

# Intermittent Fasting & Chemo with Dr. Bahareh Bahadini



**Date:** Thursday, April 16

**Time:** 12:00 pm - 1:30 pm

**Location:** Cancer Support Community  
Valley/Ventura/Santa Barbara  
530 Hampshire Road  
Westlake Village, CA 91361

**Cost:** No cost to attend

**RSVP:** Please RSVP 805.379.4777  
[www.cancersupportvvsb.org](http://www.cancersupportvvsb.org)

Fasting may help with cancer treatment. There is a growing body of evidence supporting the role of fasting in both cancer treatment and prevention. Some research suggests that fasting helps fight cancer by lowering insulin resistance and levels of inflammation. Fasting may also reverse the effects of chronic conditions such as obesity and type 2 diabetes, which are both risk factors for cancer. Furthermore, some researchers believe that fasting may make cancer cells more responsive to chemotherapy while protecting other cells, and boost the immune system to help fight cancer that is already present. Please come and join us and our speaker, Dr. Bahadini, to learn more about potential role and mechanism of fasting and cancer and cancer treatment.

Bahareh Bahadini, M.D., is a medical oncologist with City of Hope. Dr. Bahadini's training includes a residency at St. Mary Medical Center and a fellowship in hematology and oncology at City of Hope, including a year of research investigating genetic factors involved in breast cancer. She received her doctorate from the USC School of Medicine and received Master of Science degrees in both pathology and applied physiology at the University of Health Sciences/Chicago Medical School.

**Reminder!** We are a fragrance free environment, please refrain from wearing perfume/ scented lotion.