

STAYWELL

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October 2018

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Volume 305

Cancer Prevention

In 2018, an estimated 1,735,350 new cases of cancer will be diagnosed in the United States and 609,640 people will die from the disease.

The most common cancers listed in descending order according to estimated new cases in 2018 are: breast cancer, lung and bronchus cancer, prostate cancer, colon and rectum cancer, melanoma of the skin, bladder cancer, non-Hodgkin lymphoma, kidney and renal pelvis cancer, endometrial cancer, leukemia, pancreatic cancer, thyroid cancer, and liver cancer.

The number of new cases of cancer incidence is 439.2 per 100,000 men and women per year (based on 2011-2015 cases)

Factors That May Affect the Risk of Cancer Diet

The foods that a person eats on a regular basis make up his/her diet. Diets are being studied as a risk factor for cancer. It is hard to study the effects that a person's diet has on cancer because his/her diet will include foods that may protect against cancer and foods that may increase the risk of cancer.

It is also hard for individuals who take part in the studies to keep track of the foods he/she may eat over a long period of time. This explains why studies have different results about how diet affects the risk of cancer.

Certain studies show that fruits and nonstarchy vegetables may protect against cancers of the mouth, esophagus, and stomach. Fruits may also protect against lung cancer.

Various studies have shown that a diet high in fat, proteins, calories, and red meat increases the risk of colorectal cancer.

It is not known if a diet low in fat and high in fiber, fruits, and vegetables lowers the risk of colorectal cancer.

Alcohol

Studies have revealed that drinking alcohol is linked to an increased risk of the following types of cancers:

- Oral cancer
- Esophageal cancer
- Breast cancer
- Colorectal cancer (in men)

Drinking alcohol may also increase the risk of liver cancer and female colorectal cancer.

Vitamin and Dietary Supplements Have Not Been Shown To Prevent Cancer

An intervention is a treatment or action taken to prevent or treat disease, or improve health in other ways.

There is not enough proof that taking a multivitamin and mineral supplements can prevent cancer.



VITAMIN

The following vitamins and mineral supplements have been studied, but have not been proven to lower the risk of cancer:

- Vitamin B6
- Vitamin B12
- Vitamin E
- Vitamin C
- Beta carotene
- Folic acid
- Selenium
- Vitamin D

A multitude of research has been demonstrated for consuming fruits and vegetables verses supplements alone. Time and time again, consuming fruits and vegetables has substantial health benefits over taking the supplement alone. The Physicians' Health Study found that men who have had cancer in the past and take a multivitamin daily may have a lower risk of having a second cancer.

Physical Activity and Cancer

Studies show that people who are physically active have a lower risk of certain cancers than those who are not as active. It is not known if physical activity itself is the reason. Studies prove a strong link between physical activity and a lower risk of colorectal cancer. Some studies show that physical activity protects against postmenopausal breast cancer and endometrial cancer.

Adults who participate in any amount of physical activity gain some health benefits. For substantial health benefits, a person should strive to get at least 150 minutes a week of moderate aerobic activity or 75 minutes a week of vigorous aerobic physical activity. A combination of moderate and vigorous activity could be used. As a general goal, a person should include at least 30 minutes of physical activity in his/her daily routine—if the person can do more, that's even better.



Obesity and Cancer

Studies show that obesity is linked to a higher risk of the following types of cancers: postmenopausal breast, colorectal, endometrial, esophageal, kidney, and pancreatic. Some studies confirm that obesity is also a risk factor for cancer of the gallbladder. Maintaining a healthy weight may also lower the risk of cancers of the breast, prostate, and lung.

Cancer Screening

Cancer screenings can prevent colorectal and cervical cancers by allowing for the detection and removal of precancerous lesions. Screenings also offer the opportunity to detect cancer early, before symptoms appear, which usually results in less extensive treatment and better outcomes.

Screening is known to reduce mortality rates for cancers of the breast, colon, rectum, cervix, and lung among long-term and/or heavy smokers. A heightened awareness of changes in the breast, skin, or testicles may also result in the early detection of cancer.

Regular self-exams and screenings for various types of cancers such as skin, colon, prostate, cervix, and breast, can increase the chances of discovering cancer early when treatment is more successful. A Having a discussion with a doctor will determine the best screening for an individual.

Take cancer prevention into your own hands, starting today. The rewards will last a lifetime!

References:

- www.cancer.gov (National Cancer Institute)
- www.mayoclinic.org