These articles about rearranging the gut and the neuro-hormonal shifts which occur very quickly after surgery and aren't dependent on weight loss or caloric restriction switched on the light bulb! (I looked at pre-diabetes/Type 2 diabetes, PCOS and ERPR+ cancer collectively as the natural progression of metabolic disease, assuming that the breast cancer was in loose terms a form of “Type 3 diabetes.”)

1. Metabolic Mechanisms in Obesity and Type 2 Diabetes: Insights from Bariatric/Metabolic Surgery
https://www.karger.com/Article/FullText/441259

2. Mechanism of Diabetes Control After Metabolic Surgery
http://ales.amegroups.com/article/viewFile/4089/4935

3. Mechanisms of Diabetes Improvement Following Bariatric/Metabolic Surgery
http://care.diabetesjournals.org/content/39/6/893

These articles relating to gut hormone shifts, gut microbiota shifts and the role in arresting metabolic diseases made important points:

1. Gastric Bypass Surgery Induces Changes in Gut Hormone-Producing Cell Populations in a Porcine Model

2. Conserved Shifts in the Gut Microbiota Due to Gastric Bypass Reduce Host Weight and Adiposity
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3652229/

3. Serial Changes in Inflammatory Biomarkers After RNY Gastric Bypass Surgery
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4811362/

These articles/studies as they relate to cancer helped seal the deal on RNY:

1. Decreased Levels of Circulating Cancer-Associated Protein Biomarkers Following Bariatric Surgery

2. Benefits of Gastric Bypass Persist for 12 Years

3. Bariatric Surgery and the Risk of Cancer in a Large Multisite Cohort

5. Cancer Incidence and Mortality After Gastric Bypass Surgery
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2859193/

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4441293/

7. Weight Loss Surgery Reduces Cancer Risk 33 Percent in Women

8. Metabolic Surgery and Cancer