

Re: Connection Between Colon Cancer And Diet

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From: Alan F. (Alan_sli_at_yahoo.com)

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Hey SJ, I liked what you said about exercise helping fight against colon cancer and just wanted to share some articles I found about the benefits that exercise can have on the body, and we all know it has many benefits on the mind as well. If you have some time, why not take a look at the posting about "Reducing the risks of Colon Cancer through Exercise" and tell me what you thin of it.

Thanks,

Alan F.

sjiuanng@yahoo.com (SJ) wrote in message news:<55d4963c.0410291224.c9770a5@posting.google.com>...

> *I would believe so that colon cancer has something to do with diet. I
> have come across some information years ago that the incidence of
> colon cancer is higher among the Chinese compare to other races in my
> country. And, we basically love fried foods and have a lot of fats in
> our food, especially lard. To be on the healthier side, it is good to
> increase our fiber intake, especially as we grow older, and reduce
> intake of animal fats. Don't forget to exercise, too!!*

>
> *Thanks for sharing the information.*

>
> *SJ*

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

>> *To whom it may concern:*

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>>

>> *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?*

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>> *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