

[IMAGE]

Can Soda Lead To Pancreatic Cancer?

Think twice before reaching for that next soda pop - it could be hazardous to your health. A new study has connected the consumption of soda with pancreatic cancer. According to the latest study published in Cancer Epidemiology, Bio markers & Prevention, a journal of the American Association for Cancer Research, drinking as little as two soft drinks a week appears to nearly double the risk of getting pancreatic cancer.

People who drank two or more soft drinks a week had an 87% increased risk -- or nearly twice the risk -- of pancreatic cancer compared to individuals consuming no soft drinks.

Researchers from the study evaluated 60,524 men and women enrolled in the Singapore Chinese Health Study, begun in 1993, for up to 14 years, looking at their diet and whether they got cancer. In Singapore at that time, Mueller says, there was very little intake of diet soda. What they found was interesting - about 140 cases of pancreatic cancer. Those who drank two or more a week -- the average number was five -- had the 87% increased risk.

Make sure to keep your beverages like your diet - clean and not as processed as sugary drinks like soda which can have adverse effects on your overall health.

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