Press Release

Natural diet efficient in reducing cancer risk
Adding just one serving of fruit or vegetables per 1000 calories consumed can result in a 6% reduction of risk of cancer

New Delhi, Feb 17, 2017: As per a recent study, the consumption of fresh vegetables and fruits help lower your chances of getting head, neck, breast, ovarian and pancreatic cancers. Even one additional serving of vegetables or fruits could help lower the risk of head and neck cancer. The more fruits and vegetables you can consume, the better.

In another study, broccoli and soy protein were found to protect against the more aggressive breast and ovarian cancers. When consumed together, digesting broccoli and soy forms a compound called di-indolylmethane (DIM). In lab experiments, the researchers found that DIM could affect the motility of breast and ovarian cancer cells, which could help keep cancers from spreading. Soy, acts like estrogen and is a nutritious, healthy food, and should be eaten in moderation.

Padma Shri Awardee Dr. K.K Aggarwal, National President Indian Medical Association (IMA) and President Heart Care Foundation of India (HCFI) and Dr RN Tandon – Honorary Secretary General IMA in a joint statement said that, “Those who eat six servings of fruits and vegetables per 1,000 calories have a 29% decreased risk relative to those who have 1.5 servings. In the study, after adjusting the data to account for smoking and alcohol use – known head and neck cancer risk factors – the researchers found that those who consumed the most fruits and vegetables had the lowest risk for head and neck cancers. Vegetables appeared to offer more cancer prevention than fruits alone did.”

“Diets high in animal fat and low in fibre are associated with metabolic syndrome -- a collection of conditions including abdominal obesity, elevated blood sugar and high blood pressure. A high fat diet contributes to nourish cancer cells, thus accelerating the disease’s progression. Vegetable based diet also contains several protective compounds like flavonols which are found in fruits and vegetables, such as onions, apples, berries, kale and broccoli. Evidence suggests that people who had the highest consumption of flavonols reduced their risk of pancreatic cancer by 23%. The benefit is even greater for people who smoke”, added Dr. K.K Aggarwal.
Following are some healthy diet tips:

1. Eat multiple servings of brightly colored and seasonal fruits and vegetables every day. Fill half your plate with fruit and vegetables.
2. Choose healthy fats. Use fat-free or low fat milk and/or dairy products.
3. Severely limit red meat, including beef, pork, lamb, and goat, and processed meat consumption.
5. Avoid partially hydrogenated fats (trans fats), present in many fast foods and packaged foods.
6. Cut down dramatically on salt.
7. At least half of your grains should be whole grains.
8. Regular exercise pares down your risk of developing some deadly problems, including heart disease, stroke, and certain types of cancer.

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About IMA: Indian Medical Association is the only representative, national voluntary organization of Doctors of Modern Scientific System of Medicine, which looks after the interest of doctors as well as the well being of the community at large. It has its Headquarter in Delhi and State / Terr. Branches in 30 States and Union Territories. It has over 2,60,000 doctors as its members through more than 1765 active local branches spread across the country.

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