

Available For Interview:

Susan Silberstein, PhD

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## Life-Saving Secrets Most Doctors Don't Know about Breast Cancer

The author of *Hungry for Health*, the *Beat Cancer Series* and the new *Breast Cancer: Is it What You're Eating or What's Eating You?* shares with your audience:

- What doctors don't know that could save your life
  - What most cancer patients die of (hint: it's not their tumors)
  - The absolute best place to go if you've been diagnosed with breast cancer
  - How to fight breast cancer with your fork
  - The worst things to eat when you have breast cancer
  - The 10 best foods for preventing and fighting breast cancer
  - The four nutrition secrets that could save your life
  - How to turn your kitchen into a disease-fighting arena
  - What the science says about diet and breast cancer prevention and survival
  - How to protect yourself from treatment side effects of chemo and radiation therapy
- ...and much more

### RAW FACTS

According to the American Cancer Society *2008 Cancer Facts & Figures*:

- 1 in 2 Americans will develop cancer in their lifetime.
- This year 1.4 million Americans will be diagnosed with cancer.
- About 565,650 Americans are expected to die of cancer this year.
- Cancer kills more than 1500 people in the US every day.
- Cancer is the second most common cause of death in the US, accounting for 1 of every 4 deaths.
- The lifetime breast cancer rate is now 1 in 8 American women.

According to the World Health Federation, 70% of all diseases are diet related.

The National Cancer Institute estimates that deaths avoidable through dietary change run as high as 75%, including prostate and colon cancer.

Research from the China Oxford Cornell Diet & Health Project concluded that the western diet is responsible for the recent dramatic increase in cancer rates.



Susan Silberstein, PhD is founder and Executive Director of the Center for Advancement in Cancer Education, has coached over 25,000 cancer patients, and is an international speaker on nutrition, cancer prevention and complementary medicine. She lectures frequently for medical and nursing schools, hospitals and other organizations.

Dr. Silberstein is the author of the acclaimed book *Hungry for Health* and new *Breast Cancer: Is it What You're Eating or What's Eating You?*, creator of the *Beat Cancer* series as well as editor of *Immune Perspectives* and *Global Woman* magazines. She has coordinated scores of health conferences and has appeared on hundreds of radio and television talk shows.

Dr. Silberstein is also a Phi Beta Kappa and Fulbright scholar as well as the recipient of numerous awards for her continuing work in cancer education.

***Breast Cancer: Is it What You're Eating or What's Eating You?* and the *Beat Breast Cancer Kit***



“Beat Breast Cancer Kit” is available at [www.BeatCancerKit.com](http://www.BeatCancerKit.com)  
Proceeds benefit the Center for Advancement in Cancer Education!

## Sample Interview Questions

for **Susan Silberstein, PhD**, author of the  
acclaimed book *Hungry for Health* and the *Beat Breast Cancer Kit*  
[www.BeatCancerKit.com](http://www.BeatCancerKit.com)

1. Susan, you have an incredible story of overcoming adversity. Share with our listeners how you overcame a tremendous loss, and in turn have helped thousands of people. (90 seconds)
2. When it comes to cancer prevention and treatment, what is it that doctors don't tell women that could save their lives – and why? (60 seconds)
3. We hear so much about family history and breast cancer genes – should women panic if these are present and celebrate if they are not? (30 seconds)
4. Are mammograms and genetic testing all women can do? (30 seconds)
5. You talk about “hidden risk factors.” What do you mean? (60 seconds)
6. Is there a lot of evidence that diet can influence our risk for breast cancer? (60 seconds)
7. What about after diagnosis? Is there evidence that diet can make a difference then? (60 seconds)
8. What are the five most dangerous foods and beverages to avoid if you want to beat breast cancer? (90 seconds)
9. It sounds like everything is bad for you – what can women eat to help prevent or reverse breast cancer? (90 seconds)
10. What else can women do to prevent breast cancer? (60 seconds)
11. We all have stress – so are we call doomed to get cancer? (30 seconds)
12. How can your Center help a woman who has been newly diagnosed with breast cancer? (60 seconds)
13. How can our listeners learn more about your work? (30 seconds)

**To Schedule an Interview with Susan Silberstein, PhD**

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