Engaging in regular and consistent physical activity.



### Stress Management

Incorporating stress-reducing behaviors may be difficult in modern society but is essential for whole-person health.



### Restorative Sleep

Striving for 7-9 hours of high-quality sleep, allowing the body to reset and recover.



### Social Connection

Strengthening and maintaining relationships and connections with others that bring meaning and purpose to life.



### Avoidance of Risky Substances

Reducing or eliminating the consumption of or exposure to any substances that cause harm through toxicity, addiction, physical damage, or adverse side effects.

# Introduction to Lifestyle Medicine:

Lifestyle medicine certified clinicians are trained to apply evidence-based, whole-person, prescriptive lifestyle change to treat and, when used intensively, often reverse such conditions.

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# Introduction to Lifestyle Medicine:

| Approach              | Core Focus                                                 | Philosophy                                               | Practitioner Type                               | Treatment Methods                                                                     |
|-----------------------|------------------------------------------------------------|----------------------------------------------------------|-------------------------------------------------|---------------------------------------------------------------------------------------|
| Lifestyle Medicine    | Prevention & reversal of chronic disease through lifestyle | Evidence-based, behavior change-centered                 | MDs, DOs, NPs with certification in LM          | Nutrition, exercise, sleep, stress management, substance avoidance, social connection |
| Functional Medicine   | Root cause of disease & systems biology                    | Personalized, root-cause approach                        | MDs, DOs, NDs, other certified practitioners    | Lab testing, nutrition, supplements, gut health focus                                 |
| Integrative Medicine  | Combining conventional & complementary therapies           | Healing-oriented, whole-person care                      | MDs, DOs, NPs, integrative health practitioners | Acupuncture, yoga, nutrition, medications                                             |
| Naturopathic Medicine | Natural therapies & body's self-healing ability            | Holistic, prevention-first, minimal use of drugs/surgery | Naturopathic Doctors (NDs)                      | Herbal medicine, homeopathy, nutrition, hydrotherapy                                  |

# Why is lifestyle medicine important?

- 80% of chronic conditions are lifestyle related.
- 40% of premature deaths are attributable to these factors:
  - Tobacco
  - Poor diet
  - Physical inactivity
  - alcohol consumption.
- CDC states:
  - 1 out of 7 people smoke
  - 3 out of 4 people have an eating pattern low in fruits and veg
  - 4 out of 5 people do not get enough physical activity.
  - 1 in 3 Americans could have DM by 2050
- Obesity on the rise
- Cancer diagnoses on the rise

# We can do something about it!

- Epigenetics: The study of how cells control gene activity.
  - DNA doesn't change BUT
  - they can be turned on/off
- Genes explain only ~10% in health status.
- Epigenetics affect 70-90% of health variance.



Nutrition is one the primary and best studied exposures affecting our health via epigenetic modification.

# We can do something about it!

## 6 Pillars of Lifestyle Medicine:



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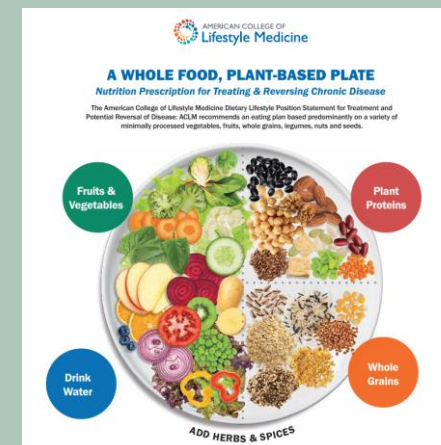


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### Lifestyle Assessment Long Form

| GETTING STARTED                                                                                                                      |                                                |
|--------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------|
|                                                                                                                                      | Very poor health                               |
| a. Please circle your current overall <b>LEVEL OF HEALTH</b> .                                                                       | 0 1 2 3 4 5 6 7 8 9 10                         |
| b. Please rank the top 3 areas you would like to improve with 1 being the most important and 3 the least important.                  |                                                |
| Sleep                                                                                                                                | Weight Management                              |
| Exercise                                                                                                                             | Purpose & Connection                           |
| Substance Use                                                                                                                        | Nutrition                                      |
|                                                                                                                                      | Mental Health                                  |
|                                                                                                                                      | Very important                                 |
| c. How <b>IMPORTANT</b> is it for you to make the change you ranked as the #1 most motivated topic area to address?                  | 0 1 2 3 4 5 6 7 8 9 10                         |
| d. How <b>CONFIDENT</b> are you regarding your ability to make the change you ranked as the #1 most motivated topic area to address? | 0 1 2 3 4 5 6 7 8 9 10                         |
| e. How <b>IMPORTANT</b> is it for you to make the change you ranked as the #2 most motivated topic area to address?                  | 0 1 2 3 4 5 6 7 8 9 10                         |
| f. How <b>CONFIDENT</b> are you regarding your ability to make the change you ranked as the #2 most motivated topic area to address? | 0 1 2 3 4 5 6 7 8 9 10                         |
| g. How <b>IMPORTANT</b> is it for you to make the change you ranked as the #3 most motivated topic area to address?                  | 0 1 2 3 4 5 6 7 8 9 10                         |
| h. How <b>CONFIDENT</b> are you regarding your ability to make the change you ranked as the #3 most motivated topic area to address? | 0 1 2 3 4 5 6 7 8 9 10                         |
| i. What would you like to gain from this lifestyle visit? Check all that apply                                                       |                                                |
| <input type="checkbox"/> More medical/scientific knowledge                                                                           | <input type="checkbox"/> Practical health tips |
| <input type="checkbox"/> Accountability                                                                                              | <input type="checkbox"/> Personalized plan     |
|                                                                                                                                      | <input type="checkbox"/> Other: _____          |



# We can do something about it!

“Lifestyle Medicine acknowledges the link between lifestyle and health outcomes.”

- Dr. Beth Frates, Past President of the ACLM

Now I would like to introduce Dr. Fred Kass!

# Introduction to our Presenter, Dr. Kass:

- Dr. Fred Kass is an oncologist/hematologist and Assistant Clinical Professor at UCLA, and he currently practices here in Santa Barbara at UCLA Health.
- Before joining UCLA, Dr. Kass served as director of medical oncology and director of wellness at the Ridley-Tree Cancer Center, where he practiced for more than three decades.
- He has also held leadership positions on numerous community boards, including the Santa Barbara Breast Care Alliance, Cancer Foundation of Santa Barbara, Doctors Without Walls and VNA Health.

# Introduction to our Presenter, Dr. Kass:

- He was named 2024 Physician of the Year for Santa Barbara County by the Central Coast Medical Association and received the Breast Cancer Resource Center of Santa Barbara's inaugural Healing Through Compassion Award in 2024.
- He is on the board of directors here at Rooted SB County.
- His highest values are service, innovation and excellence. Dr. Kass has enjoyed opportunities in law, business and medical science.
- At each juncture, his goal has been to develop imaginative, new solutions to critical problems and to draw on these experiences in pursuit of new health care paradigms.

# Please welcome Dr. Fred Kass!

## Breast Cancer and Lifestyle Medicine



### October is Breast Cancer Awareness Month!

