

A Review on Association of Food and Drink with Colorectal Cancer

Dr. Tripuramallu Rajitha Sree¹, Potti Jessica², Pendyala Keerthana³, Dr. Chandrasekhara Rao Baru⁴

Assistant Professor, Department of Pharmacy Practice¹

Students, Pharm D^{2,3}

Principal, Department of Pharmaceutics⁴

Chilkur Balaji College of Pharmacy, Hyderabad, India

Abstract: Cancer is a mass of tissue formed as a result of purposeless proliferation of cells even after the removal of growth stimulus which caused it. Cancer is caused due to many reasons like ultraviolet radiation, asbestos, arsenic, virus, bacteria, and parasites. A cancer which is caused to colon and rectum is known as colorectal cancer. It is the third most occurring cancer in men and second most cancer occurring in women. It is caused due to many reasons like medical conditions, genetic conditions, and lifestyle choices. Colorectal cancer is also caused due to food which results in inflammation and increasing the risk of colorectal cancer. When these foods are avoided, it decreases the risk of colorectal cancer.

Keywords: Cancer, Colorectal cancer, Food, Inflammation, Tumor, Genetics, Lifestyle

REFERENCES

- [1]. Cancer – Mayo Clinic.
- [2]. Cancer – Cleveland Clinic.
- [3]. National Cancer Institute.
- [4]. <https://training.seer.cancer.gov/disease/categories/classification.html#:~:text=Cancers%20are%20classified%20in%20two,where%20the%20cancer%20first%20developed.>
- [5]. 0the%20cancer%20first%20developed.
- [6]. Camilla Mattiuzzi and Giuseppe Lippi. Current Cancer Epidemiology J Epidemiol Glob Health 2019 Dec; 9(4): 217–222
- [7]. Petra A. Wark and Julian Peto. International Encyclopedia of Public Health 2017
- [8]. Cancer – WHO
- [9]. <https://g.co/kgs/8g6AzL>
- [10]. Colorectal cancer: What you need to know
- [11]. Tomasz Sawicki, Monika Ruskowska, Anna Danielewicz et al., A Review of Colorectal Cancer in Terms of Epidemiology, Risk
- [12]. Factors, Development, Symptoms and Diagnosis. Cancers 2021, 13(9), 2025
- [13]. Colorectal cancer causes and risk factors
- [14]. Colorectal (Colon) Cancer. Cleveland Clinic
- [15]. What Type of Foods Cause Colorectal Cancer?
- [16]. 3 foods that may increase your risk of colon cancer-Geisinger
- [17]. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2231486/>
- [18]. <https://health.clevelandclinic.org/is-red-meat-bad-for-your-heart-or-not/>
- [19]. <https://platedcravings.com/white-bread/>
- [20]. <https://www.everydayhealth.com/cancer/ultra-processed-foods-and-drinks-linked-to-colorectal-cancer-and-early-death/>
- [21]. <https://www.healthline.com/nutrition/why-is-fiber-good-for-you>
- [22]. <https://thatsugarmovement.com/wp-content/uploads/2018/12/Screen-Shot-2018-12-06-at-4.54.50-pm.png>
- [23]. Defending Ultra-Processed Foods- The Food Institute

