

Diet and lifestyle may help to reduce the risk of ovarian cancer.

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Introduction

People with ovarian cancer may benefit from a balanced diet and lifestyle to improve their overall quality of life and survival rates. Dietary and lifestyle changes should always be used in conjunction with medical treatment, not in place of it. Following a nutrient-dense diet low in highly processed foods and high in vegetables, fruits, and healthy fats may help to reduce the incidence of ovarian cancer and improve certain health outcomes in people who have it [1].

Based on a person's overall health, prognosis, and other factors, a medical team, including an oncologist and a nutritionist, can provide more specialised dietary and lifestyle counselling. The impact of certain diets on ovarian cancer is discussed in this article, as well as recommendations for foods to include and avoid during ovarian cancer therapy.

The goal of this case-control study, which took place in Zhejiang, China between 1999 and 2000, was to see if dietary factors have an aetiological link to ovarian cancer. There were 254 patients with epithelial ovarian cancer that were histologically confirmed. 340 hospital visits, 261 non-neoplasm hospital outpatients without long-term diet adjustments, and 51 community women made up the 652 controls. The habitual diet of patients and controls was measured using a validated food frequency questionnaire. Adjusted odds ratios based on multivariate logistic regression analysis were used to determine the risks of ovarian cancer for the dietary components, accounting for potential confounding demographic, lifestyle, familial factors and hormonal state, family ovarian cancer history, and total energy consumption. Increased consumption of vegetables and fruits reduced the risk of ovarian cancer, but high intakes of animal fat and salty vegetables increased the risk. With a substantial dose-response association, the adjusted higher quartile odds ratio compared to the lower quartile was 0.24(0.1–0.5) for vegetables, 0.36(0.2–0.7) for fruits, 4.6(2.2–9.3) for animal fat, and 3.4 (2.0–5.8) for preserved (salted) vegetables [2]. Women who ate a lot of fat, fried, cured, and smoked food seemed to have a higher risk of ovarian cancer.

Ovarian cancer is currently most frequent disease in women and the most deadly of the gynaecological cancers. However, nothing is known about the elements that cause it. In a case-control research in China, dietary variables, particularly vegetables, fruits, and fat intake, were found to have a substantial positive dose-response connection between dietary fat from animal sources and ovarian cancer, as well as

a modestly protective effect from vegetables. The goal of this case-control study is to investigate the link between dietary variables and epithelial ovarian cancer, which accounts for over 90% of all ovarian cancers [3].

Specific diets

Certain dietary patterns have been proven in several trials to help women with ovarian cancer reduce their risk and improve their health outcomes. However, health professionals currently do not advocate a special diet for those who have this type of cancer. Research Diets high in fiber-rich plant foods and low in ultra-processed foods and saturated fat have been associated to a lower risk of overall cancer, according to Trusted Source. Furthermore, specific eating patterns may improve the efficacy of chemotherapy and reduce the risk of long-term problems in cancer patients.

However, the link between human food and cancer risk is complex, and additional research is needed to better understand how diet affects the risk of ovarian cancer. Include fresh fruits and vegetables in your regular diet, particularly carrots, deep orange fruits, sweet potatoes, and carotenoids-rich veggies.

- Antioxidant-rich, folate-rich, and vitamin B-rich foods (such as broccoli, kale and dark-green leafy vegetables) [4].
- Wild salmon, which is high in anti-inflammatory omega-3 fatty acids.
- Foods high in protein and vitamin D, such as egg yolk
- Ginger is said to be beneficial in this situation.

Cruciferous vegetables

A high diet of cruciferous vegetables, particularly cooked cauliflower and greens, was linked to a lower risk of ovarian cancer, according to the researchers. Participants in the study who consumed the most cruciferous veggies had the lowest risk of developing the disease. Every Ten servings of cruciferous vegetables consumed per month seems to reduce the risk. Glucosinolates, a type of phytochemical found in cruciferous vegetables, are abundant. Glucosinolates are broken down into isothiocyanates when cruciferous vegetables are chopped, cooked, or chewed [5].

These chemicals have anti-cancer characteristics, according to the 2018 study, and may influence carcinogen metabolism, carcinogenesis, reduce inflammatory mediators, activate immunological responses, and more.

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