CANCER AND NUTRITION

Module | Content | Year | Term | Credits | Type
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CANCER AND NUTRITION | 3rd or 4th | 2nd | 6 | Optional |

**LECTURER(S)**

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**DEGREE WITHIN WHICH THE SUBJECT IS TAUGHT**

Human Nutrition and Dietetics Degree

**Tutoring and mentoring on my office (Lab 207)**
Monday, Wednesday, Friday 11.30-13.30

**PREREQUISITES and/or RECOMMENDATIONS (if necessary)**

The topic Cancer and Nutrition is taught at the end of the Human Nutrition and Dietetics Degree course

**BRIEF ACCOUNT OF THE SUBJECT PROGRAMME (ACCORDING TO THE DEGREE)**

Cancer and Nutrition addresses basic concepts of nutrition and disease, especially cancer (concept of malignant tumor, theories of carcinogenesis, cancer incidence, etc.). It also highlights nutritional and lifestyle recommendations for cancer prevention, with special reference to the European Code Against Cancer and the recent recommendations of the American Cancer Society. Nutritional influences on the onset and progression of cancer are approached through case studies. Finally, the nutritional effects of cancer and cancer therapy and the nutrition of the oncological patient are studied

**GENERAL AND PARTICULAR ABILITIES**

General abilities
The aim is for the student to acquire general and specific abilities of value for their personal and professional futures.

**OBJECTIVES (EXPRESSED IN TERMS OF EXPECTED RESULTS OF THE TEACHING PROGRAMME)**

For the student:
To learn the concepts of a malignant tumor and carcinogenesis
To know the geographic distribution and temporal trends of cancer around the world (and in Spain)
To know the nutritional and lifestyle factors related to cancer prevention
To understand nutritional influences on the onset, development and progression of tumor disease
DETAILED SUBJECT SYLLABUS

THEORETICAL SUBJECT MATTER:

Part 1: Introduction; Basic concepts.

LESSON 1. Introduction and Presentation of the subject
LESSON 2. Basic concepts of malignant neoplastic disease
LESSON 3. Epidemiology of cancer
LESSON 4. Natural history of cancer
LESSON 5. Mechanisms of tumour progression
LESSON 6. Classification system of tumour spread
LESSON 7. Aetiology of cancer
LESSON 8. Genes and cancer
LESSON 9. Carcinogenesis
LESSON 10. Chemical, physical and biological carcinogens
LESSON 11. Chemical carcinogenesis mediated by nutrition
LESSON 12. Tumour diagnosis and treatment
LESSON 13. Epidemiological designs on the study of cancer
LESSON 14. EPIC study (Prospective European study of Cancer and Nutrition)

Part 2: Nutritional and lifestyle recommendations for cancer prevention.

LESSON 15. Control and prevention of cancer
LESSON 16. European Code against Cancer and recommendations of the American Cancer Society
LESSON 17. Chemoprevention of cancer

Part 3: Nutritional influences on cancer development.

LESSON 18. Diet and cancer. Dietary patterns
LESSON 19. Diet and Cancer: Influence of non-nutritional components of the diet on cancer development
LESSON 20. Diet and cancer: Macronutrients
LESSON 21. Diet and cancer: Micronutrients
LESSON 22. Nutritional influences on breast cancer.
LESSON 23. Nutritional influences on oesophageal and gastric cancer
LESSON 24. Nutritional influences on colorectal cancer
LESSON 25. Nutritional influences on hepatic cancer
LESSON 26. Nutritional influences on pancreatic cancer
LESSON 27. Nutritional influences on head and neck cancer

Part 4 Nutritional effects of cancer and cancer therapies; Nutritional care of the oncological patient

LESSON 29. Nutritional consequences of oncologic therapeutic measures
LESSON 30. Nutritional care for terminal oncologic patients

PRACTICAL SUBJECT MATTER:

SEMINARS

Seminar I. Recourses for the search for and critical analysis of information
Seminar II. Acquisition of communication skills
Seminar III. The clinical history. Guided anamnesis
Seminar IV. Acquisition of health skills
**RECOMMENDED INTERNET LINKS**

- AECC. ASOCIACIÓN ESPAÑOLA CONTRA EL CÁNCER. Consejos: Código Europeo Contra el Cáncer. [http://www.aecc.es/codigo_europeo.html](http://www.aecc.es/codigo_europeo.html)
- www.msssi.gob.es/ciudadanos/enfLesiones/.../docs/Codigo_Cancer.pdf
- SEOM: Sociedad Española de Oncología Médica. [www.seom.org](http://www.seom.org)
SOCIEDAD AMERICANA CONTRA EL CÁNCER. Guías sobre nutrición y actividad física para la prevención del cáncer.
http://www.dietandcancerreport.org/
www.aicr.org/assets/docs/pdf/.../heal-well-guide.pdf

The European Prospective Investigation into Cancer and Nutrition (EPIC) study.
www.epic.iarc.fr/

Cancer Research UK