

عنوان مقاله:

The relation between alcohol consumption and cancers in women

محل انتشار:

اولین کنفرانس بین المللی پرستاری، مامایی و مراقبت (سال: 1401)

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خلاصه مقاله:

Based on extensive researches that have been conducted in the field of the relationship between alcohol consumption and the occurrence or development of various types of cancer in the world, it can be said that alcohol is known as a carcinogen i.e. carcinogenic in many cases and there are strong reasons that drinking alcohol is likely to occur. It increases at least 7 types of cancer. In fact, alcohol consumption contributes to about 4 percent of cancer cases worldwide, according to a population-based study published in 2020. Overall, the most important factor in increasing cancer risk appears to be the amount of alcohol consumed over time, not the type of alcoholic beverage. Most of the evidence suggests that it is the ethanol that increases the risk, and not anything else in alcoholic beverages. A large Oxford University study of 1.3 million women estimated that regular alcohol consumption was associated with 11 breast cancers per 1,000 women. Drinking alcohol also increases the risk of several other types of cancer, including liver, colon, mouth, esophageal, and laryngeal cancer. Consuming alcohol, even in small amounts, can lead to cancerous cells in the body. This does not mean that everyone who drinks alcohol will get cancer, but in general it has been observed that certain cancers are more common among people who drink alcohol. Alcohol is metabolized in the body. The result of this breakdown is a toxic chemical compound called acetaldehyde. It is possible that acetaldehyde has carcinogenic properties. This metabolite can damage the DNA of cells and stop the process of cell repair. Also, this destructive combination can cause rapid and abnormal growth of liver cells. This abnormal growth sets the stage for genetic influences within the cell and can lead to liver cancer. Alcohol reduces the absorption of many vitamins whose deficiency can be linked to cancers. Including folic acid that helps repair the DNA of cells. Its deficiency in the body is likely to cause cancer. It is abundantly seen in alcoholics. Alcohol can cause the production of "reactive oxygen species" inside the cells. These molecules damage the DNA of cells and can cause cancer. Alcohol consumption greatly increases the harmful effects of smoking and hookah. Alcohol is likely to increase the risk of stomach, colon, mouth, liver, breast, and head and neck cancer, and may affect the risk of some other cancers as well. For each of these cancers, the more alcohol you drink, the higher your cancer risk. But for some types of cancer, especially breast ... cancer, drinking even small amounts of

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