

# Cancer Prevention Month

Issue 1

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## Colon Cancer and Physical Activity

Colon and rectum cancers are the third leading types of cancer, as well as third leading cause of cancer deaths among men and women. Epidemiological studies follow large populations for many years to determine which lifestyle behaviors influence disease risk. Forty such studies have now reported a large and statistically significant reduction in colon cancer among physically active individuals. The evidence has been assessed by the American Institute for Cancer Research as “convincing”.

It's not clear exactly how much activity is required, but several studies have found that those who got 5-6 hours of moderated activity a week cut their risk in half. This was true even when controlled for the effect of diet, weight, family history, and smoking. In fact, as long as activity levels were high, being overweight does not seem to negatively affect colon cancer risk. Just one more reason to be sure that each day includes some type of physical activity.

## Did you know?

-cigarette smoking accounts for at least 30% of all cancer deaths

-lung cancer is the leading cause of cancer death in both men and women, and is one of the hardest cancers to treat

-smoking not only increases the risk of lung cancer but also cancer in the larynx, mouth, tongue, lips, esophagus, stomach, pancreas, cervix, kidneys, and bladder

-smoking related cancers are preventable!

Information on how to quit smoking and greatly decrease your risk of cancer can be found at...

[http://www.cdc.gov/tobacco/quit\\_smoking/how\\_to\\_quit/index.htm](http://www.cdc.gov/tobacco/quit_smoking/how_to_quit/index.htm)

Searching for healthy, quick and delicious recipes?

[http://www.aicr.org/site/PageServer?pagename=reduce\\_diet\\_recipe\\_s\\_test\\_kitchen](http://www.aicr.org/site/PageServer?pagename=reduce_diet_recipe_s_test_kitchen)

## Recommendations for Cancer Prevention

1. Avoid being overweight.
2. Become more physically active.
3. Avoid sugary drinks. Limit consumption of energy-dense foods.
4. Eat more of a variety of vegetables, fruits, whole grains, and legumes such as beans.
5. Limit consumption of red meats (such as beef, pork, lamb) and avoid processed meats.
6. If consumed at all, limit alcoholic drinks to 2 for men and 1 for women a day.
7. Limit consumption of salty foods and foods processed with salt.
8. Don't use supplements to prevent against cancer

## Eat Your Veggies!

2/3 of your plate should be filled with vegetables, fruit whole grains and beans in order to help prevent weight gain and protect against cancers whose risk is convincingly increased by higher body fat

- Foods that have been proven to fight cancer...

- Beans (including lentils and peas)
- Berries (strawberries, blackberries, raspberries)
- Cruciferous vegetables (broccoli, cauliflower, cabbage, brussels sprouts, bok choy, and kale)
- Dark green leafy vegetables
- Flaxseed
- Garlic
- Grapes and grape juice
- Green Tea
- Soy (tofu, soymilk, soybeans, soy nuts, miso, soy burgers)
- Tomatoes
- Whole grains (brown rice, wheat bread and pasta, oatmeal, popcorn, tortilla and tortilla chips, corn)

Sources: [www.cancer.org](http://www.cancer.org), [www.aicr.org](http://www.aicr.org), [http://www.aicr.org/site/PageServer?pagename=reduce\\_diet\\_recipes\\_test\\_kitchen](http://www.aicr.org/site/PageServer?pagename=reduce_diet_recipes_test_kitchen); Giovannucci et al., Annals of Internal Medicine 122:327-34, 1995; Slattery et al. Annals of Epidemiology 7: 137-45, 1997.