

Further Proof Processed Meat Causes Cancer

By [Alanna Petroff](#) [@AlannaPetroff](#) for Med Expose'

We blended burgers...for science

Like your daily hot dog or bacon sandwich? You may want to think again.

The World Health Organization said Monday that eating processed meat such as sausages and ham causes cancer, while unprocessed red meat may also be carcinogenic.

The WHO's cancer research unit now classifies processed meat as "carcinogenic to humans" based on evidence from hundreds of studies, and linked it specifically to colon, or colorectal, cancer.

The report outlined that simply eating 50 grams of processed meat each day - the equivalent of two slices of ham -- can increase the risk of such cancer by 18%. However, the authors say the risks are relatively small to begin with.

The organization defines processed meat as any type of meat that is salted, cured or smoked to enhance its flavor or preserve it. Processed meat generally contains pork or beef, but may also contain poultry.

The WHO now classifies processed meat in the same category as smoking and asbestos, based on its certainty of a link with cancer, but stressed that did not mean they were equally dangerous.

Unprocessed red meat such as steak and lamb shanks is classified as "probably carcinogenic."

Related: Just how bad for you are processed foods?

Nitrate-Nitrite Lunch Meats and Hot Dogs Cause and or Aggravate Cancer

HEY EVERYBODY! We Now KNOW that Bologna is responsible for millions of cancers world wide

BOLOGNA MATTERS

And Gives You Cancer

PAID FOR BY CITIZENS FOR ~~HEALTH~~ We are the happy, delicious party in a boring, stressful, tawdry world. Our motto is to simply yet hilariously reword it all. "Bologna" is the acknowledgement that bologna may not be for everyone, but really we're just saying that to be diplomatic. It's actually not true.

Bologna is for Noone.

EXACTLY WHO INVENTED BOLOGNA, we're not quite sure; nevertheless its reputation for deliciousness quickly spread throughout the planet and proved itself a resilient force. Bologna has ~~caused~~ caused such epidemics as cholera and the plague, several international wars and debilitating natural disasters. Perhaps if people had been eating **less** fun bologna we wouldn't have had such terrible incidents! Just sayin'.

THIS IS AN INJUSTICE! No Bolognamobile?! We'll settle for a hot air balloon, raft, or blimp also.

BOLOGNA PRONUNCIATION: (buh-LO-nee) OR (buh-LOG-nuh)

WHAT DOES YOUR BOLOGNA SAY ABOUT YOU?

YOU are happy you're eating bologna

YOU have come across more bologna

YOUR bologna has been scratched by a hungry squirrel

WHAT WOULD OSCAR DO? Oscar Mayer, the godfather of bologna, circa 1900.

ARE YOU READY TO RECIEVE ~~BOLOGNA~~ INTO YOUR LIFE? Don't answer that. You are. And we are always here for you. For help on your journey, visit www.imune.net

CANCER

You or your children have been told you have Cancer

Avoid Using these processed Meats

For your Stupidity

Thank You



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Balancing risks and benefits

The WHO said the finding was important for public health since processed meat is so widely consumed. However, it said red meat still has "nutritional value."

"These results are important in enabling governments and international regulatory agencies to conduct risk assessments, in order to balance the risks and benefits of eating red meat and processed meat and to provide the best possible dietary recommendations," said Christopher Wild, head of the WHO's cancer agency, in a statement.

According to estimates cited by the WHO, about 34,000 cancer deaths per year worldwide can be attributed to diets that are high in processed meat. That's a small fraction of the 8.2 million deaths caused by cancer in 2012, according to the latest WHO data.

[Related: If meat causes cancer, what can you eat?](#)

Meat industry cries foul

Meat industry groups slammed the WHO report as biased and misleading.

"They tortured the data to ensure a specific outcome," said Betsy Booren, vice president of scientific affairs at the North American Meat Institute.

The National Cattlemen's Beef Association said the scientists who issued the report were split on their decision to make an explicit link between red meat with cancer.

"As a registered dietitian and mother, my advice hasn't changed," said Shalene McNeill, an executive director at the National Cattlemen's Beef Association. "To improve all aspects of your health, eat a balanced diet, which includes lean meats like beef, maintain a healthy weight, be physically active and, please don't smoke."

Processed meats rank alongside smoking as cancer causes – WHO

UN health body says bacon, sausages and ham among most carcinogenic substances along with cigarettes, alcohol, asbestos and arsenic

[Salami, Parma ham and chorizo have cancer risks, according to the WHO.](#)

[Sarah Boseley](#) Health editor

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Bacon, ham and sausages rank alongside cigarettes as a major cause of cancer, the [World Health Organisation](#) has said, placing cured and processed meats in the same category as asbestos, alcohol, arsenic and tobacco.

