Review IDs dietary factors linked to lower CRC incidence

30 September 2020

(HealthDay)—Decreased colorectal cancer (CRC) incidence is seen in association with use of aspirin, nonsteroidal anti-inflammatory drugs (NSAIDs), magnesium, folate, and high consumption of fruits and vegetables, fiber, and dairy products, according to an umbrella review published online Sept. 28 in *Gut*.

Nicolas Chapelle, M.D., from the Institut des Maladies de l'Appareil Digestif in Nantes, France, and colleagues examined evidence from 80 meta-analyses of interventional and observational studies of CRC prevention using medications, vitamins, supplements, and dietary factors to examine the ideal chemopreventive agent or agents.

Based on a review of the literature, the researchers found suggestions for a decreased incidence of CRC with the use of aspirin, NSAIDs, magnesium, folate, a high consumption of fruits and vegetables, fiber, and dairy products. There was an increased CRC incidence observed with frequent alcohol or meat consumption. There was no evidence of a protective effect for tea, coffee, garlic, fish, or soy products. A moderate level of evidence was found for aspirin, ?-carotene, and selenium, while for all other exposures or interventions, the level of evidence was low or very low.

"It is our hope that despite all aforementioned limitations, this comprehensive umbrella meta-analysis will assist clinicians in counseling patients, and help to guide the future research on the topic that is required in many instances, to better characterize the impact of a nutritional, supplement, or chemical intervention in CRC prevention in an average-risk population," the authors write.

More information: Abstract/Full Text