

Breast cancer: Common drugs may halt post-surgery relapse

By [Maria Cohut](#)

[Fact checked](#) by Jasmin Collier

After cancer surgery — particularly for breast cancer — many patients experience an early tumor recurrence. It is not clear why, but new research suggests that common pain-reducing, anti-inflammatory drugs may prevent that from happening.

The answer to early relapse after breast cancer surgery may be closer than we think. In many [cancer](#) types — especially in the case of [breast cancer](#) — surgery is often preferred when it comes to removing primary tumors.

However, the recurrence of cancer after surgery is [not an uncommon occurrence](#). Some who have gone through surgery are at an increased risk of early recurrence, although the precise reasons why are currently unclear.

In a new study whose [results](#) have been published in the journal *Science Translational Medicine*, first author Jordan Krall and colleagues — from the Whitehead Institute for Biomedical Research in Cambridge, MA, and other institutions — have begun to uncover some clues and investigate how these cases of early relapse might be avoided.

"A partial explanation for these outcomes has become clear: in as many as one third of patients diagnosed with localized breast cancer, [carcinoma](#) cells have already disseminated to distant anatomical sites at the time of initial diagnosis," the authors explain in their paper.

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Go fish! And repeat.

Have fish twice a week, the American Heart Association repeats itself. Oily fish — like salmon, mackerel, and sardines — are rich in omega-3 fatty acids and can, thus, prove to be your heart's friend in need. Simply put, you'll be less likely to have heart problems. Here's the instruction: have two 3.5 oz servings of non-fried fish or about 3/4 cup of flaked fish every week.

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Two common iron supplements may cause cancer

By [Ana Sandoiu](#)

[Fact checked](#) by Tim Newman

A new study finds that two iron compounds, which are used in supplements and food additives, raise levels of a cancer biomarker — even when consumed in low amounts.



Certain iron supplements may raise the risk of colorectal cancer, a study shows.

The new research comes from the Chalmers University of Technology in Gothenburg, Sweden, in collaboration with the United Kingdom Medical Research Council and the University of Cambridge, also in the U.K. The scientists — led by Nathalie Scheers, an assistant professor at the Chalmers University of Technology — explain that their research was prompted by [older studies](#) that showed that two compounds, called ferric citrate and ferric EDTA, promote tumors in mice. But, these previous studies did not reveal "whether all forms of 'bioavailable' iron exacerbate gut [cancer](#) cells," or whether different forms of iron display the same mechanism.

So, in the new study, Scheers and colleagues examined the effect of these two compounds on the growth of human [colorectal cancer](#) cells. Additionally, they tested another widely available iron compound called ferrous sulfate. In their experiment, the researchers used levels of the compounds that might realistically be found in the gastrointestinal tract after taking the supplement.

To their knowledge, Scheers and colleagues are the first to study the effect of these compounds on human cells. The researchers published their [findings](#) in the journal *Oncotarget*.

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[Two common iron supplements may cause cancer](#)



[Chinese greens stir fry with soy sauce and ginger](#)

A great way to incorporate greens into a filling meal. [Read more](#)

Avoid Back Pain By Sleeping Right

To prevent back pain, align your spine with your head and neck while you sleep. Sleeping on your stomach or in the fetal position doesn't accomplish this. Best case scenario is sleeping on your back. Sleep on your side if you must, but don't curl up. See to it that your mattress is firm and doesn't force your spine to curve. Tuck a pillow below or between your knees for added support.

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Measure your waist, then vitamin D.

If you're overweight and have lots of belly fat (your waistline will act as the giveaway), it's a good idea to get your vitamin D checked. Chances of you being deficient are high. Why or how this happens is yet to be understood, but there's definitely a link you should not take lightly. FYI, this is true for both men and women.

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