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Colon Cancer Diagnosis and Therapy Vol. 3

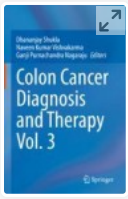
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Prevention and Management of Colon Cancer by Nutritional Intervention

[Vibha Sinha](#), [Sapnita Shinde](#), [Vineeta Dixit](#), [Atul Kumar Tiwari](#), [Ashwini K. Dixit](#), [Naveen Kumar Vishvakarma](#), [Sanjay Kumar Pandey](#), [Alka Ekka](#), [Mrinalini Singh](#) & [Dhananjay Shukla](#)

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Abstract

Colorectal cancer (CRC) poses a significant threat to public health worldwide. It is the third most typically detected cancer in males and the second in females. The incidence rate of CRC differs among the geographical region; the highest rate was observed in developed countries and lowest in poorly developed countries. The reason behind this difference in CRC incidence rate is not clear, but socioeconomic, environment, and lifestyle factors have been shown to play an important role in CRC initiation and progression. Diet is a critical factor that helps to maintain overall health. Countries that follow Western diet in their lifestyle, those who consume red and processed meat, sugar, alcohol, and low amount of green vegetables fruits, and those who smoke are at high risk of colon cancer. Populations following diet enriched with green vegetables, fruits, whole grain, right dairy products, spices, etc., have lower risk of colon cancer. Bioactive components present in various diet play a significant role in decreasing the risk of colon cancer. These bioactive components have antioxidant, antiproliferative, anti-inflammatory, and proapoptotic activity which together fight against colon malignant cells and reduce the risk.

Keywords

Colorectal cancer **Diet** **Fruits**