

# Lecture on environmental causes of cancer

Join Eric Rost to learn about the environmental causes of cancer. There are known causal agents and correlation studies that show links between chemicals found in air, food and water. Toxins in the environment include pesticides, herbicides, plastics, cleaning products, engine emissions, smoke, radon, etc. By limiting your exposure to these toxins, you can reduce your risk of some types of cancer.

Date: Dec. 2

Time: 5:30-7:30pm. Lecture begins promptly at 6pm.

Cost:\$5 donation requested.No-Host Bar.

Location: Assembly Rooms 139 & 141, Tahoe Center for Environmental Sciences, 291 Country Club Drive, Incline Village, Nevada (on the campus of Sierra Nevada College)

Rost will make recommendations on the top 10 things you can do to protect yourself as well as the top 10 foods that prevent cancer.

Examples of preventative measures you can take might include things like washing fruits and vegetables, buying organic, stop microwaving your food in plastic containers, getting rid of those BPA plastic water bottles, using cleaning products without certain chemicals, and following instructions and safety tips to avoid or reduce contact with harmful substances such as pesticides, used engine oil, solvents and other chemicals. Learn more and protect yourself and your family.

Rost, is a physician who works at the Renown Institute for Cancer in Reno.He is a national leader in TomoTherapy programs and radiation treatment techniques for cancer tumors. Rost has

developed a variety of prestigious cancer centers. Most recently, he served with Cancer Hope, a not-for-profit foundation dedicated to individualized cancer care. He is highly regarded in the medical world and frequently lectures on modern radiation techniques.