

Short Communication

Anticancer Diet & Screening

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Fruits and vegetables are packed with antioxidants that fight cell damage related to cancer. For examples: Blueberries, rich in anthocyanins, may reduce tumor growth; Spinach, high in folate, can guard against DNA mutations; Cruciferous veggies like broccoli have compounds that reduce gut cancers; Tomatoes contain a natural sunblock that protects against skin cancer.

Cancer screening: The fact that you have never had a screening or have failed to keep up with the appropriate schedule has no bearing on the karma of cancer, but it has an enormous bearing on the outcome. Please know that it is not too late for a clean medical slate and that if something is detected, it is better to find it sooner rather than later.