

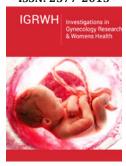


## Influence of Low-Carbohydrate Diet on Breast Cancer Survival

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## Introduction

Recently in June 2023 a new analysis published in the journal Cancer aimed to evaluate the role of low-carbohydrate diets play in those patients diagnosed with breast cancer; in relation to cancer-specific mortality and all-cause mortality. As for tumor physiology, remember that high blood glucose levels can promote tumor progression. The type and amount of carbohydrates ingested in the diet are protagonist determinants of postprandial blood glucose levels that stimulate insulin secretion; and this is an important growth factor at the cellular level [1-3].

The researchers found a significantly lower risk of overall mortality in women with breast cancer who had greater adherence to low-carbohydrate diets globally, and to low-carbohydrate diets of plant origin, but not to those of animal origin [4]. There was no significant association with such diets and breast cancer-specific mortality. The findings suggest that survivors of stage I-III breast cancer may benefit from limiting carbohydrate intake, especially fruit juices, sugary drinks and added sugar, and increasing the amount of protein and fat, particularly plant-based ones [5,6].

The above information is in addition to information published in 2021, by the European Journal of Nutrition where they followed for more than a decade; They concluded that higher fructose intake and high sucrose intake after diagnosis was significantly associated with an increased risk of breast cancer-specific mortality.

The most recent evidence suggests that both hyperglycemia and hyperinsulinemia can negatively affect the prognosis of breast cancer. Nutritional therapy begins to weigh more heavily as an approach to improving survival in breast cancer. We can interpret these results from the benefit in the treatment of breast cancer but also from a certain sense of control of the disease that patients can feel, having an aspect that is under their domain could be encouraging [7].

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