

Newsletter colorectal cancer risk reduction

PREVENTION of Colorectal Cancer

I want to take this opportunity to offer some of the evidence-based information about the value of RISK REDUCTION through LIFESTYLE changes. There are a great many studies making clear the value of this health information.

Ann Fonfa, President, The Annie Appleseed Project.
<http://annieappleseedproject.org/wholgraincon.html>

This takes you to the articles, studies, and information on colorectal cancer we have on our website.

The Value of Screening. We all agree - and removing polyps reduces cancer risk. Let's try reducing that risk further. Why not share information with your family or clients/patients/populations on the value of eating **fruits** and **vegetables**, reducing red meat (especially deli meats), adding some physical activity daily as well as stress reduction?

Foods:

"A provocative study suggests what many have suspected — an unhealthy diet affects colon cancer outcomes. Reporting in the August 15, 2007, issue of the Journal of the American Medical Association, researchers show that patients with the highest intake of a Western-pattern diet, characterized by high intakes of red meat, sugar desserts, high fat, and refined grains, have a 3-fold increase in cancer recurrences and mortality".
<http://annieappleseedproject.org/diaptoincoca.html>

"Risk factors for colorectal cancer include: age over 60; K-ras and p53 mutations; a diet high in saturated animal fat and low in fiber and vegetables; lack of exercise, obesity and excessive alcohol intake".
<http://www.ncbi.nlm.nih.gov/pubmed/21141248>

Avoid sodas of all kinds, they are truly unhealthy.

It is important to inform and educate yourself. Going to be screened is only PART of the solution.

Remember that the 'evidence' is only as good as the study designs.

Exercise:

"The risk decreases linearly with increasing physical exercise, and this association remains after stratifying the analysis for the existence of constipation". Eur J Cancer Prev. 2002 Oct;11(5):465-72.

<http://annieappleseedproject.org/mencancerrisk.html>
Some studies on risk reduction through exercise. For men and women.

Stress reduction:

Several studies have shown that reducing stress, learning to deal with it, enjoying life, may help reduce risk of many diseases. The work of MD Dean Ornish has shown this with heart disease and prostate cancer. There are many ways to do this – meditation, yoga, gardening and more have all shown value. Every individual can find what works best for them and put it into practice.

Our advice: Don't JUST screen. Give people tools to reduce their risk. Many will be grateful. Try it!

The Annie Appleseed Project is an all-volunteer non-profit providing information, education and advocacy for people with cancer and those at risk. Our focus since our inception (website up June 1999) has been on complementary, alternative, natural, holistic and integrative care. This reduces risk, aids in healing, helps reduce unwanted effects of conventional treatment, and gives survivors a better quality of life.

www.annieappleseedproject.org - visit us online.

Ann Fonfa

President, The Annie Appleseed Project (an all-volunteer network)

Information, education, advocacy and awareness
on complementary, alternative, natural cancer therapies

Make more fully informed treatment decisions

The information provided is for educational purposes only. It is not meant to diagnose or treat any health condition and is not a replacement for treatment by a healthcare provider.

