

KANSER GELİŞİMİNDE DİYET FAKTÖRLERİ

47.

BÖLÜM

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GİRİŞ

Kanserin sağlıklı beslenme ile önlenebileceği inancılı toplumda çok yaygındır. Öte yandan kanser gelişiminde diyet faktörleri bir dereceye kadar etkili olabilmektedir. Bu bölümde diyet faktörlerinin çeşitli kanser türlerine yönelik etkilerinin araştırıldığı çalışmaların ortak fikirleri sunulmaktadır.

YAĞLAR VE YAĞ ASİTLERİ

Yağ asitlerinin karsinogenesis sürecinde çeşitli görevleri bulunmaktadır. Örneğin lipid sentezi, tümör ilerlemesi ile bağlantılı hücrel süreçlere katkı sağlamaktadır⁽¹⁾. Ayrıca kanser hücreleri, sinyal moleküllerinin oluşturulması için gerekli yapısal bileşenleri sağlamak amacıyla de novo yağ asidi sentezini aktive etmektedir⁽¹⁾. Lipid biyosentezinin transkripsiyonel düzenleyicileri, onkojenlerin ve tümör baskılayıcı yolların hedeflerindedir⁽¹⁾. Tüm bu etkileri nedeni ile diyetteki yağ ve yağ asitlerinin kanser gelişimi üzerindeki etkileri araştırma konusu olmuştur.

Yağ doku barındırdığı için yağ alımı ve yağ asitleri ile meme kanseri riski arasındaki ilişki araştırılmıştır. Bu konuyu inceleyen geniş çaplı bir prospektif çalışmada doymuş yağ alımı ile östrojen (ÖR) ve progesteron reseptörü (PR) pozitif meme kanseri arasında zayıf bir ilişki bulunmuştur⁽²⁾. Ancak ÖR ve PR negatif olan meme kanserleri ile bir ilişki saptanmamıştır. Yine aynı çalışmada yüksek doymuş yağ ve tekli doymamış yağ alımı HER2 negatif meme kanserleri ile ilişkiliken HER2 negatif meme kanserleri ile yağ alımı

arasında bir ilişki bulunamamıştır⁽²⁾. Literatürün tamamını incelediğimizde de meme kanseri riski üzerine diyetteki yağ tüketiminin güçlü kanıtlarla desteklenen olumlu ya da olumsuz bir etkisi bulunmamaktadır⁽³⁾.

Memeye benzer şekilde diyetle yağ alımı ile prostat ve akciğer kanseri riski arasında da ilişki saptanamamıştır^(4,5). Öte yandan liflerin kolorektal kansere karşı koruyuculuğunda kısa zincirli yağ asitlerinin antikanser etkiye katkıları olabileceği öne sürülmüştür⁽⁶⁾. Ancak total yağ alımı ve spesifik yağ tipleri ile kolorektal kanser arasında bir ilişki bulunmamaktadır⁽⁷⁾. Yağ alımı ve endometriyum kanseri riski arasındaki ilişkiye dair ilişkili veriler mevcuttur^(8,9).

Total yağ alımı dışında yağ asitleri ile ilgili de çalışmalar mevcuttur. Linoleik asidin meme kanseri riskini azalttığına yönelik veriler bulunsa da yapılan meta-analizlerde istatistiksel olarak anlamlı bir risk azalışı saptanamamaktadır⁽¹⁰⁾. Yine zeytin yağının başlıca tekli doymamış yağ asidi olan oleik asidin serviks kanseri riski ve metastazında CD36'yı indükleyerek etkili olabileceğini gösterilmiştir^(11,12). Ancak bu konudaki kanıtlar güçlü düzeyde değildir⁽¹³⁾.

ET TÜKETİMİ

Hayvansal gıdalar iyi bir protein, B12 vitamini, demir ve çinko kaynağıdır⁽¹⁴⁾. Et ürünlerinin içeriklerinde çok çeşitli pişirme teknikleri ile (ızgara, barbekü, tuzlama, kurutma) kimyasal işlemlere maruz kalmalarıyla değişiklikler olabilmekte ve

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Günümüzde adını daha sık duymaya başladığımız aralıklı oruç paterni hem obez hem de normal kilolu insanlarda kanser riskini azaltıyor olabilir ⁽²⁰⁹⁾. Ancak bu konuda daha fazla veriye ihtiyaç vardır.

SONUÇ

Literatür verilerinden **en güçlü kanıt düzeyine** sahip bilgileri özetleyecek olursak, Amerikan Kanser Araştırma Enstitüsünün hazırladığı raporda da belirtildiği gibi, aşağıdaki sonuçları çıkarabiliriz:

Kolorektal kanser riskini tam tahıllar, yüksek lif oranı, süt ve süt ürünleri ile kalsiyum takviyeleri azaltmaktadır. Öte yandan işlenmiş et ve alkollü içecekler riski arttırmaktadır ⁽¹⁵⁾.

Meme kanseri riskini alkollü içecekler artırılmaktadır ⁽³⁾.

Mesane kanseri riskini içme suyundaki arsenik artırırken, riskten korunmak için güçlü kanıtla sahip bir diyet faktörü bulunmamaktadır ⁽²¹⁰⁾.

Endometrium kanseri riskini kahve azaltırken, yüksek glisemik yük riski arttırmaktadır ⁽²¹¹⁾.

Özofagus adenokarsinomu, serviks, safra kesesi, prostat, pankreas ve over kanseri risklerini arttıran ya da azaltan güçlü kanıt düzeyine sahip veri bulunmamaktadır ^(13, 212, 213, 214, 215, 216).

Böbrek kanseri riskini günlük 30 gram kadar alkol tüketiminin azalttığına yönelik güçlü kanıtlar mevcuttur. Öte yandan hem 30 gramın üzerindeki düzeylerle ilgili yeterli kanıt yoktur, hem de alkol başka organlarda kanser riskini arttırdığı için genel olarak alkol tüketimi, kanser riskini azaltmak amacıyla önerilmemektedir ⁽²¹⁷⁾.

Karaciğer kanseri riskini kahve *olasılıkla* azaltılmaktadır. Ancak aflatoksin içeren gıdalar (tahıl, kuruyemiş, baklagil, tohum, bazı sebze ve meyveler içerebilmektedir) ve alkollü içecekler (45 gram/günün üzerindeki tüketiminde) karaciğer kanseri riskini arttırmaktadır ⁽¹⁹⁵⁾.

Akciğer riskini içme suyundaki arsenik ve yüksek dozdaki beta karoten takviyeleri arttırmaktadır ⁽¹⁵⁶⁾.

Özofagus skuamöz hücreli kanseri riski alkollü içecek ve mate çayı tüketimi ile artar ⁽²¹²⁾.

Mide kanseri riski 45 gram/günden fazla alkol alımı ve her türlü tuzlanmış gıda tüketimi ile artar ⁽²¹⁸⁾.

Ağız, larinks ve farinks kanser riski alkollü içeceklerle artmaktadır ⁽²¹⁹⁾.

Nazofarinks kanser riski Çin tarzı tuzlu balık tüketimi ile artmaktadır ⁽²²⁰⁾.

Özetle kanserden korunmak için tahıl, meyve ve sebze, süt ve süt ürünlerinden zengin bir beslenme programı oluşturulabilir.

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