

CALCIUM, ASPIRIN AND CANCER

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Cancer research is basic research into cancer in order to identify causes, develop strategies for prevention, diagnosis, treatments, and cure. It's very important because nothing of these points is fully discovered at the same time the mortality is too high and is still raising. So, what was done in this sphere at the last time? For example, it was found out that calcium helps lower cancer risk in women.

Dr Yikyung Park and his colleagues at the National Cancer Institute analyzed data from nearly 300,000 men and nearly 200,000 women, all of whom were participants in the National Institutes of Health-AARP Diet and Health Study. They found out that over an average of seven years follow up, there were 36,965 new cancer cases among the men and 16,605 among the women. In men, calcium intake was not linked to total cancer incidence. In women incidence decreased with intakes of up to 1,300 milligrams per day. The men consuming the most calcium through food and supplements - up to 1,530 milligrams a day - had a 16 percent reduced risk of digestive cancer compared to those consuming the least calcium, at about 500 milligrams a day. For women, a similar effect was observed. The decrease in risk was most pronounced when it came to colorectal cancer. No effect of calcium was found for breast, prostate or any other kind of cancer except digestive. It means that calcium itself is known to reduce abnormal growth of cells of the gastrointestinal tract and also containing of vitamin D and conjugated linoleic acid can protect against cancer too.

Another research in this sphere tells us about aspirin and its influence on stomach cancers. Researchers at the National Cancer Institute in the United States studied a group of over 300,000 people, noting their consumption of aspirin and other non-steroidal anti-inflammatory drugs and noting the numbers developing stomach and esophageal cancer. People who had taken aspirin at least once in the preceding year were significantly less likely to go on to develop non-cardiac gastric cancer. There was also a 32 percent reduction in this cancer for those taking other non-steroidal anti-inflammatory drugs. To my mind it can be a new method of prevention cancer.