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Summary

ADHERENCE TO THE MEDITERRANEAN DIET AND VISCERAL ADIPOSITY PREDICTS GASTROINTESTINAL CANCER DEVELOPMENT IN METABOLIC SUBJECTS

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A study of 261 metabolic patients followed for 3.2 years found that low adherence to the Mediterranean Diet, measured by the Chrono Med Diet Score (CMDS), predicted increased gastrointestinal cancer risk.

KEY POINTS

- CMDS values of 13 or below significantly increased the risk of gastrointestinal cancer with an odds ratio of 3.41 (95% CI: 1.99-6.12) in this cohort of metabolic patients.
- Among 261 patients, 47 developed cancer overall and 26 developed gastrointestinal cancer (colorectal, liver, or stomach); CMDS demonstrated significant discriminative power with AUC 0.7961 for GI cancer.
- Patients with low CMDS who developed GI cancer had significantly worse metabolic markers including higher waist circumference (108.3 vs 101.7 cm), lower HDL cholesterol (38.7 vs 53.4 mg/dl), higher triglycerides (148.1 vs 107.3 mg/dl), higher fasting glucose (118.1 vs 100.7 mg/dl), and higher Fatty Liver Index (69.4 vs 38.2) compared to those who did not develop cancer.
- The authors conclude that CMDS may serve as a non-invasive method to identify GI cancer risk in metabolic patients and suggest that promoting higher Mediterranean Diet adherence may benefit people with dysmetabolic conditions.

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