

Joint Event on

NUTRACEUTICALS & DIET- NUTRITION 2018

May 14-15, 2018 | Singapore City, Singapore

Nutritional transition, a risk factor for cancer

Madhu Sharma

PGIMER, Chandigarh, India

Looking at the dietary evolution through the past few decades, it is apparent that there has been a paradigm shift in the food consumption pattern of mankind globally. Both urban and rural population is equally affected. There has been a notable shift, that is, increased incidence of nutritional related chronic disease like diabetes mellitus, Type 2 juvenile diabetes, cardio vascular diseases and cancer. Nutrition transition consequent to industrialization, economic development and dietary modifications both qualitatively and quantitatively, has impacted the lifestyle and health of any population. The concept of nutrigenomics in cancer prevention has recently evolved with profound implications in the prevention and therapy of the disease by just altering the dietary behavior of a population. Diet can modify certain common nutritional response elements

in gene mutation which can cause or prevent cancer, known as epigenetic modulation influenced by what one eats. Risk factors for DNA damage are influenced by malnutrition, lack of plant based foods, high meat consumption, low folate diets and high sugar diets. There are many hypothesis listed for risk of cancer. Besides endogenous factors, exogenous factors like oxidative stress due to dietary influence, inflammation, known immune surveillance, smoking, infection, radiation, industrial pollution, chemicals from agriculture sources and medicines also have a role in causing cancer. However, such adverse affects can be mitigated by right nutritional modulation like eating a healthy diet, with emphasis on natural, plant based foods high in vitamins , anti oxidants, and fiber and minimal processed or refined foods, meat, high fat and sugar foods and alcohol.

Biography

Madhu Sharma is currently working as a Senior Dietician at PGIMER, India. She has extended her valuable services and has been a recipient of many awards and grants. She has made her valuable contributions and discoveries in major area of research. Her area of expertise credits her with many publications in national and international journals.

madhusharma15@gmail.com

Notes: