A new Cleveland Clinic study has identified diet-derived molecules called metabolites as main drivers of young-onset colorectal cancer risk, especially those associated with red and processed meat. The *npj Precision Oncology* report, which analyzed metabolite and microbiome datasets, highlighted that one of the best ways a younger (
Citation: Study reveals diet as main risk factor for colon cancer in younger adults (2024, August 14) retrieved 16 August 2024 from https://medicalxpress.com/news/2024-08-reveals-diet-main-factor-colon.html

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