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Summary

EFFECT OF DIETARY ANIMAL PROTEIN ON DEVELOPING GASTRIC CANCER CONSIDERING HELICOBACTER PYLORI: MULTI-CENTER PROSPECTIVE STUDY

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UEG Week Vienna 2024 | Poster

Oesophagus

October 13, 2024

A prospective study of 5,535 subjects found that dietary animal proteins showed non-linear or positive associations with gastric cancer risk after adjusting for Helicobacter pylori status.

KEY POINTS

- Red meat, fish, and eggs demonstrated U-shaped associations with gastric cancer, with optimal intake at 2 servings per week for red meat, 1 serving per week for fish, and 2-3 servings per week for eggs.
- High intake of processed meat was associated with increased gastric cancer risk (adjusted odds ratio 1.78, 95% CI 1.27-2.49).
- White meat intake showed a dose-dependent positive association with gastric cancer risk, with adjusted odds ratios ranging from 1.67 for 1 serving per week to 4.16 for 3 or more servings per week.
- The associations between animal protein intake and gastric cancer persisted after adjusting for Helicobacter pylori status and were similar in both men and women.
- This material may be relevant to gastroenterologists and epidemiologists interested in dietary risk factors for gastric cancer.

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