

# Drinking tea may reduce ovarian cancer risk

Next time you relax with a cup of tea, remember how good it is for you.

Queensland researchers have recently found that ovarian cancer risk can be reduced by drinking tea regularly.

Dr Christina Nagle from QIMR said, "Our results indicate that drinking more than four cups a day of black, green or herbal tea may reduce ovarian cancer risk by almost 30%."

"Our findings support the idea that the antioxidants in tea may be beneficial against cancer."

"Green tea is thought to be the healthiest kind of tea. Although the results of our study did not show a stronger effect for green tea, combining all of the evidence worldwide suggests that drinking one or more cups green tea per day may reduce your risk of developing ovarian cancer by 40%. However this needs to be confirmed through further research."

Almost 1,200 Australian women are diagnosed with ovarian cancer each year. The disease accounts for approximately 800 deaths per year making it the sixth most common cause of cancer death in Australia.



## What are antioxidants?

Antioxidants are molecules that can help to prevent damage caused by natural reactions that occur in the body.

As the body's cells use oxygen, free radicals will form. These free radicals can cause damage to the cell's DNA if they are not removed. Antioxidants stop the free radicals from building up in the cell and prevent damage to the cell structure and DNA.

Antioxidants can be found in cereals, most vegetables, fruit and red wine.

## Other cancer facts:

Women who eat **fish and chicken** at least four times a week have a 10-15% lower risk of developing ovarian cancer than those who don't. Women who eat **processed meat** several times a week have a 20% higher risk.

**Let your tea cool!** Drinking hot tea (or coffee) within the first four minutes increases your chances of developing throat cancer by five times.

**Nuts and spinach** are fantastic for reducing your risk of skin cancer. A diet high in selenium, found in Brazil nuts, wheat, oats and fish, reduces your risk of skin cancer by 60%. A diet high in spinach will reduce your risk of reoccurring skin cancer by 55%.

**QIMR** is one of Australia's largest and most successful medical research institutes. Our researchers are investigating the genetic and environmental causes of more than 40 diseases as well as developing new diagnostics, better treatments and prevention

strategies. The Institute's diverse research program extends from tropical diseases to cancers to Indigenous health, mental health, obesity, HIV and asthma.

More information about QIMR can be found at [www.qimr.edu.au](http://www.qimr.edu.au)



Filename: Cansurvive- Drinking tea may reduce ovarian cancer  
risk.doc  
Directory: C:\Users\Kelly\Desktop\Web Sites\C\CAN  
SURVIVE\QIMR  
Template: C:\Users\Kelly\AppData\Roaming\Microsoft\Templates  
\Normal.dot  
Title: Drinking tea may reduce ovarian cancer risk  
Subject:  
Author: sarahM  
Keywords:  
Comments:  
Creation Date: 1/07/2010 2:54:00 PM  
Change Number: 2  
Last Saved On: 1/07/2010 2:54:00 PM  
Last Saved By: Eve Williamson  
Total Editing Time: 2 Minutes  
Last Printed On: 5/07/2010 9:48:00 PM  
As of Last Complete Printing  
Number of Pages: 2  
Number of Words: 331 (approx.)  
Number of Characters: 1,887 (approx.)