

عنوان مقاله:

Walnut and Breast Cancer

محل انتشار:

دهمین کنگره بین المللی سرطان پستان (سال: 1393)

تعداد صفحات اصل مقاله: 1

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خلاصه مقاله:

BACKGROUND and OBJECTIVE:Walnuts contain bioactive molecules that may contribute to their beneficial effects , including alphinolenic acid and phytosterols.MATERIAL and METHOD: To present this review article, researcher used Walnut and breast cancer as key words and searched the google scholar, Cochrane library ,Up-to-date and Pub-med sites, and the result was 15 articles, that after study all of them carefully we selected 5 of them, and use their data in this article. Findings: Several studies suggest that regular consumption of nuts, mostly walnuts, may have beneficial effectsagainst oxidative stress mediated diseases such as cardiovascular disease and cancer . Walnuts contain several phenolic compounds which are thought to contribute to their biological properties. Discussion and Conclusions: The results obtained herein strongly indicate that walnut tree constitute an excellent source of effective .natural antioxidants and chemopreventive agents

کلمات کلیدی:

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