

Ontologies Classes Object Properties Data Properties Annotation Properties Individuals Datatypes Clouds

Class: Diet_LC

Annotations (4)

- `rdfs:comment` "A healthy diet with lots of fruits and vegetables may also help reduce your risk of lung cancer. Some evidence suggests that a diet high in fruits and vegetables may help protect people who smoke and those who don't against lung cancer. But any positive effect of fruits and vegetables on lung cancer risk would be much less than the increased risk from smoking. Trying to reduce the risk of lung cancer in people who smoke currently or those who formerly smoked by giving them high doses of vitamins or vitamin-like drugs has not been successful so far. In fact, some studies have found that supplements of beta-carotene, a nutrient related to vitamin A, appear to increase the rate of lung cancer in these people. Some people who get lung cancer do not have any clear risk factors. Although we know how to prevent most lung cancers, at this time we don't know how to prevent all of them."(`xsd:string`)
- `rdfs:comment` "Could your diet be affecting your chances of developing lung cancer? A new study from MD Anderson shows a link between a diet with a high glycemic index and lung cancer risk. The link was especially strong in non-smokers. The glycemic index is a ranking system that shows how quickly the carbohydrates you eat increase your blood sugar. Foods with a high glycemic index are quickly digested and cause a spike in blood sugar glucose and insulin levels. This can affect cell growth and lead to tumor growth. "This study shows that living a healthy lifestyle, including cutting back on foods and drinks with a high glycemic index, may help lower a person's overall lung cancer risk," says Xifeng Wu, M.D., Ph.D., professor of Epidemiology and senior author of the study. Diet is a potential new risk factor for lung cancer About 80 to 90% of lung cancer cases are caused by smoking. Environmental factors like secondhand smoke and asbestos also have been linked to lung cancer. Now researchers are looking at whether diet and other risk factors may increase a person's lung cancer risk. This new research is the largest study on links between glycemic index and lung cancer. The study surveyed the dietary habits and health histories of 1,905 lung cancer patients and 2,413 healthy individuals. All participants were non-Hispanic whites. This is the first study to show a significant link between the glycemic index and lung cancer in specific groups of people, such as lifetime non-smokers. Wu says more research is needed to better understand the link between diet and lung cancer. Maintain a healthy diet Specific dietary recommendations can't be made based on this study. But our experts suggest limiting foods and drinks with a high glycemic index, like white bread and bagels. "Foods with a high glycemic index tend to be more processed and contain more added sugar," says Stephanie Melkonian, Ph.D., Epidemiology postdoctoral fellow and lead author of the study. "They're not quality carbohydrates. They don't offer a lot of nutrients." You don't need to cut all carbs out of your diet, though. Carbs should make up 45 to 65% of your daily calories, according to the American Institute for Cancer Research. It's best to get your carbs from whole grain sources, like brown rice, oats, whole wheat bread, sweet potatoes, corn and peas. That's because the fiber in whole grains helps you stay full longer and keeps your cholesterol and blood sugar in check. Whole grains also are loaded with vitamins, minerals and plant compounds that help protect your cells from damage that can lead to cancer. "Ultimately, though, diet is just one factor that affects your cancer risk," Melkonian says. "What we're learning is that living a healthy lifestyle is really the important part."(`xsd:string`)
- `rdfs:comment` "It's believed that adding certain foods that prevent lung cancer to your everyday diet can lower your risk of the disease. That may not immediately come to mind, as quitting smoking is at the top of the list when it comes to risk factors for lung cancer. But research shows that simple changes to your diet can help, and doing all you can to mitigate your risk is worthwhile. It all starts by incorporating these foods into your daily meals. Assortment of healthy foods Trent Lanz/Stocksy United Apples One of the many health secrets packed into an apple is that every bite fills you with flavonoids. These phytonutrients (plant chemicals) are found in almost all fruits and vegetables. They're powerful antioxidants, offering anti-inflammatory and immune-boosting benefits. Research has shown that the more flavonoids you consume, the lower your risk for lung cancer.1 In fact, an increase in flavonoid intake of 20 milligrams (mg) per day (about one or two apples, depending on their size) may reduce your chances of developing lung cancer by 10%.2 Certain types of flavonoids are specifically associated with lowering the risk of lung cancer, including quercetin and kaempferol. Never-smokers seem to benefit the most from the protective power of these compounds.3 An apple's peel (especially if it's a dark variety) has the highest concentration of flavonoids, so be sure to wash and eat the whole fruit for the biggest health boost. Garlic Dating back to Hippocrates (who coined the term cancer in the 4th century B.C.), garlic has been seen as an herb with extraordinary medicinal qualities. It was long believed to be able to protect against cancer, but only recently have doctors discovered why. Garlic actually prevents cancer cells from growing by increasing the activity of natural killer (NK) cells and macrophages (types of white blood cells that are important for immunity).4 A study in China found that people who consumed raw garlic two or more times per week dropped their risk of lung cancer by 44%.5 Eating garlic raw seems to be the best way to take advantage of its protective power since cooking or pickling it breaks down beneficial compounds. In the Kitchen If you're going to cook with garlic, mince it and leave it open to the air for 10 minutes before adding it to your food or sautéing. This allows chemical

