

## How Breast Cancer Spreads

Although advanced breast cancer isn't curable, different treatments can slow its progress, relieve your pain and other symptoms, and help you live longer.



## Types of Cancer Treatments

Get the facts about chemotherapy, external beam radiation, internal radiation, and other treatments that your doctor may recommend.



## Alcohol, Tobacco Cause More Health Harm Than Illegal Drugs



## Inflammation and Diabetes

Researchers discovered that in people with type 2 diabetes, cytokine levels are elevated inside fat tissue. Their conclusion: Excess body fat, especially in the abdomen, causes continuous (chronic), low levels of abnormal inflammation that alters insulin's action and contributes to the disease.

As type 2 diabetes starts to develop, the body becomes less sensitive to insulin and the resulting [insulin resistance](#) also leads to inflammation. A vicious cycle can result, with more inflammation causing more insulin resistance and vice versa. [Blood sugar levels](#) creep higher and higher, eventually resulting in type 2 diabetes.

Emotional stress can also increase levels of the chemicals of inflammation. It's unknown whether stress by itself can contribute to the development of diabetes, though.

Does inflammation cause diabetes? It's not as simple as that, however, researchers know for sure that inflammation is somehow involved in the development of type 2 diabetes.

[Read more](#)

## Diabetes and Inflammation

We explain why doctors believe they're connected, and what you can do to protect your health.



## Eat This, Not That

Experts have figured out what foods are best to eat -- or skip -- for specific types of cancer. Here's the list:

**Breast cancer:** People who eat lots of veggies, fruit, poultry, fish, and low-fat dairy products have lower rates of this type of cancer.

There's strong evidence that alcohol boosts your chances of getting it. Even a few drinks a week can make it more likely. If you're worried, just say no.

**Colorectal cancer:** If you have a spare tire, you're more likely to get this cancer. Do you eat lots of red or processed meat? That can also play a role. So can chemicals called nitrates, which are often added to lunch meat, ham, hot dogs, and bacon.

You should also cut back on meats that are fried, broiled, or grilled over an open flame. When animal products cook at high temperatures, they form chemicals that cause cancer. Make sure any meat you eat doesn't burn, and skip the blackened or charred parts.

To lower your risk, eat foods with fiber, especially whole grains. Calcium and vitamin D may also protect you. But be careful: Too much could raise your odds for getting other types of cancer. Stick to the recommended levels.

**Uterine cancer:** Extra belly fat can make you more likely to get this type. It could be that overweight women make more estrogen, which often fuels cancer growth. Stick to a diet and exercise plan that helps you lose extra belly fat and keep it away.

**Lung cancer:** Smoking is the biggest risk factor here. But many studies show that people who eat at least five servings of fruit and vegetables a day are less likely to get it than those who don't.

**Digestive cancers:** Obesity often brings on acid reflux, which boosts your chances of cancer in the esophagus and stomach. A healthy weight can keep your risk low.

Avoid beverages and foods that are hot enough to burn you. They can damage cells in your mouth, throat, and esophagus and may raise your chances of getting one of these cancers. Salty food has been linked to higher odds of stomach cancer. Processed meat could also make it more likely.

**Ovarian cancer:** Soybeans or foods made with soy (like tofu) could lower your odds of getting ovarian cancer. Tea, especially green tea, may also keep it at bay. But not all research supports these findings. The jury is still out on how much they help.

**Pancreatic cancer:** Belly fat is linked to a higher risk of this type, especially for women. A diet high in red and processed meat could also play a role. Limit these foods, and slim down if you're overweight.

**Prostate cancer:** If you're a man, chowing down on tomatoes, soy, beans, and other legumes could lower your prostate cancer risk. Add cruciferous veggies -- broccoli, cauliflower, and cabbage -- to the mix, too.

Several studies have linked high levels of calcium, or large amounts of dairy foods, to higher odds of prostate cancer. Don't take calcium unless your doctor recommends it. [Read more](#)

## Cancer-Fighting Foods

[Learn how many cups of veggies you should be eating per day, which foods are linked to which types of cancer, and other things you need to know.](#)



## Why is it so hard to cure ALS?

*Lesson by Fernando G. Vieira, animation by Artrake Studio*

Amyotrophic Lateral Sclerosis (ALS), also called motor neuron disease and Lou Gehrig's Disease, affects about two out of every 100,000 people worldwide. When a person has ALS, their motor neurons - the cells responsible for all voluntary muscle control in the body - lose function and die. Fernando G. Vieira shares what we know (and don't know) about ALS.

[View full lesson »](#)

## Why do we sweat?

*Lesson by John Murnan, directed by Dogzilla Studio*

There are a number of scenarios that can make us sweat—including exercise, eating spicy foods, and nervousness. But how does this substance suddenly materialize, and what exactly is its purpose? John Murnan explores the science behind sweat.

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