

Review

Intermittent Fasting in Breast Cancer: A Systematic Review and Critical Update of Available Studies

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Abstract: Breast cancer (BC) is the most-frequent malignancy amongst women, whereas obesity and excess caloric consumption increase the risk for developing the disease. The objective of this systematic review was to examine the impact of intermittent fasting (IF) on previously diagnosed BC patients, regarding quality of life (QoL) scores during chemotherapy, chemotherapy-induced toxicity, radiological response and BC recurrence, endocrine-related outcomes, as well as IF-induced adverse effects in these populations. A comprehensive search was conducted between 31 December 2010 and 31 October 2022, using the PubMed, CINAHL, Cochrane, Web of Science, and Scopus databases. Two investigators independently performed abstract screenings, full-text screenings, and data extraction, and the Mixed Methods Appraisal Tool (MMAT) was used to evaluate the quality of the selected studies. We screened 468 papers, 10 of which were selected for data synthesis. All patients were female adults whose age ranged between 27 and 78 years. Participants in all studies were women diagnosed with BC of one of the following stages: I, II (HER2-*+/+*), III (HER2-*+/+*), IV, LUMINAL-A, LUMINAL-B (HER2-*+/+*). Notably, IF during chemotherapy was found to be feasible, safe and able to relieve chemotherapy-induced adverse effects and cytotoxicity. IF seemed to improve QoL during chemotherapy, through the reduction of fatigue, nausea and headaches, however data were characterized as low quality. IF was found to reduce chemotherapy-induced DNA damage and augmented optimal glycemic regulation, improving serum glucose, insulin, and IGF-1 concentrations. A remarkable heterogeneity of duration of dietary patterns was observed among available studies. In conclusion, we failed to identify any IF-related beneficial effects on the QoL, response after chemotherapy, or related symptoms, as well as measures of tumor recurrence in BC patients. We identified a potential beneficial effect of IF on chemotherapy-induced toxicity, based on markers of DNA and leukocyte damage; however, these results were derived from three studies and require further validation. Further studies with appropriate design and larger sample sizes are warranted to elucidate its potential standard incorporation in daily clinical practice.

Keywords: intermittent fasting; breast cancer; quality of life; recurrence; chemotherapy; toxicity

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1. Introduction

Breast cancer (BC) is the most-frequent malignancy amongst women, after non-melanoma skin neoplasms [1]. Approximately 25% of estimated new malignancy cases and 14% of estimated neoplasm-induced deaths in women are attributed to BC [1,2]. Previous epidemiological studies identified obesity as a risk factor for BC development and recurrence in BC patients, and strategies for optimal body weight are considered essential in primary and secondary prevention of this clinical entity [2]. Caloric restriction (CR), without malnutrition, has been considered as one the most-effective interventions for cancer prevention in mammals [3].

Continuous energy restriction (CER), in the form of a daily 30% reduction of the basic metabolic rate, while maintaining required amounts of vitamins, minerals, and other

Intermittent Fasting Injury Report Update

**Marie A. Chisholm-Burns, Terry L.
Schwinghammer, Barbara G.
Wells, Patrick M. Malone, Joseph T.
DiPiro, Jill M. Kolesar**

Intermittent Fasting Injury Report Update:

Your Microbiome (Bacteria) Is a Wonder of Nature: Activate & Optimize Eating for Healthy Longevity Ositadinma Anaedu, 2020-11-13 The book explores amazing emerging discoveries and knowledge of the human microbiome its role in human health its interaction with the diet and the application of new research findings into tools and products that improve the nutritional quality of the food supply Several major overarching themes emerged over the course of the book The microbiome is integral to human physiology health and disease The microbiome is probably the most intimate connection that humans have with their external environment mostly through diet How fiber the carbohydrates in our diet broken down by the bacteria in our gut energize the formation of a healthy microbiome Dietary interventions intended to have an impact on host health via their impact on the gut bacteria are being developed and seeing tremendous success Successes attained by traditional cultures Blue Zone communities and famous athletes eating natural foods for great health extraordinary fitness and healthy longevity as guides for modern diets The book highlights through research studies the far reaching impact of microbiome on gastrointestinal disease and gastrointestinal syndrome ulcerative colitis overweight obesity diabetics heart disease stroke physical emotional and mental wellbeing cancers as well as how prebiotic and probiotic in natural whole foods can help to reverse and prevent diseases One key universal microbial property is that unlike the human genome the human microbiome is acquired anew each generation with vaginally born babies acquiring different microbiomes than cesarean section C section that can provide them strong immune system in life Surprisingly new emerging discovery on saliva microbial impact on gut and brain health

The Science and Technology of Growing Young Sergey Young, 2021-08-24 Wall Street Journal USA Today and Publishers Weekly bestseller The prospect of living to 200 years old isn't science fiction anymore A leader in the emerging field of longevity offers his perspective on what cutting edge breakthroughs are on the horizon as well as the practical steps we can take now to live healthily to 100 and beyond In The Science and Technology of Growing Young industry investor and insider Sergey Young demystifies the longevity landscape cutting through the hype and showing readers what they can do now to live better for longer and offering a look into the exciting possibilities that await us By viewing aging as a condition that can be cured we can dramatically revolutionize the field of longevity and make it accessible for everyone Join Sergey as he gathers insights from world leading health entrepreneurs scientists doctors and inventors providing a comprehensive look into the future of longevity in two horizons The Near Horizon of Longevity identifies the technological developments that will allow us to live to 150 some of which are already in use from AI based diagnostics to gene editing and organ regeneration The Far Horizon of Longevity offers a tour of the future of age reversal and the exciting technologies that will allow us to live healthily to 200 from Internet of Bodies to digital avatars to AI brain integration In a bonus chapter Sergey also showcases 10 longevity choices that we already know and can easily implement to live to 100 distilling the science behind diet exercise sleep mental health and our environments into attainable habits and

