

Tendencias

Asociación de alimentos ultraprocesados con riesgo de mortalidad entre adultos franceses

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Alimentos orgánicos para la prevención del cáncer

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Investigación original

Diciembre de 2018

Asociación de frecuencia del consumo de alimentos orgánicos con los hallazgos de riesgo de cáncer del estudio prospectivo de cohortes de NutriNet-Santé

Julia Baudry, PhD¹; Karen E. Assmann, PhD¹; Mathilde Touvier, PhD¹; [et al](#)

» afiliaciones de autor

JAMA Intern Med. 2018; 178 (12): 1597-1606. doi: 10.1001 / jamainternmed.2018.4357

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Key Points

Question What is the association between an organic food-based diet (ie, a diet less likely to contain pesticide residues) and cancer risk?

Findings In a population-based cohort study of 68 946 French adults, a significant reduction in the risk of cancer was observed among high consumers of organic food.

Meaning A higher frequency of organic food consumption was associated with a reduced risk of cancer; if the findings are confirmed, research investigating the underlying factors involved with this association is needed to implement adapted and targeted public health measures for cancer prevention.

Abstract

Importance Although organic foods are less likely to contain pesticide residues than conventional foods, few studies have examined the association of organic food consumption with cancer risk.

Objective To prospectively investigate the association between organic food consumption and the risk of cancer in a large cohort of French adults.

Design, Setting, and Participants In this population-based prospective cohort study among French adult volunteers, data were included from participants with available information on organic food consumption frequency and dietary intake. For 16 products, participants reported their consumption frequency of labeled organic foods (never, occasionally, or most of the time). An organic food score was then computed (range, 0-32 points). The follow-up dates were May 10, 2009, to November 30, 2016.

Main Outcomes and Measures This study estimated the risk of cancer in association with the organic food score (modeled as quartiles) using Cox proportional hazards regression models adjusted for potential cancer risk factors.

Results Among 68 946 participants (78.0% female; mean [SD] age at baseline, 44.2 [14.5] years), 1240 first incident cancer cases were identified during follow-up, with the most common being breast cancer (310 cases), followed by prostate cancer (210 cases), colorectal cancer (170 cases), and non-Hodgkin lymphomas (140 cases).

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and 15 other lymphomas. High organic food scores were inversely associated with the overall risk of cancer (hazard ratio for quartile 4 vs quartile 1, 0.75; 95% CI, 0.63-0.88; *P* for trend = .001; absolute risk reduction, 0.6%; hazard ratio for a 5-point increase, 0.92; 95% CI, 0.88-0.96).

Conclusions and Relevance A higher frequency of organic food consumption was associated with a reduced risk of cancer. If these findings are confirmed, further research is necessary to determine the underlying factors involved in this association.

Invited Commentary
Organic Foods for Cancer Prevention

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October 28, 2018

Strange design

Jean-Francois Grenier, MD |

Please, correct me if i'm wrong, but this study has a very strange and weak design. The dietary profile of participants was assessed only once ("Two months after enrollment, volunteers were asked to provide information on their consumption frequency of 16 labeled organic products"). Moreover, while the authors state that they used a somewhat validated questionnaire, in their commentary Drs. Hemler, Chavarro and Hu, write: "Most salient among the weaknesses is the fact that the organic food questionnaire was not validated; therefore, it is unclear what the intended exposure, organic food consumption, was actually measuring." So, how could anyone ...

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October 29, 2018

Interesting, but a few questions remain.

Sebastien Causse |

The findings are very interesting, but the significance of the differences appears rather light. The factors may well be causally unrelated to consumption of organic food, yet correlated, and this could be enough to send the differences of incidence under the significance threshold. In that regard, in supplemental table 7, we can see that other variables change between the quartiles. For example milk, legume and poultry consumption. However, the models did not adjust for these. Red and processed meat were adjusted for, I assume because higher cancer risk was associated with these food categories, however one should not assume that ...

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November 1, 2018

Ethics

Naomi Boldon, Ethics | Rocky Vista University

Julia Baudry, et al used a French research study to make associations between health and nutrition, backing up their claim that eating organic foods lowers the risks for developing cancer. The study referenced in the article included 68,946 patients, 78% women with a mean age at baseline of 44.2 years. According to the article, women are more prone than men to develop cancer. This helps to solidify the authors' claims but does not take into account other age groups—particularly those more vulnerable like children or the elderly. While the study was well conducted, additional research is needed to clarify all ...

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November 24, 2018

Questions about the adjustments

Long-Gang Zhao |

The adjustments in the model are strange. In the main analyses, the author provided three models. The first model included age and sex. The second included other potential risk factors including dietary factors. The third

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explain as the goal of the study was to

determine the effect of organic foods. The reason is that fiber, fruit and vegetable intake may be part of the organic foods. The inclusion of these food items may lead to over-adjustments.



CONFLICT OF INTEREST: None Reported

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