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Dietary habits as cause of Cancer worldwide

It is estimated that 5.2% of new invasive cancer cases in adults age 20 and over in 2015 resulted from a poor diet. Of all the different kinds of cancers, colorectal cancer showed the highest numbers of new diet-related cancer cases. Middle-aged men, ethnic and racial minorities had the highest rates. Low intake of Whole grains, Dairy products, Vegetables, Fruits and High intake of Processed meats, Red meats, Sugar Sweetened Beverages (SSB) is a cause of increased risk of some site-specific cancers.

NUMBER AND PERCENTAGE OF CANCER CASES ASSOCIATED WITH INADEQUATE DIET

- Cancer of the colon and rectum (40%)
- Cancer of the mouth, pharynx, and larynx(25%)
- Cancer of the Uterus (6%)
- Breast (post-menopausal) (1.5%)
- Kidney cancer (4%)
- Stomach cancer (7%)
- Liver cancer (3%)
- Pancreas (1%)
- Esophagus (adenocarcinoma) (5%),
- Thyroid cancer (1%)
- Prostate (advanced) (1%)

- Ovary (1%)
- Gallbladder cancer (3%),

DIET-ASSOCIATED CANCER COMPARED WITH ALCOHOL INTAKE, OBESITY AND PHYSICAL ACTIVITY

Diet-associated cancer was:

- The same as alcohol intake (4-6%),
- Slightly lower than excessive body weight (7-8%)
- Higher than physical inactivity (2-3%).

It is important to deal with unhealthy poor diet at the population-level in order to reduce the burden of cancer worldwide. It is necessary to promote high intake of whole grained breads and cereals.

Conclusion: Cancer is the leading cause of death in the world now. It is important to prevent it with good healthy diet and avoid dangerous cancer-causing foods like processed meats and sugar sweetened beverages (SSBs).

Speaker Biography

Neeraj Jain is a leading Radiation Oncologist and Professor at Sri Guru Ram Das University of Health Sciences Amritsar. He is Vice President AROI. He has numerous publications and presentations in International forum. Member of ASCO, ASTRO, FARO.

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