

## 4<sup>th</sup> Annual Conference on **Preventive Oncology**

## 4<sup>th</sup> Annual Conference on **Gynecologic Oncology, Reproductive Disorders Maternal-Fetal Medicine & Obstetrics**

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## **Oroma Beatrice Nwanodi**

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### **Chemopreventive nutraceuticals: What, why and how**

Nutrigenomics drives DNA and RNA expression, affecting protein and downstream metabolites. Obesity, which contributes to 60% of cancers can result partly from the action of ingested nutrient and bioactive food-derived compounds on DNA and RNA expression. Conversely, metabolites of chemopreventive nutraceuticals can interact with physiologic mechanisms to reduce cancer incidence. Nutraceuticals range from active constituent phytochemicals, minerals and vitamins through whole functional foods. Nutraceuticals are the basis of at least 25% of pharmaceuticals. Epidemiological studies attribute whey-rich products with chemoprevention. Soy protein, soy isoflavones, and soy milk fermented with an array of microbes reduce breast cancer, estrogen receptor positive breast cancer, MCF-7, and colorectal cancer incidence. Fermented brown rice and bran reduce bladder, esophageal, hepatocellular, and tongue cancer incidence. Tea may be chemopreventive for breast, fibrosarcoma, gastric, glioblastoma, head and neck cancers, neuroblastoma, and prostate cancer. Chemopreventive nutraceuticals cannot be used without concern for dosage, mode of administration, or interactions with conventional medications. Nutraceutical diets can be tailored for the chemoprevention of numerous cancers, not limited to breast, cervical, endometrial, and ovarian cancer incidence reduction. Chemopreventive nutraceuticals diets can change over the lifespan for intergenerational benefits.

### **Biography**

Oroma Beatrice Nwanodi graduated from Meharry Medical College of Nashville, Tennessee in the United States of America as a Medical Doctor in 2001. She specialized in Obstetrics and Gynecology at The University of Massachusetts and Maimonides Medical Center. In 2016 she completed the Doctor of Health Science program at A. T. Still University, Mesa, Arizona. In 2017 she became triple-boarded in integrative medicine. She has publicly presented internationally in London, England, and Munich, Germany. She has served as a Conference Chair, Moderator, Organizing Committee Member and Editorial Board Member. She has over 30 peer-reviewed publications.

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