

Example of colon cancer essay

[Health & Medicine](#), [Cancer](#)



It is better to prevent colon cancer rather than treating the disease after its occurrence. The implementation of various healthy lifestyle choices effectively prevents the occurrence of colon cancer. Modifying dietary habits plays a major role in the prevention of colon cancer as dietary supplementation is one of the most significant preventive factors .

Consuming a balanced diet rich in healthy fruits and vegetables is a healthy behavioral choice. Vitamin D and antioxidants act as a protective layer on the mucosal cells and prevents colon cancer. Vitamin C and E also play an equally important role in the prevention of colon cancer . It is important to avoid certain food items, such as red meat, processed meat and saturated fats as they have higher levels of cancer promoting substances and chemicals, which disturb the balance of bile juices that aid the process of digestion .

A healthy diet based on whole grains and limited amounts of fat are a healthy choice in the prevention of colon cancer. Intake of calcium through dairy products also reduces the risks of colon cancer in an effective way. Incorporating high levels of dietary fiber, such as green leafy vegetables has a positive association to the prevention of colon cancer. Diet rich in broccoli, soybean and green tea prevent the risks of colon cancer . Cessation of unhealthy lifestyle, including smoking and alcohol consumption halts the cell damage, thereby preventing the onset of colon cancer. Patients should maintain a restricted schedule and follow a strict dietary plan incorporating the above mentioned lifestyle choices. Furthermore, maintaining an appropriate weight related to the body and age and exercising daily reduces the risks of colon cancer . Exercises flush out the toxins and enable the

maintenance of a clean colon, which is important for the prevention of colon cancer.

References

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