lifestyle hacks that anyone can adopt to vastly improve their lives and workplaces Combining practical advice with an incredible overview of the brave new world to come The Science and Technology of Growing Young redefines what it means to be human and to grow young **Insights into the Therapeutic Applications of Fasting** ,2025-03-19 In recent years fasting has transcended its historical and cultural roots to emerge as a focal point of scientific exploration unraveling its profound therapeutic potential Insights into the Therapeutic Applications of Fasting brings together an esteemed group of researchers and clinicians to provide a comprehensive evidence based examination of the physiological metabolic and clinical implications of fasting This compelling volume explores fasting science offering readers a multidisciplinary perspective From the physiological effects of fasting to its role in enhancing athletic performance the chapters in this book investigate the dynamic relationship between fasting and immune resilience the transformative impact of fasting on autophagy and health the investigation of fasting s role in the prevention and treatment of cardio metabolic diseases culminating in an incisive analysis of common myths and misconceptions about long term fasting This book offers a blend of science and application shedding light on fasting as a tool for health optimization and disease management **B.A.S.I.C. ,1963**

Pharmacotherapy Principles and Practice, Fourth Edition Marie A. Chisholm-Burns,Terry L. Schwinghammer,Barbara G. Wells,Patrick M. Malone,Joseph T. DiPiro,Jill M. Kolesar,2015-12-22 Learn the essential principles of pharmacotherapy and how they apply to today s healthcare Content derived from Pharmacotherapy A Pathophysiologic Approach 8e the field s most respected reference Chapters will be peer reviewed by both nurse practitioners and pharmacy professors Easy to follow disorder based organization surveys the full range of organ system disorders treated in pharmacy practice An online learning center includes self assessment questions and answers Pharmacotherapy Principles key concepts indicated with numbered icons patient care and monitoring guidelines knowledge building boxed features within chapters consisting of Clinical Presentation a standardized chapter format a glossary of terms and much more **Government Reports Announcements & Index ,1980** **Useful Insights for Diagnosis, Treatment and Public Health** Hyman Jacob Roberts,2002 **Medical record ,1891** **Diet and Nutrition in Neurological Disorders** Colin R. Martin,Vinood B. Patel,Victor R Preedy,2023-06-06 Diet and Nutrition in Neurological Disorders offers readers a comprehensive reference on the effect of dietary regimes in a wide variety of neurological diseases With coverage of different types of diets including Mediterranean or DASH this broad coverage allows readers to learn about diets and their affect on specific disorders which may well be relevant to other conditions This includes diseases such as Alzheimer s Parkinson s ALS MS and severe neurological conditions such as brain injury stroke headache and migraine This volume provides a platform for research on new dietary regimes and on future investigations of diet and nutrition Summarizes diet and nutrition research for a variety of neurological conditions Contains chapter abstracts key facts dictionary and summary Covers diet in Alzheimer s Parkinson s ALS MS and more Includes conditions like migraine

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Table of Contents Intermittent Fasting Injury Report Update

1. Understanding the eBook Intermittent Fasting Injury Report Update
 - The Rise of Digital Reading Intermittent Fasting Injury Report Update
 - Advantages of eBooks Over Traditional Books
2. Identifying Intermittent Fasting Injury Report Update
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Intermittent Fasting Injury Report Update
 - User-Friendly Interface
4. Exploring eBook Recommendations from Intermittent Fasting Injury Report Update
 - Personalized Recommendations
 - Intermittent Fasting Injury Report Update User Reviews and Ratings
 - Intermittent Fasting Injury Report Update and Bestseller Lists
5. Accessing Intermittent Fasting Injury Report Update Free and Paid eBooks
 - Intermittent Fasting Injury Report Update Public Domain eBooks

- Intermittent Fasting Injury Report Update eBook Subscription Services
- Intermittent Fasting Injury Report Update Budget-Friendly Options

6. Navigating Intermittent Fasting Injury Report Update eBook Formats

- ePub, PDF, MOBI, and More
- Intermittent Fasting Injury Report Update Compatibility with Devices
- Intermittent Fasting Injury Report Update Enhanced eBook Features

7. Enhancing Your Reading Experience

- Adjustable Fonts and Text Sizes of Intermittent Fasting Injury Report Update
- Highlighting and Note-Taking Intermittent Fasting Injury Report Update
- Interactive Elements Intermittent Fasting Injury Report Update

8. Staying Engaged with Intermittent Fasting Injury Report Update

- Joining Online Reading Communities
- Participating in Virtual Book Clubs
- Following Authors and Publishers Intermittent Fasting Injury Report Update

9. Balancing eBooks and Physical Books Intermittent Fasting Injury Report Update

- Benefits of a Digital Library
- Creating a Diverse Reading Collection Intermittent Fasting Injury Report Update

10. Overcoming Reading Challenges

- Dealing with Digital Eye Strain
- Minimizing Distractions
- Managing Screen Time

11. Cultivating a Reading Routine Intermittent Fasting Injury Report Update

- Setting Reading Goals Intermittent Fasting Injury Report Update
- Carving Out Dedicated Reading Time

12. Sourcing Reliable Information of Intermittent Fasting Injury Report Update

- Fact-Checking eBook Content of Intermittent Fasting Injury Report Update
- Distinguishing Credible Sources

13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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