reactions to take place that enhance garlic's anti-cancer qualities. How Natural Killer Cells Help Fight off Cancer Onions Onions, like garlic, belong to a family of vegetables known as allium vegetables, which were long used in folk medicine and are now widely studied by scientists for their anti-oxidant properties and the fact that they seem to interfere with the development of cancer cells. Consuming high amounts of onion has been shown to reduce the risk of lung cancer.⁴ The onion is another food that contains the anti-cancer flavonoid quercetin. Researchers are looking at how to harness this power by creating onion extracts, which could easily deliver a large potent dose of onion's benefits. Meanwhile, you can take advantage of the anti-cancer properties by adding onions to a wide variety of daily dishes. Can an Onion Save You From a Cold as Well? Broccoli Glucosinates and other compounds compounds in cruciferous vegetables like broccoli counter the deadly effects of environmental carcinogens and can potentially reduce the likelihood that you will develop lung cancer.⁶ Among smokers, who have the highest risk of lung cancer, cruciferous vegetables may decrease the likelihood of lung cancer by 32% to 55%, depending on the amount regularly consumed.⁷ If you don't care for broccoli, there are many alternative crucifers you can try: Cauliflower Radishes Arugula Bok choy Collard greens Kale Watercress Horseradish Brussels sprouts Cabbage Rutabaga Wasabi Turnips What Are Carcinogens and How Can You Protect Yourself from Them? Fish Frequent fish consumption has several health benefits, including a 21% reduction in lung cancer risk, according to one study.⁸ However, most researchers agree that more investigation is needed to confirm the correlation between fish and lower rates of lung cancer. Meanwhile, there is stronger evidence that omega-3 fatty acids in fish do protect against colon cancer, which offers some hope that similar connections will be found between fish high in omega-3s (e.g., salmon, mackerel, herring, sardines, and albacore tuna) and lower risks for lung cancer.⁹ Omega-3 fatty acids are already proven to help protect you against heart disease, high blood pressure, and stroke, so it's often recommended you consume fish twice a week (once a week for pregnant women). This can help you maintain your general health, which plays into your body's overall ability to fight cancer. While omega-3 fatty acid supplements are available, the American Heart Association recommends you get these nutrients directly from foods unless you already have heart disease (in which case adding supplements is recommended).⁹ Are Omega 3 Fatty Acids Safe for Everyone? Red Peppers Red bell peppers, as well as red chili peppers, contain a phytochemical called capsaicin—part of what gives these foods a spicy little kick. It was found that capsaicin suppresses the development of lung cancer in Swiss mice after they were exposed to a carcinogen.¹⁰ Capsaicin may do this by inducing apoptosis, a process by which abnormal cells are eliminated before they can divide and become a cancerous tumor. While animal study findings cannot be directly applied to humans, red bell and red chili peppers are a nice way to potentially protect your health while adding excellent flavor, a bit of spice, and a splash of color to your diet. Green Tea Green tea contains a powerful antioxidant, epigallocatechin gallate (EGCG), that has been shown to offer significant defense against cancer.³ The benefit may not be limited to lung cancer, though. In a study that looked at nearly 100,000 people, green tea was associated not only with a reduction in the incidence of lung cancer but of cancer overall.¹¹ Tea Tip Adding a touch of lemon may increase the absorption of important compounds in green tea, whereas adding cream (or other dairy products) may bind with these compounds and negate their positive effects. Can Green Tea Combat Cancer? Spinach Spinach and other green leafy vegetables are rich in vitamin C, carotenoids, lutein, folic acid, vitamin A, and vitamin K. Several studies have found that this super-nutritious food reduces the risk of lung cancer. It's especially noticeable in smokers, who normally are very susceptible to cell mutations that can cause lung cancer but who seem to be protected from this problem when they eat plenty of helpings of spinach and similar vegetables.¹² Spinach is also rich in the nutrient lutein. Lutein is often associated with healthy vision but also acts as an antioxidant in the body, fighting off free radicals generated by cancer-causing substances in our environment.¹³ (A note of caution: Those who attempt to get lutein via a supplement may have an increased rather than decreased risk of developing lung cancer.¹⁴) Considering Taking Take Vitamins or Supplements? Know How they Affect Cancer. Chicken Red meat, especially processed meats, has repeatedly been linked to higher rates of cancer, including a 22% increased risk for lung cancer per 100 grams of red meat consumed per day.¹⁵ The inverse seems to be true for chicken, however. High poultry intake is associated with a 10% decreased risk of lung cancer.¹⁶ The American Institute of Cancer Research recommends avoiding processed meats.¹⁷ To gain the best benefit from chicken as a source of protein, look for organic and minimally processed poultry, which should lower your exposure to carcinogens that can enter food during processing. Important Facts About Grilling Meat and Cancer Risks Wheat Germ In a clinical study looking at over 72,000 Chinese female non-smokers, it was found that women who were exposed to high doses of sidestream smoke in the home and workplace were 47% less likely to develop lung cancer if they consumed a diet high in vitamin E (alpha-tocopherol).¹⁸ This study also demonstrated that vitamin E supplements do not provide the same protection. In fact, taking supplements to boost vitamin E intake actually increased the risk of lung cancer. Wheat germ is one of the highest sources of vitamin E (alpha-tocopherol) you can choose. Others include sunflower seeds and almonds. Butternut Squash Butternut squash contains a substance called beta-cryptoxanthin that has been repeatedly found to lower the risk of lung cancer. By eating foods like butternut squash, it's estimated that your risk of lung cancer decreases between 15% and 40%. While some studies showed greater effects than others, a diet rich in foods containing this substance appears to be particularly helpful for people who smoke.¹⁹ Again, as with vitamin E, those who attempt to get this ingredient via a supplement may have an increased rather than decreased risk of developing lung cancer. Beta-cryptoxanthin may also be found in tangerines, persimmons, and the spices cayenne pepper, paprika, and chili powder. The Connection Between

