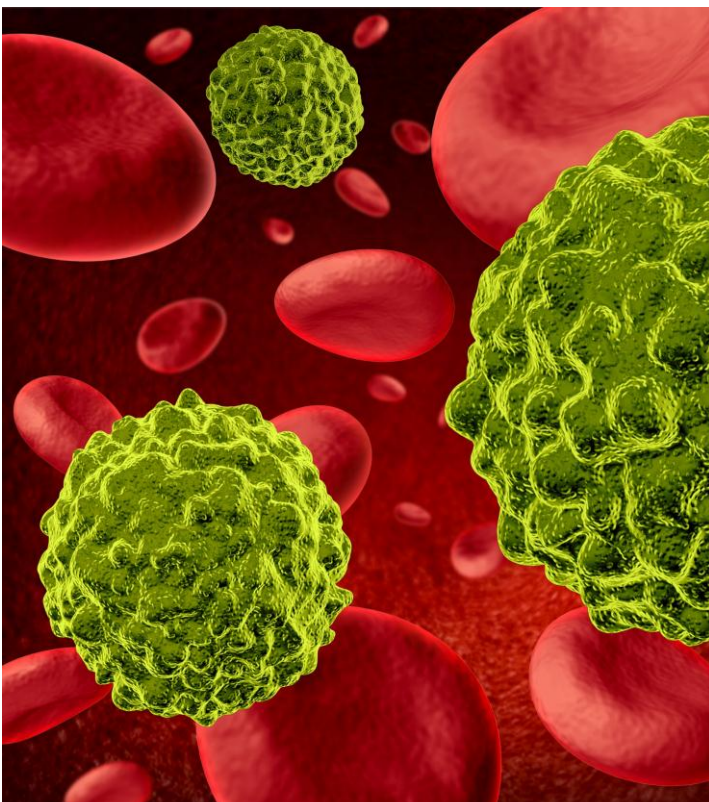


NUTRIeNT

SEPTEMBER 2014

CAUTION: Misinformation may be harmful to your health!

In today's fast-paced world, information transfer and access is instantaneous, and in great abundance. When it comes to your health, the challenge is raking through the quagmire and selecting those that are based on good, solid evidence and those that are essentially junk science.



Cancer Cells

GARLIC:

Several population studies have shown a link between increased garlic intake and reduced risk of cancer such as stomach, colon, pancreas, prostate and breast. However, few clinical studies looked at garlic's anticancer potential. Garlic may protect against cancer through its: antibacterial properties, antioxidant effects and by supporting DNA repair.



There are dangers in believing and using unproven treatments:ⁱ

- Delay in getting appropriate treatment
- Decreased quality of life
- Physical harm
- Interferes with proven treatments
- Wastes time
- Wastes money
- Psychological damage

In this issue of NUTRIeNT, we'll look at some popular diet related cancer claims:

GREEN TEA

There's some evidence from studies done in Asian countries that green tea may lower risk of many cancers including breast, prostate, mouth, esophagus and bowel. This may be because Asians drink copious amounts of green tea. We North Americans tend to drink black tea. Green tea is high in compounds called catechins, a polyphenol found to:

- Protect cell's DNA from damage from free radicals
- Prevent cells from over multiplying
- Bring about apoptosis

While all this sounds promising, many of these results were seen in animals (read: rats). Studies in humans have been inconclusive.

DICTIONARY

Free radicals – highly reactive chemicals that can harm, cause damage to cells

Antioxidants – chemicals that neutralize free radicals; found in fruits and vegetables

Polyphenols – a type of antioxidant with many potential health benefits

Apoptosis - a form of cell death that does not release harmful substances in the surrounding areas

Isoflavones – a type of antioxidant found in plants such as soybeans

How to protect yourself from health scams

Be wary. Question what you see or hear. Newspapers, magazines, radio and TV do not always check to make sure their claims are true.

Watch for RED FLAGS:

1. It's made from a special, secret formula
2. Can cure a wide range of ailments.
3. Use testimonials or undocumented case histories from satisfied patients.
4. Offers a "free" gift or promotion.
5. Needs advance payment

References

ⁱ <http://www.quackwatch.org>

ⁱⁱ Cancer Research UK <http://scienceblog.cancersearchuk.org>

ⁱⁱⁱ <http://www.webmed.com>

National Cancer Institute <http://www.cancer.gov/cancer/certoics/factsheet/diet>

American Cancer Society <http://www.cancer.org/cancer/news/expertvoices/category/cancer-myths.aspx>

Get In Touch

T: 519.442.9834

W: pccfht.ca

238 Grand River St. N.
Paris, Ontario N3L 2N7

Content Manager:

Rina Chua-Alamag
Health Educator, Registered Dietitian
519.442.9834 ext.231
rchuaalamagpccfht.ca

ST. GEORGE SITE

2 Sunnyside, St. George
T: 519.448.3331

SOY:

Soy foods have been linked to reduced risk of breast, prostate and bowel cancer. Asian diets contain large amounts of soy usually from edamame, soymilk, and miso soup. Isoflavones found in soy act like the hormone estrogen. Some scientists believe that by replacing our own estrogen, isoflavones reduce the risk of some cancers. Other scientists are concerned that isoflavones may actually increase the risk of some cancers. More studies are needed.

TOMATOES:

Tomatoes are rich in lycopene, a powerful antioxidant that prevents damage to DNA by blocking free radicals.

Lycopene is what gives tomatoes and other fruits its color.

Some studies show a positive but weak association between tomato intake and reduced prostate cancer. Other studies show no difference. What's not clear is how much lycopene one needs to eat to lower risk. Regardless, tomatoes are good sources of other nutrients like vitamins A, C and E so eat up!

For the tomato haters, here's a list of other lycopene-rich foods:

- Guava
- Watermelon
- Red/purple cabbage
- Pink grapefruit
- Sweet red peppers
- Papaya
- Mango
- Carrots



VITAMIN and MINERAL SUPPLEMENTS:

Vitamin and mineral supplements have been found to have little, and perhaps even harmful effects. Large doses of vitamin and mineral supplements may be bad for your health. Get the nutrients you need directly from the source: eat your fruits and vegetables. Don't pop a pill!

ACIDIC DIETS CAUSE CANCER:ⁱⁱ

Some quacks claim "acidic" blood increase your cancer risk. What to do?: eat healthy "alkaline" foods like green vegetables and fruits. This is biological nonsense. It is true cancer cells can't live in an alkaline environment, **but neither can any other cell in your body!** There's no good evidence that diet can change your whole body pH (acidity) or that it has an effect on cancer.

CANCER HAS A SWEET TOOTH:ⁱⁱ

Another idea is that sugar apparently "feeds cancer" suggesting that it should be completely eliminated from the diet.



All sugars are carbohydrates whether from a cake or a carrot that gets broken down to glucose and fructose to give us energy to live.

All cells, cancerous or not, use glucose for energy.

But that doesn't mean sugar from cakes, sweets and other sugary foods specifically feeds cancer cells.

Nuts and Bolts...

Our bodies are complex and cancer is too, so to say a particular food can have a major influence on your chance of getting cancer is too simplistic.

This may not hit the newsstand anytime soon but the old adage still holds true. The best way to lower your risk of cancer over a lifetime is to:

- Not Smoke
- Keep a Healthy Body Weight
- Drink Alcohol in Moderation
- Eat a Varied Diet of Fruits and Vegetables

AYR SITE

207-45 Stanley Street, Ayr
T: 519.632.9153