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The Use of “NEWSTART” as an innovative therapeutic approach in breast cancer

Lydia Andrews

Oakwood University, USA

Breast Cancer is not a death sentence. There are many survivors of this condition who attribute their longevity to a radical change in lifestyle. After diagnosing someone with breast cancer the oncologist outlines the conventional treatment regimen which includes surgery, chemotherapy and radiation. This treatment regimen can be combined with another therapeutic approach which is directly linked to a change in one's lifestyle. This lifestyle change can be accomplished using “NEWSTART” The acronym stands for Nutrition, Exercise, Water, Sunshine, Temperance, Air, Rest, Trust in Divine Power. Many lifestyle centers which can be found throughout the United States conduct programs using the Newstart model of treatment for various medical conditions including cancer. As a breast cancer survivor I spent two weeks at a lifestyle center after breast surgery and will be willing to recommend this innovative therapy to anyone who will be willing to adopt a different lifestyle after breast cancer diagnosis. This paper will describe the NEWSTART model of treatment and its effectiveness on breast cancer survival.

Biography

Andrews is a wife and mother of 3 adult children. Her daughter is in elementary education and her two sons are physicians. She is a grandmother of 4 boys, writes for a women's devotional and nursing journals, is a prayer warrior and is active in her church and community. She is a member of Sigma Theta Tau, American College of Nurse Midwives, International Professional Nurses and the Association of Black Adventist Nurses.

lydnew2@yahoo.com