Beta-Cryptoxanthin and Other Health Benefits Spices In addition to whole foods, spices are important to a cancer-fighting diet. Turmeric, a popular Middle Eastern spice, has been repeatedly praised for its anti-cancer properties, including its ability to help stave off lung cancer.²⁰ It's been found that spices such as rosemary have several health benefits and are inversely related to the risk of developing lung cancer. Researchers have looked at how extracts of these spices might be used to support lung health.²¹ Rosemary, along with sage, oregano, and other Mediterranean spices, contains a compound called carnisol, which attacks several of the pathways needed by abnormal cells to become cancerous. Regularly adding a little of these to your food may help you avoid lung cancer. Cancer Cells vs. Normal Cells: How Are They Different? A Word From Verywell Even if you've already been diagnosed with cancer, it's not too late to take these suggestions to heart. Improving your diet may help slow the spread of cancer or lower the odds that cancer will return—an important thing to consider in light of lung cancer's high risk of recurrence. The American Cancer Society offers specific dietary guidelines that may help prevent lung cancer. Research supporting many of these suggestions is ongoing, but they at least provide a good basis for beginning to take control of your health and preventing lung cancer."(xsd:string)

- `rdfs:comment` "Yes, eating a healthy and balanced diet can reduce the risk of cancer This is partly from the effect of the diet itself, but mostly by helping you keep a healthy weight or lose weight Your overall diet (what you usually eat in a normal week) is more important than individual foods when it comes to cancer. When it comes to diet and cancer, there are lots of common questions and myths. Read on to find out about how eating a healthy, balanced diet can reduce the risk of cancer. How does a healthy diet reduce my risk of cancer? What we eat and drink can affect our health in lots of ways. Having too much sugary food and drink, or food high in calories (including fast food) can make it easier to gain weight. Obesity is a cause of 13 different types of cancer. Having a healthy diet helps you keep a healthy weight, or lose weight, which can reduce the risk of cancer. Find out more about weight, obesity, and cancer. When it comes to cancer, there are no guarantees. Overall diet has a bigger impact on cancer risk than individual foods. But some specific foods can also affect cancer risk. What are some cancer-causing foods and drinks? There are some foods that can increase the risk of cancer, but eating these doesn't mean you'll definitely get cancer. For a healthy balanced diet, cut down on: Processed and red meat Eating a lot of processed meat or red meat can increase the risk of bowel cancer. Find out how and what counts as processed or red meat. Alcohol Alcohol causes 7 types of cancer. So, whatever your drinking habits, cutting down reduces the risk. High-calorie foods and sugary drinks Foods high in fat, sugar or calories can make it harder to keep a healthy weight. Are there foods that prevent cancer? There are no 'super foods' that can guarantee you won't get cancer. But there are some foods that can reduce the risk, particularly when it comes to bowel cancer: High-fibre foods Find out more about how high-fibre foods can form part of a healthy balanced diets, and can reduce the risk of bowel cancer. Dairy Food and drinks like cheese and milk can reduce the risk of bowel cancer. Read more about dairy and cancer. If you want to know about a specific food and if it can cause or prevent cancer, take a look at these common food questions and myths. Is there an 'anti-cancer' diet? There's no one diet that can guarantee that you won't get cancer. But eating a healthy, balanced diet can reduce the risk. We often hear that a healthy and balanced diet is good for us, but what does this mean? A healthy balanced diet means eating mostly fruit and vegetables, plenty of wholegrains (these include things like brown pasta and wholegrain bread) and healthier sources of protein like fresh chicken, fish or pulses (including lentils and beans). And it's best to cut down on processed and red meat (like bacon, sausages and chicken nuggets), high-calorie foods (including fast food), sugary drinks (including fizzy drinks and energy drinks) and alcohol. Find out more about how to eat a healthy, balanced diet across your week. How do I stick to a healthy diet? Healthy changes are not always easy to make, and the world around us can make it harder still. But you can eat tasty, healthy food, and it doesn't have to cost a lot or take up too much time. Read our tips on shopping and cooking on a budget."(xsd:string)

Superclasses (1)

- `Preventative_habits_LC`

Disjoints (3)

`Diet_LC`, `Physical_Activity_For_Mitigation_of__LC`, `Quitting/Not_Smoking_LC`

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