

Sugary Drinks Associated with Uterine Cancer in Women

A study analyzing data from 23,039 post-menopausal women participating in the Iowa Women's Health Study has found a greatly elevated risk for uterine cancer among those consuming sugar sweetened beverages. Tracking participants from 1986 to 2010, 595 cases of uterine cancer were found with a clear association found between sugary drinks and these cancers. Simply put, the more high sugar drinks (like Coke, Pepsi, 7-Up, other carbonated beverages, Hawaiian Punch and sweetened non-carbonated beverages) consumed the higher the rate of cancer. Those who drank the largest amount of sweetened drinks had an 8% increase in cancer risk.

Notably, the study tracked other dietary habits and looked for numerous potential links to uterine cancer. However, no increased risk was found related to sugar-free soft drinks,, eating sweets, baked goods, or starches. This suggests that the specific ingredients in the high sugar drinks may be a particular risk factor rather than sugar in general.

Editorial: US residents consume vast amounts of sugary beverages, averaging about one consumed per person every other day. Collectively then we consume 43.8 billion pints of high sugar soft drinks annually. While the beverage industry supports many jobs, the findings in this study and other associated health risks (diabetes, obesity, etc.) mean that many lives are lost in the balance. Sugary drinks, like many of the other privileges of contemporary society pose little or no risk in moderation but can be deadly in excess.

Bibliography

Inoue-Choi M, Robien K, Mariani A, Cerhan JR, Anderson KE. Sugar-sweetened beverage intake and the risk of type I and type II endometrial cancer among postmenopausal women. *Cancer Epidemiol Biomarkers Prev.* 2013 Nov 22.