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Cancer is a dreaded disease and most researchers associated with cancer research focus on ways to treat cancer rather than finding ways to prevent cancer. This is the subject of research for researchers and doctors at Center for Cancer Prevention Research based at the Ernest Mario School of Pharmacy. They focus on preventing cancer before it strikes. The results are supposed to decrease the risk of cancer and ultimately save all those millions of dollars spent on cancer treatment.

Research on Cancer Associated Risks

The latest research presented at the annual meeting held at American Association for Cancer Research concluded that a combination of exercise and caffeine would decrease the risks associated with cancer especially the ones caused by exposure to sunlight. It also helps in preventing inflammation caused by obesity-linked cancers which indirectly reduces the cancer risk.

The studies were conducted on mice that were likely to develop cancer. The mice that were given a combination of caffeine and exercise had lesser risks of developing skin cancer than others. It is expected that these results will be seen among the human population as well.

The mice under study were given a dose of caffeine and were made to exercise on a running wheel. Their risk of developing cancerous tumors was decreased by 62% as compared to mice who were not on the diet pattern. In addition to this, the volume of the cancerous tissue was decreased by 85%. The effect of exercise or caffeine alone had lesser but positive effect on the mice. It is however concluded that the combination had decreasing effects on the mice with respect to the size and number of tumors.

Apart from the decrease in level of cancerous tissues, the combination under study also had pronounced effect on the inflammation and weight. The mice under test had 62% decreased fat pad weight apart from decrease in size and development of cancerous tissue. The effect of caffeine or exercise alone was also visible though to a lesser extent. Though the researchers did not study the cause behind the said effect, it is believed that there is a link between cancer, inflammation and fat. The combined treatment decreased inflammation by as much as 92% in mice. Since fat tissues secrete a compound that causes inflammation, lesser fat obviously means lesser inflammation. This also supports the link between skin cancer and inflammation.

Cancer Prevention

The research findings are interesting and exciting since they give an insight towards prevention of cancer. These preliminary findings open the doors to further research on caffeine, exercise and decrease in cancer. The research must also determine if the trials conducted on mice would stand up when it comes to human testing. Currently, if you are pondering on how to prevent cancer, then simply have a cup of coffee and lots of exercise on a regular basis to prevent cancer.

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