



Natural Health Research Institute

Your One-Stop Website for Research on Natural Health and Wellness

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www.naturalhealthresearch.org

Skin Cancer - Natural Therapies and Prevention

Skin cancer happens when skin cells grow and multiply in an uncontrolled, unorderly way. It is usually the result of overexposure to the sun and harmful ultraviolet (UV) rays. Mutations caused by unrepaired DNA damage from UV rays can trigger skin cells to multiply rapidly and lead to malignant tumors.

The Skin Cancer Foundation states that skin cancer is the most common cancer in the United States, with nearly one in five people developing it sometime in their life. Fortunately, it is also one of the most preventable cancers.

There are three main types of skin cancer:

Basal cell carcinoma—This is the most common type of skin cancer. It can appear as open sores, scars, shiny bumps or red patches.

Squamous cell carcinoma—The second most common type of skin cancer. Often looks like a red firm bump, scaly patch, or a sore that heals and then re-opens.

Melanoma—The deadliest form of skin cancer. Frequently develops in a mole or suddenly appears as a new dark spot on the skin.

You can reduce your risk by:

- Staying in the shade.
- Wearing sunglasses that wrap around and block both UVA and UVB rays.
- Wearing clothing that covers your arms and legs.
- Using a broad spectrum sunscreen with a sun protection factor (SPF) of 15 or higher.
- Wearing a hat with a wide brim to shade your face, head, ears, and neck.

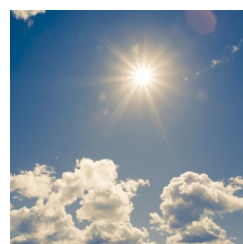
Studies have shown that diet can play a role in keeping your skin healthy and cancer-free. Eating foods high in antioxidants (including vitamin C, vitamin E, vitamin D, beta-carotene, zinc, and vitamin A) as well as folic acid, fats, and proteins may help. Foods such as fish, beans, carrots, chard, pumpkin, cabbage, broccoli, and vegetables containing beta-carotene and vitamin C may also help protect skin.



[Vitamin D Supplementation Associated with Less Melanoma](#)



[Vitamin A Intake and Squamous Cell Carcinoma: Is there an Association?](#)

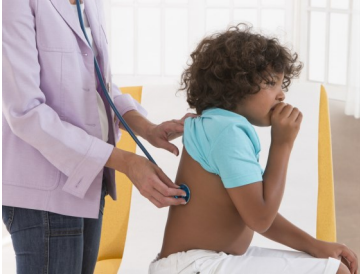


[Topical Retinyl Palmitate May Increase Risk of Ultraviolet Radiation-Induced Skin Cancer](#)



[Nicotinamide for Non-Melanoma Skin Cancer](#)

April is Cystic Fibrosis Month



Cystic fibrosis (CF) is a multi-organ genetic disorder that is characterized by decreased lung function, frequent infections and digestive issues. The types and severity of symptoms can differ widely from person to person. Many different factors, such as age of diagnosis, can affect an individual's health and the course of the disease. The Cystic Fibrosis Foundation estimates that the disease affects more than 30,000 children and adults in the US and 70,000 people worldwide.

There is a wide range of complementary and alternative therapies that may help to ease symptoms and reduce complications of cystic fibrosis. Certain dietary interventions, supplements, digestive enzymes and lifestyle habits can help manage symptoms.

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