

Processed meat causes cancer and is very bad for asthma



Eating processed meat might make asthma symptoms worse, say researchers.

Consuming more than four portions a week is a risk, suggests the study of nearly 1,000 French people, published in the journal Thorax.

The researchers believe it could be a preservative called nitrite used in meats such as sausages, salami and ham that aggravates the airways.

But experts say the link has not been proved and more investigations are needed.

Rather than worry about one type of food, people should be eating a healthy and varied diet, they advise.

Processed meat has already been **linked with cancer**.



What is processed meat?

How much of a cancer risk is processed meat?

Experts say people should eat no more than 70g a day of red and processed meat for good health. That's about one sausage plus a rasher of bacon a day.

Meat wheeze

The people in the study had been taking part in a French survey about food and health, spanning a decade from 2003 to 2013. Around half of them were asthma patients. The rest - the control subjects - had no history of the condition.

The survey looked specifically at asthma symptoms - breathlessness, wheeze, chest tightness - and intake of cured meat: a single portion was two slices of ham, one sausage or two slices of salami.

Among the people with asthma, higher meat consumption was linked with a worsening of their lung symptoms.

People who said they consumed more than four portions a week - eight slices of ham or four sausages, for example - had the biggest deterioration of their asthma by the end of the study.

The experts stress that their work cannot prove diet is definitely to blame. There are lots of factors in a person's life that can make their asthma worse.

The researchers tried to eliminate the most obvious ones, controlling for things like obesity, and the link between processed meat and worsening asthma remained.

Dr Erika Kennington, Head of Research at Asthma UK says: "Although certain foods can be triggers for allergies in some people, there is no specific dietary advice to manage asthma symptoms generally. For most people with asthma, healthy eating advice is exactly the same as it is for everyone else: follow a balanced diet that includes plenty of fresh and unprocessed food and is low in sugar, salt and saturated fat."

Catherine Collins of the British Dietetic Association recommended "a varied and Mediterranean-style diet", containing plenty of fresh produce, "whether you have asthma or not."



Medical **EXPOSE**

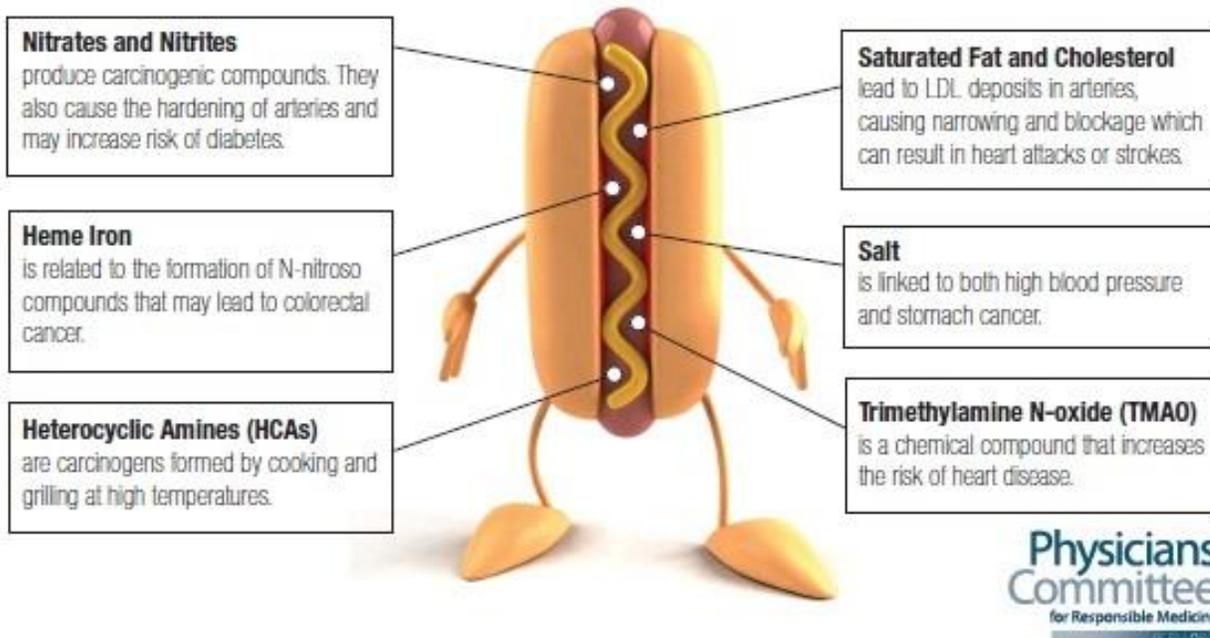
<http://www.medicalexpose.com/>

Children eating 12 or more hot dogs per month have 9 times the normal risk of developing leukemia