The report from the WHO's International Agency for Research on Cancer said there was enough evidence to rank [processed meats](#) as group 1 carcinogens because of a causal link with bowel cancer.

It places red meat in group 2A, as “probably carcinogenic to humans”. Eating red meat is also linked to pancreatic and prostate cancer, the IARC says.

What's so bad about 'processed food'?

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The IARC's experts concluded that each 50-gram (1.8-ounce) portion of processed meat eaten daily increased the risk of colorectal cancer by 18%.

“For an individual, the risk of developing colorectal cancer because of their consumption of processed meat remains small, but this risk increases with the amount of meat consumed,” said Dr Kurt Straif, head of the IARC monographs programme. “In view of the large number of people who consume processed meat, the global impact on cancer incidence is of public health importance.”

COUNTERTHINK



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The decision from the IARC, after a year of deliberations by international scientists, will be welcomed by [cancer researchers](#) but it triggered an immediate and furious response from the industry, and the scientists it funds, who rejected any comparison between cigarettes and meat.

“What we do know is that avoiding red meat in the diet is not a protective strategy against cancer,” said Robert Pickard, a member of the [Meat Advisory Panel](#) and emeritus professor of neurobiology at Cardiff University. “The top priorities for cancer prevention remain smoking cessation, maintenance of normal body weight and avoidance of high alcohol intakes.”

But the writing has been on the wall for ham, [bacon](#) and sausages for several years. The World Cancer Research Fund has long been advising people that [processed meat](#) is a cancer hazard. It advises eating products such as ham, bacon and salami as little as possible and having no more than 500g a week of red meat, including beef, pork and lamb.

Prof Tim Key, [Cancer](#) Research UK’s epidemiologist at the University of Oxford, said: “Cancer Research UK supports IARC’s decision that there’s strong enough evidence to classify processed meat as a cause of cancer, and red meat as a probable cause of cancer.

Are sausages bad for you?

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“We’ve known for some time about the probable link between red and processed meat and bowel cancer, which is backed by substantial evidence.

“This decision doesn’t mean you need to stop eating any red and processed meat. But if you eat lots of it you may want to think about cutting down. You could try having fish for your dinner rather than sausages, or choosing to have a bean salad for lunch over a BLT.”

The statement from the IARC, [published as an article in the journal Lancet Oncology](#), substantially toughens the line, especially against processed meat. But while cancer scientists are concerned about the risks of eating too much meat, some nutritionists maintain that the extra risk is relatively small and that meat has other benefits.



Dr Elizabeth Lund – an independent consultant in nutritional and gastrointestinal health, and a former research leader at the Institute of Food Research, who acknowledges she did some work for the meat industry in 2010 – said red meat was linked to about three extra cases of bowel cancer per 100,000 adults in developed countries.

“A much bigger risk factor is obesity and lack of exercise,” she said. “Overall, I feel that eating meat once a day combined with plenty of fruit, vegetables and cereal fibre, plus exercise and weight control, will allow for a low risk of colorectal cancer and a more balanced diet.”

Prof Ian Johnson, emeritus fellow at the [Institute of Food Research](#), also said the effect was small. “It is certainly very inappropriate to suggest that any adverse effect of bacon and sausages on the risk of bowel cancer is comparable to the dangers of tobacco smoke, which is loaded with known chemical

carcinogens and increases the risk of lung cancer in cigarette smokers by around twentyfold.”

The North American [Meat](#) Institute said defining red meat as a cancer hazard defied common sense.

“It was clear, sitting in the IARC meeting, that many of the panellists were aiming for a specific result despite old, weak, inconsistent, self-reported intake data,” said Betsy Booren, the institute’s vice-president of scientific affairs. “They tortured the data to ensure a specific outcome.

“Red and processed meat are among 940 agents reviewed by the IARC and found to pose some level of theoretical ‘hazard’. Only one substance, a chemical in yoga pants, has been declared by the IARC not to cause cancer.

“The IARC says you can enjoy your yoga class, but don’t breathe air (class 1 carcinogen), sit near a sun-filled window (class 1), apply aloe vera (class 2B) if you get a sunburn, drink wine or coffee (class 1 and class 2B), or eat grilled food (class 2A). And if you are a hairdresser or do shift work (both class 2A), you should seek a new career.”



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