

Higher intake of fatty fish hinders cancer growth



Researchers suggest that a higher intake of fatty fish helps prevent cancer growth.

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A recent study shows that a higher intake of fatty fish could prevent the body from developing cancerous tumors.

According to a study by the US-based Saint Luke's Mid America Heart Institute, those who consume a certain amount of rich omega-3 fatty acids in some types of fish such as wild Alaskan salmon are found to be at a significantly lower risk for a number of cancers, including ovarian, endometrial, pharyngeal, esophageal, gastric, colonic, rectal and pancreatic.

The research also suggests that an ample dietary intake of omega-3 fats, which is the type prominent in fatty fish, could also be expected to oppose cox-2 activity, and thereby reduce risk for a common type of cancerous tumor known as adenocarcinomas.

Cyclooxygenase-2 (cox-2) is an enzyme which significantly contributes to the genesis and progression of adenocarcinomas.

The authors emphasize that "it is not only the amount of fish consumed daily, but also nature of the fish, and how it is preserved or cooked, can have a major impact on the potential of dietary fish to lower cancer risk."

In recent decades, it has also been found omega-3 fatty acids could help avoid heart problems.

According to a number of earlier studies, fish oils reduce inflammation and may reduce the effects of asthma and bowel disease, curb risk of premature birth, improve memory and cure depression.

The omega-3 fatty acids, which are extracted from fish oils, include three types of oil, namely Alpha-linolenic, Eicosapentaenoic and Docosahexaenoic Acids (ALA, EPA and DHA).

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