Vegetables Improve Survival from Ovarian Cancer

Women diagnosed with ovarian cancer are more likely to survive if their diets include plenty of fruits and vegetables, according to a new study in the *Journal of the American Dietetic Association*. Researchers examined food patterns prior to ovarian cancer diagnosis in 341 Illinois women. They found that yellow and cruciferous vegetables, in particular, contributed to longer survival, whereas consumption of dairy products and red and processed meats shortened lifespan. The authors concluded that low-fat, plant-based diets are not only beneficial for cancer prevention—they may also play a role in increasing survival time after diagnosis.

Ovarian cancer is the fifth leading cause of cancer-related death among women in the United States. 


Meat-Based Diets Increase Bladder Cancer Risk

Meat consumption increases the risk of bladder cancer, according to a new study presented at the American Association for Cancer Research's annual meeting. Researchers studied the diets of 884 participants with bladder cancer and 878 healthy people. Study findings suggest that those who eat the most meat are up to 58 percent more likely to develop bladder cancer. Eating well-done meat was linked to an almost twofold increased risk of bladder cancer. Cooking meat at high temperatures produces carcinogens called heterocyclic amines. Study participants who consumed the most bacon, pork chops, fried chicken, and fried fish also had a higher risk.


Vegetables, Fruits, Soy Help Prevent Breast Cancer

Soy products, fruits, and vegetables reduce the risk of developing breast cancer, according to a new study in the *American Journal of Clinical Nutrition*. Postmenopausal women who consumed plenty of soy products, fruits, and vegetables had a 30 percent lower risk of developing breast cancer, compared with those who consumed relatively little of these foods. The research was based on about 34,000 women in the Singapore Chinese Health Study. The longer the women had consumed these healthful foods, the less chance they had of developing breast cancer.
