

[IMAGE]

Avoid Colon Cancer with EXERCISE

The American Cancer Society estimates that nearly 95,000 new cases of colon cancer will be diagnosed in the United States this year. The exact cause of colon cancer is unknown, but some of the risk factors are known: a high-fat diet, inadequate fiber intake, and family history of the disease.

Fortunately, there are ways to reduce some of these risks. A study published by the Journal of the National Cancer Institute examined the effects of physical activity and low BMI (body mass index < a measure of weight in proportion to height) on the risk of colon cancer.

The study included 63 men and women with a history of polyps in the colon (another risk factor for the development of colon cancer). Researchers found that subjects who participated in consistent "leisure-time physical activity" had a reduced risk of colon cancer compared to more inactive subjects; lower BMI was also associated with an increased risk compared with high BMI.

Leisure-time physical activities include walking, jogging, aerobics, and moderate housework or yardwork. Working out in a gym isn't the only way to exercise; what's important is that you participate in some form of exercise regularly. If you'd like more information on staying healthy, or would like advice on an exercise routine that's right for you, consult your chiropractor.

Reference:

Martinez ME, Heddens D, Earnest DL, et al. Physical activity, body mass index, and prostaglandin E2 levels in rectal mucosa. *Journal of the National Cancer Institute*, June 2, 1999: Vol. 91, No. 11, pp950-53.

For more information on fitness and exercise, go to <http://www.chiroweb.com/find/tellmeabout/sports.html>

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