

Community

Proper diet may reduce risk of some cancers

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March is Nutrition Month and the Canadian Cancer Society would like to take the opportunity to remind you that certain dietary alterations may reduce your risk of developing a variety of types of cancer. The dietary alterations are minimal and for those of you who already eat in a healthy manner, may be unnecessary. For the first time since its inception, the C.C.S. has placed dietary education as its no. 1 priority in the educational field. Empirical evidence is now available that links certain dietary habits to an increased risk of developing cancer and the C.C.S. would like to make the public aware of its findings so they can be more pro-active in cancer prevention.

Scientists estimate that as much as 80% of cancers in the world are caused by environmental and lifestyle factors and are therefore - theoretically - preventable. One of the most important of these is diet, which is thought to account for at least 35% of all the cancers, except those of the skin - which means it may play an even greater role in cancer rates than does smoking (est. at 30%).

Causes of cancer cases in Canada associated with diet - 27%, sunlight - 17%, Tobacco - 16%, family history - 10%, occupation - 6%.

Causes of cancer deaths associated with diet - 32%, tobacco - 26%, occupation - 9%, family history - 8%.

Researchers have thought for decades that diet had something to do with cancer, but only in the last few years have they zeroed in on this area in an effort to uncover the exact relationship. It seems that some things we eat - such as fats - may increase our cancer risks, especially of the breast and colon, where others - fibre - may have a protective effect especially for cancer of the stomach and colon. Much research is still needed before we can definitely say there is a direct casual effect in the cancer/diet connection. We are where we were 25 years ago with smoking

but the C.C.S. has determined that there is enough information to justify warning the public about potential dangers.

DIETARY RECOMMENDATION #1
Reduce your total fat intake - Of all the dietary elements studied so far, high total fat intake seems to be the most important in increasing cancer risk. Diets high in fat like that of the typical Canadian, are being linked to cancers of the bowel, rectum, breast, endometrium (lining of the uterus), prostate, and possibly cancer of the pancreas and kidney. Presently, in most Canadian diets, 40% of the calories consumed are from fats. The C.C.S. recommends that you reduce that to 30%, which is thought to be low enough to reduce cancer risk while moderate enough to be realistic. For example, if a man consumes 2500 calories a day and 40% of that is fat, then he is eating 113 grams of fat a day (fat supplies 9c/gm). To reduce that fat to 30%, he would have to cut back to 83 gm. of fat per day or in more tangible terms cut out 2 pats of butter and a piece of pie. Cutting down on fat has other benefits. You might lower your blood cholesterol level and consequently reduce your risk of heart disease. Dieters who reduce their fat intake and don't replace it with other foods will lose weight.

DIETARY RECOMMENDATION #2
Eat more fibre-containing foods - Among the dietary elements that seem to protect against cancer, fibre is the most important - particularly against cancers of the colon and rectum and possibly the stomach as well. Dietary fibre is the part of the food which is not digested and is frequently called roughage. How much fibre do we need? No one seems to know for sure but at the present time the C.C.S. is recommending 20-30 grams per day. It is recommended that you increase your fibre content slowly and also increase your fluid consumption at the same time. Foods high in fibre include beans, corn, peas, lentils, avocado, raisins, almonds, bran cereals,

cauliflower and blueberries just to name a few.

DIETARY RECOMMENDATION #3
Have several servings of fruit and vegetables each day - There is nothing new to this recommendation except that there is an emphasis on certain fruits and vegetables which may have some cancer-protective properties. One of the surprises in the diet/cancer research has been the lowly cabbage: it and its relatives appear to help protect against some cancers of the gastrointestinal tract. Broccoli, cabbage, cauliflower and turnip (all members of the brassica family) may reduce the incidence of cancers of the colon, stomach and the esophagus. As a bonus, most are a good dietary source of fibre and contain vitamins.

Several studies have suggested that cancer is less frequent in groups of people whose diets are rich in foods containing Vitamin A. The cancers studied include lung, mouth, larynx, bladder and esophagus. Foods contain Vitamin A in one or two forms - preformed retinol (Vit. A) in milk and liver, Beta-carotene (a compound converted into Vit. A in the body) found in green and yellow vegetables. Most of the research to date has related carotene containing foods to cancer prevention. It is not known whether it is the vitamin itself or another component of carotene containing foods that is the active compound. Therefore the C.C.S. recommends frequent use of those fruits and vegetables that are good sources of carotene (carrots, broccoli, spinach, squash, mangos and cantaloupe). It does not recommend Vitamin A supplements or pills.

Studies have also shown that eating Vitamin C containing foods may lower the risk of gastric and esophageal carcinomas. In the laboratory Vitamin C inhibits the formation of nitroso compounds that are carcinogenic. Foods that are high in Vitamin C are citrus fruits, vitaminized fruit juices, broccoli, brussel sprouts, potatoes, strawberries and cauliflower.



Mystery Madness activity

Sisters Sarah (left) and Laura Kobsa had their fingerprints taken on an actual police fingerprint sheet Friday at the Acton Public Library. But the two weren't in any trouble with the police, they were just taking part in one of the many Mystery Madness activities the Acton and Georgetown Libraries put on during the March Break. (Herald photo)

Cancer Society needs your help

The Cancer Research Society desperately needs your help...

The Cancer Research Society announces its Spring 1991 Campaign.

Extensive research is the only means by which cancer can be controlled. For this reason, it is the sole objective of the Cancer Research Society.

Since its establishment in 1945, the Cancer Research Society has dedicated itself to the task of raising money, which is devoted to financing researchers in their quest to control this frightening disease.

