

of a variety of diseases, including cancer of the colon, prostate, and breast.

The Fruit Factor

RESEARCH HAS LONG SHOWN THAT THE MORE fruits and vegetables a person eats, the less likely they are to develop certain cancers. But how much fruit is required to achieve this benefit? Researchers at the Oregon Health and Science University School of Medicine in Portland, Ore., looked into this question, comparing 378 women diagnosed with cancer to 1,070 women without the disease. They found that consumption of four or more servings of fruit and vegetables per day significantly lowered a woman's risk of breast cancer. No single fruit or vegetable nor group of fruits or vegetables could account for the reduction in breast cancer risks.

This study adds to a body of research that links fruits and vegetables with cancer prevention. Diets high in fruits and vegetables have been shown to reduce the chance of colon and bowel cancers, and a tomato-rich diet has been linked to lower incidents of prostate cancer. In England, a "super broccoli" has been developed by researchers at the John Innes Centre in Norwich that contains 100 times more sulphoraphane than ordinary broccoli. This cancer-fighting substance is said by researchers to slow and even prevent cancers of the gastric system.

Surprisingly, soy, long thought to be a cancer preventive, did not appear to be a factor in whether the women in this study developed cancer.

The moral of this study?

"Women need to include more fruits and vegetables in their diet to help prevent this disease," says Jackelin Shannon, Ph.D., R.D., assistant professor of public health and preventive medicine at the Oregon school. "The low intake [of fruits and vegetables] in the Western diet may be a major factor in the risk of developing breast cancer."

Spicy Prevention

GINGER CAN ADD PUNCH TO CHINESE FOOD, but research presented at the conference found that it might also help knock out colorectal cancer.

Researchers at the University of Minnesota's Hormel Institute injected mice with human colorectal cancer cells and then fed them 500 micrograms of gingerol (the substance that gives ginger its great taste) by researchers Ann Bode, Ph.D., and Zingang Dong, Ph.D. Some of the mice that received the ginger extract did not develop growths at all, even though they are genetically engineered to do so. Those that did grow tumors had slower growing ones, which remained smaller

than those of the mice in the control group that did not receive the ginger supplement.

"These results strongly suggest that our hypothesis on the value of ginger is correct," Bode says. Which gives one more reason than just its magnificent taste to include this spice with a meal.

The cancer-fighting power of flavorings found in your cupboard doesn't stop with ginger. Investigators at Union College in Nebraska found that a form of

A Little Help, Please

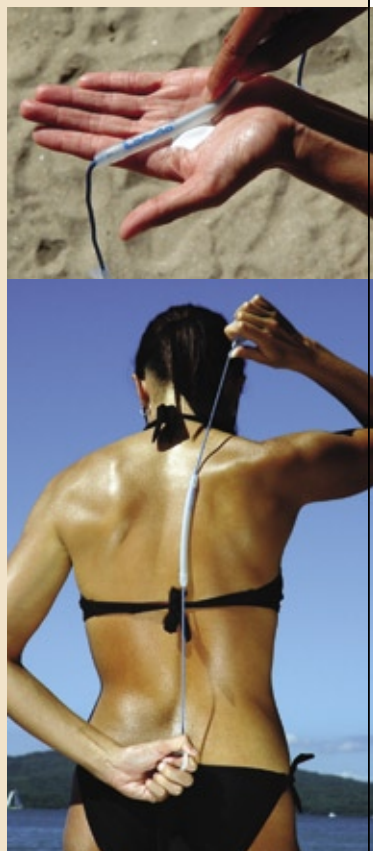
A sunscreen solution for those solo sunbathers

MORE THAN 1 MILLION CASES OF SKIN CANCER are diagnosed annually in the United States alone, making it the most common form of cancer. The American Cancer Society (ACS) says that is as many as all other cancers combined.

So what does this information have to do with this photo? The answer is "sunscreen." One of the best ways to prevent skin cancer is through the judicious and frequent application of a sunscreen with a high sun protection factor (SPF). But if you find yourself alone on a beach or among strangers, this device, called L'omo, will allow you to spread sunscreen across your own back, with no help from anyone, thank you.

The ACS offers the following sunscreen advice:

- ▶ Use SPF 15 or higher on all skin exposed to the sun.
- ▶ Apply at least 1 ounce to cover your body effectively.
- ▶ Re-apply every two hours and after swimming, sweating, or toweling dry.
- ▶ Use sunscreen even on hazy or partly-cloudy days.
- ▶ Put it on 15 to 20 minutes before going out in the sun.



And by the way, this little device is very useful for men if it is accompanied by a reminder to actually use it. According to a recent study, only 14 percent of men use sunscreen, compared to a whopping 73 percent of women.

For more information on L'omo, go to l-omo.com. ☺