Study shows that antioxidants may reduce lung cancer risk
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An epidemiological study published in *Frontiers in Oncology* suggests that a diet high in carotenoids and vitamin C may protect against lung cancer. The study authors found that vitamin C appears to reduce the risk of lung cancer in heavy smokers while beta-carotene, alpha-carotene, beta-cryptoxanthin, lycopene, and vitamin C were associated with a reduced risk of squamous cell carcinoma, while high intakes of beta-carotene and alpha-carotene lowered the risk of adenocarcinoma," explained professor and study co-author Marie-Élise Parent of the INRS-Institut Armand-Frappier Research Centre. "Both medium and high intakes of beta-cryptoxanthin and lycopene reduced the risk of small cell carcinoma."

Cigarette smoking is the foremost risk factor for lung cancer, the leading cause of cancer mortality worldwide. Yet diet can influence the occurrence of this cancer. In light of the study results, the authors conclude it is desirable to promote consumption of fruits and vegetables rich in carotenoids and vitamin C to reduce lung cancer risk in nonsmokers and smokers, including heavy smokers.


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