-University of California Med School

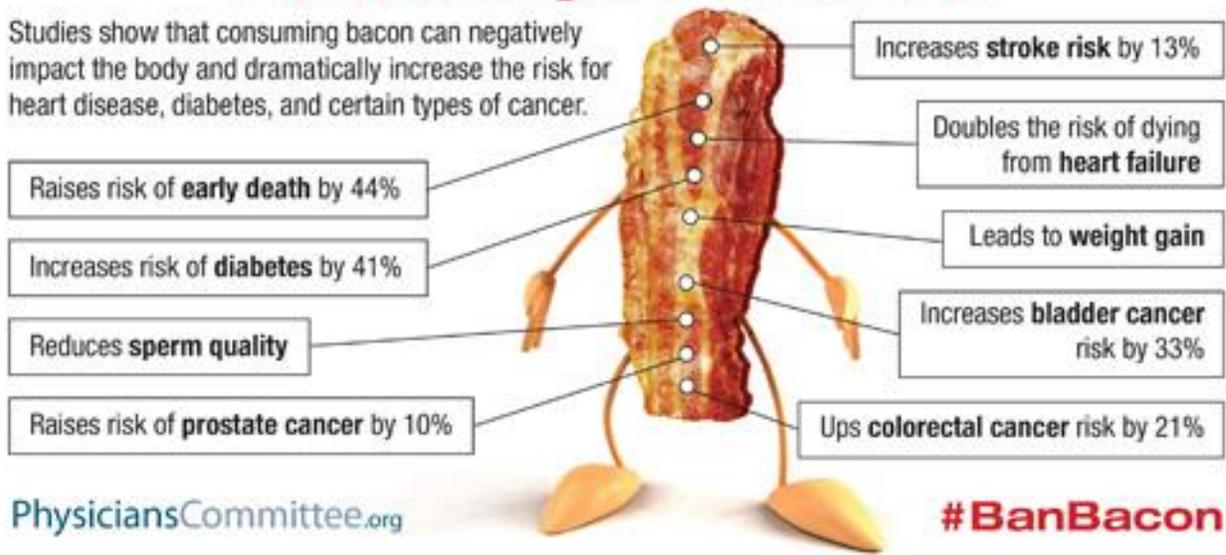
Anatomy of a Hot Dog

What's in a hot dog, and why does it pose serious health risks?

