

Head & Neck Cancer: Foods & Supplements with Evidence

<u>Food Item</u>	<u>Amount</u>	<u>Study Type</u>	<u>Randomized Trial?</u>	<u>Population</u>	<u>Main Study Objective</u>	<u>Duration</u>
Selenium	200 micrograms/day	human, prospective	yes; placebo-control	USA	T-lymphocyte production	8 weeks
Green tea (EGCG)	--	cancer cells	no	--	apoptosis, autophagy (cancer cell death)	--
Vitamin A	--	cancer cells	yes; healthy controls	--	decrease in COX-2	--
alternative Mediterranean diet (aMED)	--	human, prospective	no; case-control	USA	Development of Head & Neck Cancer	ongoing
Healthy Eating Index-2005 (HEI-2005)	--	human, prospective	no; case-control	USA	Development of Head & Neck Cancer	ongoing
high fruit/vegetable intake	--	human	no; case-control	USA	Development of Head & Neck Cancer	ongoing

Study Type: human, animal, or laboratory (cells)

Prospective study: study that watches for outcomes over time (such as development of cancer)

Retrospective study: study that looks backwards and examines exposures for risk or protection factors related to an outcome

Case-control: type of retrospective study comparing "cases" (cancer) to "controls" (ex, healthy)

Placebo-control: where the control arm (not treatment arm) is given a placebo (inactive) substance

Main Study Objective: the primary measure of a study (ex, rate of developing cancer)

Randomized Trial: randomly assign subjects to different therapies (or arms of a study), to reduce bias

Meta-analysis: statistical analysis by combining data from multiple studies



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