

[IMAGE]

Sunshine Reduces Colorectal Cancer?

Can being out in the summer sun help you reduce your chances of getting colorectal cancer? Turns out, yes it can. An interesting study published in Pub Med this month looked at the incidence of colorectal cancer based upon how far people lived from the equator. Researchers wanted to discover if a greater exposure to sunlight would reduce the risk of colorectal cancer.

The purpose of the study was to examine the relationship between ultraviolet B and global incidence of colorectal cancer, while controlling for relevant covariates.

They found that "incidence of colon cancer was highest in countries distant from the equator."

As you spend time this summer, be sure to get out doors and get some sun. Sunlight helps your body produce Vitamin D which is thought to have a positive impact on different kinds of cancer, including colorectal cancer.

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