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The etiology of bladder cancer and its dietary remedy

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Abstract

Multiple factors involved with the etiology of urinary bladder cancer (UBC), which occurs worldwide. UBC can be caused by inhalation of cigarette smoke, smoke from cooking, volatiles of coal tar, and diesel exhaust; exposure to exogenousindustrial/environmental carcinogens or endogenous carcinogens; intake of drugs or herbal remedies like aristolochic acids; contact of chlorinated water or hair dyes; ingestion of bracken fern (*Pteridiumaquilinum*) and/or arsenic; and infection of *Schistosomahaematobium* (schizosomiasis), enterobacteria(cystitis), and papilloma viruses. Genetic factors also affect the occurrence of UBC. Dietaryintake of fruits, vegetables, soy products, vitamins, green tea, and the decrease of fat consumption is important for prevention. A proper intake of anticarcinogeniccompounds such as selenium, garlic, lycopene, linoleic acid, various vitamins, gallic acid,procatechuic acid,

p-coumaric acid, betulinic acid, and shibuol is possibly the best remedy for UBC.

Biography

Upon completion of his Ph. D. in microbiology at the University of California, Davis, in 1972, he joined the Frederick Cancer Research Center, as a scientist.He was first to demonstrate that the aromatic amines generated from azo dyes are carcinogenic. In 1977, he was a visiting professor at the Purdue Food Science Institute, thenjoined the Department of Biology as an associate professor at Tunghai University in Taichung, Taiwan. In 1980, he established the first Department of Microbiology in Taiwan. Later he became dean of college of science. In 1987, he was a visiting scientist at USDA, Roman L. Hruska U.S. Meat Animal Research Center, Clay Center, Nebraska, to work on food safety. In 1988, he joined the faculty at The University of Memphis as a biology faculty teaching Microbiology, Food and Industrial Toxicology, and continued his research on aromatic amines induced carcinogenesis. His research also includes anti-carcinogenic potential of different plant polyphenols such as dietary tannin and its derivatives. His publications include more than 10 review papers and numerous peer reviewed papers. He is a reviewer for several journals and currently the managing editor of *Arylamine Induced Carcinogenesis* for Frontiers in Bioscience since 2009. He is also an author of *Women Pioneers of Medical Research* (McFarland & Company, Inc., 2009, ISBN:0786429275).