

It is known that nutrition affects the risk of oncology. As part of a new study, specialists from the University of Boston found out whether the use of fish can prevent colon cancer. Their results were published in The Journal of Nutrition.

The data for a new study was received by scientists from the study of the health of black women (BWHS). It was held from 1995 to 2021, and 52,690 people aged 21 to 69 participated in it.

Statistical tests showed that high consumption of baked fish was associated in women with a decrease in the likelihood of developing colorectal cancer by 26%. It is important that the fish was precisely baked, but there was no connection between the general consumption of fish and the risk of this type of cancer. Probably because the total consumption included all types of fish and all methods of its preparation.



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When studying the localization of colorectal cancer, experts found that the use of a large

amount of baked fish is associated with a decrease in the incidence of cancer of the proximal colon by 44%. The proximal department is located in the right upper abdomen.

The researchers also noted that the higher consumption of Omega-3 as a whole and the maintenance of the healthy ratio of Omega-3 and Omega-6 are associated with a decrease in the likelihood of developing cancer of the proximal colon by 39-53%.

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