

Blocking the Biology the Fuels Cancer - Session 2 Quiz

1. Cancer is not a highly preventable disease because genetics plays a major role in most cancers. T F
2. 50% or more of cancer patients who get treated with chemotherapy will be alive five years later. T F
3. Four of the eight biological factors that fuel the growth of cancer according to the course materials include: elevated blood sugar levels, excessive blood clotting, chronic inflammation and low levels of the hormone estrogen. T F
4. Cancer cells cannot grow beyond the size of the tip of a pen without a blood supply. T F
5. One study revealed that after 200 days, 80% of the cancer patients who had died had high levels of systemic inflammation; while only 40% of cancer patients who had low levels of systemic inflammation died over the same time period. T F
6. High CRP levels are an indicator of increased long-term survival in patients with a wide range of different types of cancers. T F
7. One single puff of tobacco creates about 100 billion free radicals. T F
8. Plants on average are 64 times more potent than animal products in anti-cancer antioxidants. T F
9. Fresh garlic, fresh gingerroot, turmeric, parsley, basil and rosemary contain high levels of antioxidants or "anti-aging" plant chemicals. T F
10. Breast, ovarian, uterine, prostate and stomach cancers are all fueled by excess estrogen. T F
11. In one study, the blood from persons who ate only plants inhibited cancer cell growth by 70%, while the blood of meat eaters inhibited cancer growth by only 9%. T F
12. Eating less than 1 egg a day doubled (2X) the risk of prostate cancer progression in one study. T F
13. Flaxseed, garlic, ginger, tumeric and rosemary inhibit the master cancer switch. NFkB. T F
14. Extracts from leeks and garlic inhibited the growth of cancer cell line for prostate, stomach, brain, breast, lung, pancreatic and kidney cancers from 95 to 100%. T F
15. Walking 3 to 5 hours a week may decrease a women's risk of dying from breast cancer by up to 50%. T F
16. In the HEAL study, African Americans and Hispanic women with early-stage breast cancer and who ate less calories and added less sugar, alcohol, and saturated fat to the diet, had an 88% lower risk of dying of breast cancer. T F
17. In one study, esophageal cancer progression reversed in 80% of patients who ate the equivalent of one pound of fresh strawberries per day for six months. T F
18. In one study the chemotherapy drug 5-FU increased the growth of cancer stem cells while curcumin in the same study killed most of the cancer stem cells. T F
19. After a six-month study treated the subjects with curcumin and quercetin for pre-cancerous colon polyps, the mean percent decrease in their number and size was 60.4% and 50.9%, respectively. T F
20. Against all odds, more than a 1000 documented cancer cases recovered after adapting most of 9 lifestyle-related changes when sent home to die by their medical doctors. T F