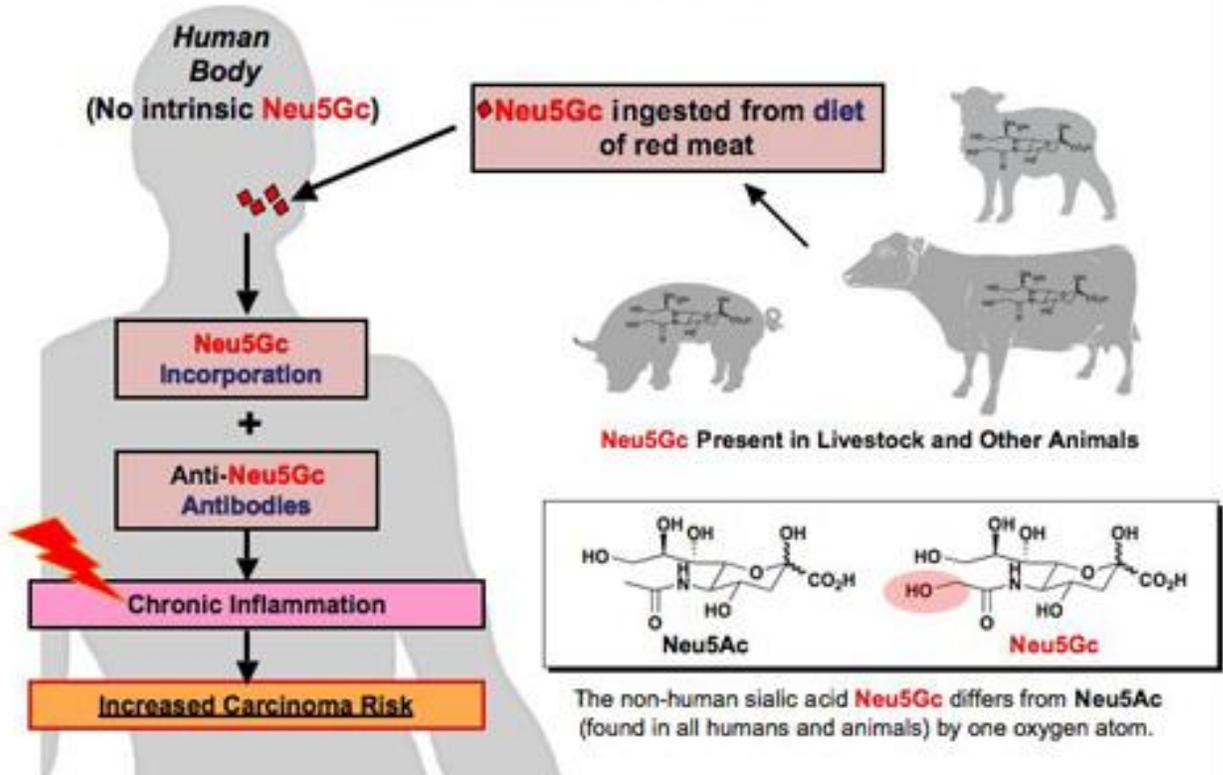


Anatomy of Bacon

Studies show that consuming bacon can negatively impact the body and dramatically increase the risk for heart disease, diabetes, and certain types of cancer.



Red meats are associated with increased carcinoma risk

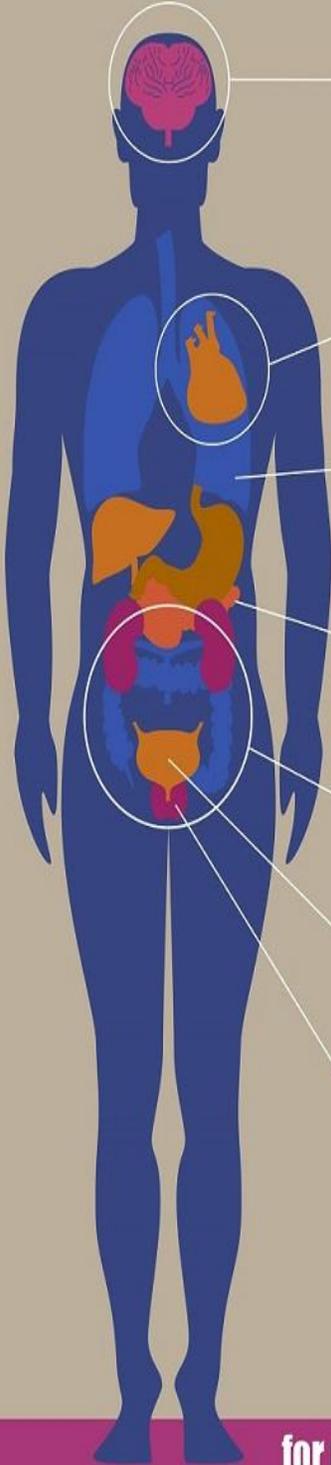


Source: Oliver M. Pearce, Ph.D., University of California, San Diego

DANGERS



PROCESSED MEAT



HIGHER STROKE RISK

A 2012 American Heart Association study linked stroke risk to processed meat consumption, with risk increasing by 13% for every daily serving.



INCREASED RISK OF DEATH

In 2013, the American Journal of Epidemiology reported that processed meat products are linked to increased risk of death.



DOUBLE THE RISK OF LUNG DISEASE

A 2007 study found that men who eat processed meat daily have more than double the risk of developing lung disease compared with men who rarely or never eat processed meat.



DOUBLE THE RISK OF HEART DISEASE, CANCER, & DIABETES

A 2014 Harvard study found that processed meat raises women's risk of cancer, heart disease, and diabetes. And a 2012 British Medical Journal Open study linked processed meat consumption to increased risk of heart disease.



INCREASED RISK OF COLORECTAL CANCER & EARLY DEATH

In 2013, the American Cancer Society found that colorectal cancer survivors who consume the most red or processed meat are more likely to die over a 7.5-year follow-up.



INCREASED RISK OF BLADDER CANCER

A 2010 NIH study found that consumption of processed meat increases risk for bladder cancer.



INCREASED RISK OF PROSTATE CANCER

A 2009 NIH study found that processed meat increases prostate cancer risk. Every 10 grams of processed meat consumed raises prostate cancer risk by 10%.

A 2013 Harvard study found that men who consume the most processed meat have more abnormalities in sperm count, size, and shape.

for more information, please visit PCRM.org/DropTheDog