NON-HODGKIN’S LYMPHOMA

Risk Tied to Animal Protein

A new study links animal protein to a form of cancer. Researchers at Yale University School of Medicine studied 60 cancer patients and 717 healthy controls living in Connecticut from 1995 to 2001. Those consuming the most animal protein had higher rates of non-Hodgkin’s lymphoma. Increased risk was observed with higher intakes of eggs and dairy products, while dietary fiber, vegetables, and fruits appeared to protect against the disease.


PROSTATE CANCER

Vegetable Fiber Protects against Prostate Cancer

Men who eat more vegetables have lower rates of prostate cancer, according to research from the International Journal of Cancer. Between 1991 and 2002, researchers in Italy distributed diet and lifestyle questionnaires to 1,294 men with prostate cancer and 1,451 men without the disease, ages 46 to 74. Unlike previous studies, the new survey broke down fiber intake according to type and source. Men who consumed the most vegetable fiber were 18 percent less likely to develop prostate cancer than those who ate the least.


COLON CANCER

Cancer Promoters in Meat

New data strengthen past findings that carcinogens that form when meat is cooked are responsible for raising rectal cancer risk. University of Utah researchers studied 952 men and women with cancer and 1,205 healthy participants from 1997 to 2002, looking at medical history, dietary habits, and blood and DNA characteristics. Consumption of white meat cooked at high temperatures (fried, broiled, baked, or barbecued) and well-done red meat was associated with increased risk of rectal cancer among men, suggesting that carcinogenic compounds, such as heterocyclic amines and polycyclic aromatic hydrocarbons that form during cooking are to blame for part of the correlation between meat intake and cancer risk.