Over the last six years, the Society has channelled over \$25.5 million dollars in fellowships and grants to some 40 laboratories in hospitals, universities and scientific institutions across Canada. At the present moment, the Cancer Research Society allocates grants to all Canadian medical schools.

Mrs. Flora Caplan, president of the Cancer Research Society, has announced that the Society's 1991 objective is to collect \$7,000,000 in donations. A strong volunteer system has been the backbone of the Cancer Research Society since the day it was founded, and the generous assistance of thousands of volunteers will aid the Society in its goal to gather these donations, throughout Canada.

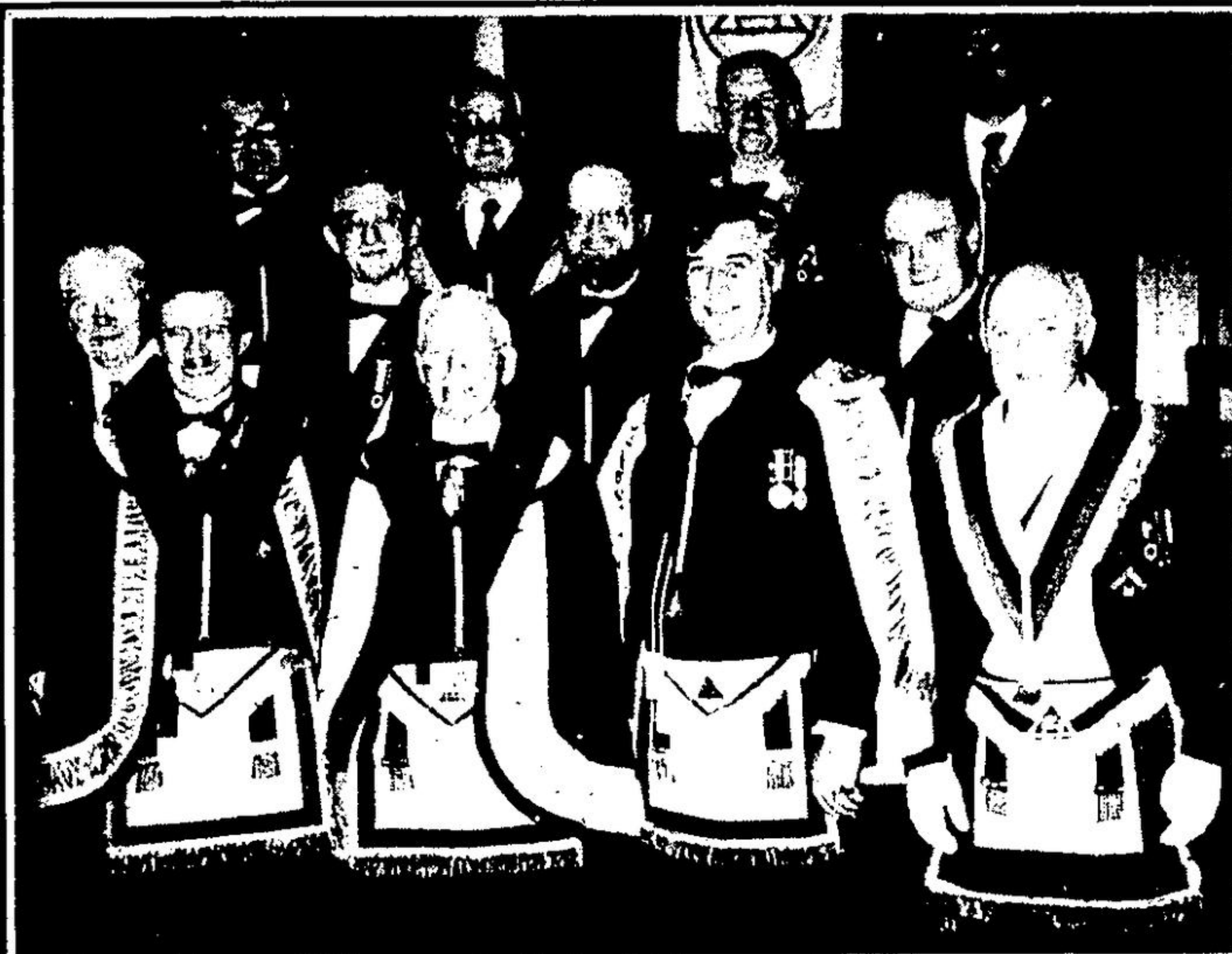
The Cancer Research Society is the only national organization that devotes the donations it receives exclusively to cancer research.

Owing to discoveries made possible by research donations, some of the deadliest forms of cancer, such as childhood leukaemia, Hodgkin's disease and testicular tumors, are presently curable in many cases. Support, however, is still greatly

needed to help finance present and future projects, and to hasten the day when all cancer will be controlled.

More than ever, the Cancer Research Society desperately needs your support in 1991. All donations are tax-deductible and may be sent to: The Cancer Research Society, Inc., P.O. Box 1301, Place Bonaventure, Montreal, Qc, Canada, H5A 1H1.

For information contact: Flora Caplan at 1-800-461-6846 (Toll Free) or Gaston De Lamirande at (514) 861-9227. FAX: (514) 861-9220.



Masons elect officers

Officers of Halton Chapter of Royal Arch Masons No. 234 for 1991. Front row (left to right), John Ellacott, 2nd Principle; Wes Goodman, 1st Principle; Ray Clarke, 3rd Principle; Talbot Peyton, Grand Superintendent. Second row (left to right), Elmer

Grischow, Peter Barrow, Rod Taylor, Brian Alder. Back row (left to right), Ron Henery, Bill Nipper, Jim Bingham and Dick Scheeringa. (Photo submitted)

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