

One of the approaches to prevent cancer

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Introduction

The problem of cancer prevention is relevant and very important due to the fact that oncological diseases rank second in the world and cause almost every sixth death. Scientists have found that heredity, environment and lifestyle play a role in their development and they consider that good nutrition can help prevent certain kinds of cancer.

Aim of the study

To find out the effect of some certain foods containing substances that may settle the question and give the key to a varied diet for cancer prevention.

Materials and methods

To assess the severity of the problem, methods of interview and analysis, recent scientific articles devoted to this topic and the Internet sites have been studied.

Results

100 students at the age of 17-21 were interviewed. 66% of them were afraid of getting cancer, while 53% of students had cases of that disease in their families. Test results indicated that 83 students were confident in the preventive action of citrus fruits, and 74 of them ate citrus fruits at least once a week. Moreover 10 students were sure that coffee was very useful against oncological diseases. 46 students stated that they drank 1-2 cups of coffee a day. 33 students believed that tea was very essential for prevention of cancer, 27 students responded that garlic was very useful for these aims and 56 students agreed that blueberries had the same significant effect. Most of the students stated that sports could also be a preventive measure of oncological diseases.

Conclusion

The person's diet should contain a large dose of vitamins, proteins, carbohydrates and minerals, which are necessary for the organism. It has been proved that garlic, green tea, coffee, blueberries, citrus fruits are the most essential remedy for prevention of cancer. Decreasing the intake of fats and increasing the intake of fibre may also help prevent some kinds of cancer.