

Eating salmon and mackerel reduces risk of kidney cancer

Preliminary research suggests that higher consumption of fatty fish such as salmon is linked with a lower risk of renal cell carcinoma (RCC).

In the study, researchers investigated the association between fatty fish and lean fish consumption and the risk for development of RCC in a population with a relatively high consumption of fatty fish. The participants, from the Swedish

Mammography Cohort, included 61,433 women aged 40 to 76 years without previous diagnosis of cancer at baseline.

The researchers considered fatty fish to include salmon, herring, sardines, and mackerel; lean fish included cod, tuna, sweet water fish; and crustaceans.

During an average of 15.3 years of follow-up between 1987 and 2004, 150 RCC cases

were diagnosed. After adjustment for potential confounders, an inverse association of fatty fish consumption with the risk of RCC was found, while no association was found with the consumption of lean fish or other seafood.

"In this large population-based cohort with data on long-term diet, we found that women who consumed one or more servings of fatty fish per

week had a statistically significant 44 per cent decreased risk of RCC compared with women who did not consume any fish.

"Women who reported consistent long-term consumption of fatty fish at baseline and 10 years later had a statistically significant 74 per cent lower risk," the authors reported.

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