

Cancer Risk Factors and Anticancer Foods

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Due to the high rates of cancer in modern societies, discovery of new medicines and methods for treatment of cancer is of great importance. However, the use of chemical drugs and usual methods in cancer treatment such as chemotherapy, radiotherapy and surgery have always been restricted due to the side-effects and imposing excessive expenses on patients. Moreover, it has been proven that various types of cancers can be prevented by using the right nutrition, environmental factors and lifestyle which have a significant role in the occurrence of illness. In this regard, researchers try to find the natural components, while having beneficial effects with anti-cancer properties, which can prohibit cancer with preventing inflammation, immune system inhibition and angiogenesis of cancer cells. In this article, a mini review has been presented on the factors affecting cancer and prevention of cancer with the aim of new methods mainly related to the consumption of natural poly-phenolic components and foods with low glycemic index, not using of oil and inflammatory compounds and having regular physical activity.

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