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Healthy Diet Lowers Risk of Invasive Bladder Cancer in Women

High intake of fruits and vegetables are associated with a lower risk of invasive bladder cancer in women, according to study findings published in *The Journal of Nutrition* (2013;143:1283-1292).

Song-Yi Park, MD, of the University of Hawaii Cancer Center in Honolulu, and colleagues prospectively analyzed 185,885 older adults in the Multiethnic Cohort Study. Over a mean follow-up period of 12.5 years, 581 invasive bladder cancer cases were diagnosed (152 women and 429 men).

Compared with women in the lowest quartile of total fruit and vegetable consumption, those in the highest quartile had a 65% lower risk of invasive bladder cancer, after adjusting for other risk factors. Women in the highest quartile of total vegetable intake and total fruit intake had a 51% and 46% decreased risk, respectively. No associations between fruit and vegetable intake and invasive bladder cancer were found in men.