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## VIRTUAL WORKSHOP

# Breast Cancer: Prevention, Risk Factors and Genetics

With Dr. Bahareh Bahadini & Dr. Nikita Shah



**Date:** Wednesday, October 13, 2021

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

**Location:** Online (Zoom)

**Cost:** No Cost

**RSVP:** [www.cancersupportvvsb.org](http://www.cancersupportvvsb.org)  
[programs@cancersupportvvsb.org](mailto:programs@cancersupportvvsb.org)  
or calling 805.379.4777

This workshop is supported by:



Breast cancer is known to be the most common cancer in women around the world. Women in the United States have a 12% average risk of developing breast cancer, and not everyone can afford to pay for treatments. The incidence and cost of many chronic health conditions is increasing. Billions of dollars are spent on research in finding ways to treat health conditions and increase our longevity. Dr. Bahareh Bahadini and Dr. Nikita Shah will discuss how lifestyle measures and nutrition may help lower the risk of breast cancer. Additionally, they will discuss how understanding risk factors and role of genetics and hereditary factors may help prevent Breast Cancer or detect other diseases.

### ABOUT OUR PRESENTERS

Dr. Bahareh Bahadini brought her expertise in hematology and oncology to City of Hope in 2014 after more than a decade at North Valley Hematology/Oncology Group in Mission Hills, California. Dr. Bahadini trained at St. Mary Medical Center and City of Hope, including a year of research investigating genetic factors involved in breast cancer. She received her doctorate from Keck School of Medicine of USC and received Master of Science degrees in both pathology and applied physiology at University of Health Sciences/Chicago Medical School. Dr. Bahadini founded and has been actively involved in the Wellness Through Awareness integrative medicine program at Providence Holy Cross Medical Center since 2007.

Dr. Nikita Shah is a Surgical Oncologist who specializes in Breast Cancer at City of Hope. She has done research on the special needs of elderly breast cancer patients and published work on strategies to safely treat cancer in pregnant women. Dr. Shah earned her medical degree from University of Texas Southwestern Medical School, Dallas, Texas. She continued her training with residency at New York's Montefiore Medical Center/Albert Einstein College of Medicine and a breast surgical oncology fellowship at University of Michigan.