

# Re: Connection Between Colon Cancer And Diet

**Source:** <http://sci.tech-archive.net/Archive/sci.med.diseases.cancer/2004-10/0131.html>

---

**From:** Alan F. (Alan\_sli\_at\_yahoo.com)

**Date:** 10/30/04

Date: 29 Oct 2004 21:43:56 -0700

Hey Walt I like the article about the connection between Colon Cancer and Diet, very informative, here is a quick question for you. How does one know if they are ingesting enough calcium per day besides the fact that they can take a calcium supplement that has 1200mg in it?

Also how much is enough? Is there such a thing as too much Calcium intake?!

Take a look at the findings from the Harvard School of Public Health about Calcium. I had to pick and choose a couple of paragraphs from it, but you can find the entire article at:

<http://www.hsph.harvard.edu/nutritionsource/calcium.html>

dannenbergl@cl.uh.edu (Walt D) wrote in message  
news:<93a79c5e.0410281340.2b32835@posting.google.com>...

> *To whom it may concern:*

>

>

> *Take a look below at some of the facts statements below regarding the  
> risk of colon cancer and characteristics of one's diet. Let me know  
> what you think?*

>

>

> *Calories: Total daily caloric intake (also known as total energy  
> intake) may be important in colon cancer development. In animal  
> studies, it has been shown that cutting calories reduces the formation  
> of colon tumors. Human studies also have suggested but not proven  
> this. Obesity has also been linked with increased colon cancer risk.  
> Consumption of more calories than are burned off causes weight gain  
> and obesity.*

>

> *Fat: Much scientific evidence (from studies in people and animals)  
> suggests that the greater the amount of fat in the diet, the greater  
> the risk for colon cancer. Animal fat, particularly that derived from  
> red meats, is a prime offender. Experiments in animals have found that  
> certain fats are worse than others. Saturated or certain  
> polyunsaturated fats (such as corn and safflower oils) promote colon  
> cancer, whereas other fats, such as those derived from cold water fish*

- > *(fish oils), prevent it. These observations need to be confirmed in*
- > *humans before they can be fully accepted. The ways that dietary fat*
- > *influences colon cancer are not entirely known but are currently under*
- > *intense laboratory investigation such as in our clinical research*
- > *studies at The Rockefeller University Hospital Clinical Research*
- > *Center (<http://www.rucares.org>).*
- >
- > *Cholesterol: Dietary cholesterol intake has been linked to colon*
- > *cancer. However, since evidence for this association has not been*
- > *consistent, this association must be viewed as indefinite until more*
- > *evidence is available.*
- >
- > *Fiber: Fiber, the indigestible, mostly plant-based material in the*
- > *food we eat, has been accepted as preventing colon cancer. The*
- > *relationship between fiber and cancer risk demonstrates that the link*
- > *between diet and disease is very complex. Dietary fiber acts as a*
- > *bulking agent, diluting the levels of harmful and potentially*
- > *cancer-causing chemicals in the colon and rectum. It also speeds the*
- > *passage of stool through the colon, thereby reducing the exposure time*
- > *to potential cancer-causing chemicals, and enhancing excretion. Fiber*
- > *may effect a "tumor suppression" gene (a gene that protects against*
- > *abnormal growth of cells). Additionally, fiber may be digested by*
- > *colonic bacteria into beneficial chemicals, such as butyric acid,*
- > *which may protect the colon and rectum against developing*
- > *pre-cancerous polyps (nodules arising from the lining of the colon)*
- > *and cancers.*
- >
- > *Fruits and Vegetables: These foods reduce the risk of developing*
- > *pre-cancerous polyps as well as full-blown colon cancers. Most are*
- > *rich in fiber and both groups contain little fat; however, there is*
- > *more convincing evidence about the beneficial effects of vegetables*
- > *than of fruits. The ability of either food group to prevent colon*
- > *cancer is most likely through the action of wide variety of natural*
- > *compounds they contain (such as vitamins, phenolics, isoflavanoids,*
- > *etc.). The combination of these beneficial anticancer ingredients in*
- > *their natural form may be crucial to the effectiveness of these foods*
- > *in cancer prevention. Some of these compounds are also under*
- > *investigation in our research studies at the Rockefeller University*
- > *Hospital.*
- >
- > *Calcium: Calcium has been reported to inhibit colon cancer*
- > *development. A recent double-blind placebo-controlled clinical study*
- > *found that 1200 mg of calcium per day, given as a dietary supplement,*
- > *reduced the reappearance of pre-cancerous colon polyps in patients who*
- > *had polyps removed from their colon or rectum previously. Calcium may*
- > *bind to and inactivate cancer-promoting substances, such as bile*
- > *acids, within the colon.*
- >
- > *Vitamins and Minerals: Folic acid, the antioxidant vitamins A, C, D,*
- > *E, and the mineral selenium have all been reported to prevent colon*
- > *cancer. However, there is not enough data to declare that each*

- > unequivocally possesses colon cancer preventive properties. Vitamins
- > A, C, E, and selenium may work by preventing damage to the cells the
- > lining the colon.
- >
- > Alcohol and Coffee: The majority of studies indicate that high
- > alcoholic beverage intake increases the risk for colon cancer, while
- > recent data suggest that coffee consumption may reduce colon cancer
- > risk.
- >
- > Aspirin and Colon Cancer: Nonsteroidal anti-inflammatory drugs (NSAIDs)
- > like aspirin are among the most commonly used drugs. Aspirin, which
- > recently celebrated its one-hundredth birthday, is the model NSAID.
- > Many studies suggest that regular long-term aspirin intake can reduce
- > the risk of colon cancer by as much as 50%. Aspirin also seems to
- > reduce the incidence of pre-cancerous colon polyps. However, NSAIDs
- > have well-known adverse side effects, (such as abdominal discomfort
- > and gastrointestinal ulceration and bleeding), and thus should not be
- > used casually for colon cancer prevention. One should never take
- > NSAIDs for this purpose without being under the care of a physician.
- > Efforts have focused on development of safer NSAIDs. New aspirin-like
- > agents are being investigated to determine if they are safe and
- > effective for the prevention of colon cancer.
- >
- >
- > Thanks for reading,
- >
- > -Walt D
- >
- > Info recieved from:
- > [http://www.healthology.com/focus\\_article.asp?b=cancernews&f=colon\\_cancer&c=connection&spg=FIA](http://www.healthology.com/focus_article.asp?b=cancernews&f=colon_cancer&c=connection&spg=FIA)