

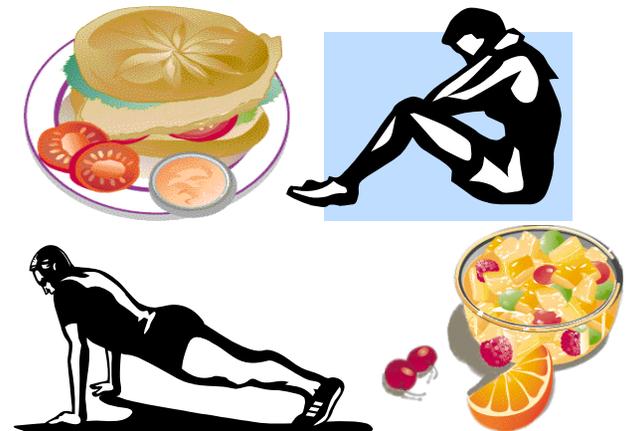
Stating the Facts:

Did you know...

- The American Cancer Society estimates that 50% of new cases and 65% of deaths could be eliminated by lifestyle changes (healthy diet, exercise, eliminating tobacco use, etc.)
- 76% of all cancers are diagnosed at the age of 55 or older (men have a 1-in-2 risk; women have a 1-in-3 risk)
- African Americans have the highest death rate from cancer of any ethnic/racial group in the US (30% higher)



Cancer Prevention



For more info visit: http://www.cancer.org/docroot/PED/content/PED_3_2X_Common_Questions_About_Diet_and_Cancer.asp?sitearea=PED

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2006

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... a healthy
lifestyle just may be
the best medicine

Even the most experienced researchers in the field still have so much to learn. Listed below are some of the many existing questions about what actually causes cancer and what can be done to prevent it.

Food Processing and Preparation:

Does the method of cooking meat have any effect on cancer risk? **Yes.** Meats cooked at extremely high temperatures (frying, broiling, grilling) create chemicals during the cooking process which may cause cancer. It is better to cook at slightly lower temperatures (steaming, stewing, microwaving).



What are Bioengineered foods and do they cause cancer? Bioengineering is the process of adding genes from one organism to another for favorable effects. There is currently no evidence of increased cancer risk associated with these methods.

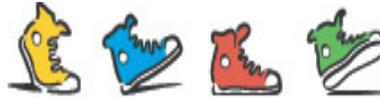
Are organic foods better in regards to cancer? No research has indicated that organic foods are better.

Do food additives cause cancer? Food additives are present in food in such miniscule amounts they have never been shown to cause cancer; however, the effects of these additives in significant quantities are still not entirely known, so it is wise to eat highly processed foods in moderation.

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Can the irradiation of foods cause cancer? Foods are radiated so that harmful organisms are killed and shelf life is extended; however, the radiation does not remain in the foods, so it has not been shown to cause cancer.

Why should preserved meats and salted/pickled foods be limited? Studies have shown that high consumption of foods preserved by salt is linked to stomach, na-



sopharyngeal, and throat cancer.

Lifestyle:

Does obesity affect cancer risk? **Yes!** High levels of obesity have been shown to promote cancers of the breast, colon, endometrium, gallbladder, esophagus, pancreas, kidney, and others.

How does physical activity affect cancer risk? Not only does physical activity guard against obesity, but it also stimulates additional cancer risk-reducing benefits, specifically for colon and breast cancer.

Does tobacco use really play that big of a role in cancer risk? **Yes.** Tobacco smoke alone contains >43 carcinogenic substances, and 30% of all cancer

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Nutritional Components:

How is alcohol related to cancer? Even small amounts of alcohol per week can promote the development of breast cancer. Over-consumption of alcohol regularly can cause mouth, pharynx, larynx, esophageal, or liver cancer.



Does caffeine in coffee increase cancer risk? No correlations have been found between coffee and cancer; however, the caffeine may cause non-cancerous fibrocystic breast lumps which tend to be more of an annoyance than a cancer risk.



Does tea really protect against cancer? Tea, specifically green tea, is high in antioxidants which help bind dangerous free radicals, so it is very likely that it would have a cancer-preventing effect. Although this effect has not yet been proven in humans, it has been proven in animals.

Are non-nutritive sweeteners dangerous in regards to cancer? Sweeteners have never been shown to heighten cancer risk in humans. Although saccharin was shown to cause bladder cancer in rats, FDA found that the product would have to be consumed in enormous quantities; therefore, it had been taken off the list of human carcinogens and is considered safe to eat.

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