People who eat a lot of saturated fat — the ‘bad’ kind of fat that’s abundant in foods like butter and beef — are more likely to develop lung cancer than individuals on low-fat diets, a recent study suggested.

Compared to adults who didn’t get a lot of fat in their diets, people who ate the most total fat and saturated fat were 14 percent more likely to get lung malignancies, the study found, according to Reuters.

For current and former smokers, the added risk of a high fat diet was 15 percent.

Study coauthor DNC Yu of Vanderbilt University Medical Center in Nashville, Tennessee, said, “While the best way to lower the risk of lung cancer is to not smoke. A healthy diet may also be a (way to) lower the risk of lung cancer.”

Gut role
A recent study has found that the gut and gastrointestinal tract play a key role in the development of type 2 diabetes.

Drug therapy could reduce kidney transplant rejection
Researchers at Cedars-Sinai Medical Center have developed a new drug therapy from lethal bacteria that could reduce rejection in kidney transplantation.

Approximately 120,000 people in the US are waiting for organ transplants with more than 105,000 needing new kidneys, USA Today reported.

The study, published in the New England Journal of Medicine, showed that treating patients with the drug IdeS before transplantation significantly reduced and in many cases eliminated, dose-specific antibodies that can lead to organ rejection or failure.

IdeS comes from an enzyme in the bacterium Streptococcus pyogenes, which causes sore throats and can become a life-threatening infection. Dr. Stanley C. Jordan, medical director of the Kidney Transplant Program at Cedars-Sinai, said, “We found that IdeS could immediately cut patient antibodies in half, making them powerless to attack and injure a new transplant kidney.”

“Cid can put new kidney in a patient without it being rejected.”

“Enzyme IdeS is derived from the only one that can completely remove organ-rejecting antibodies and allow kidney transplantation to occur.”

Dr./ Jordan said “IdeS could change the way we treat antibody rejection altogether.”

“Shifting to low-intensity statin therapy, which could be a simple dietary change with fruits and vegetables, could be a key way to help prevent organ rejection.”

Eating healthy fruits could protect you against strokes
Eating healthy fruits could protect you against strokes.

“Shifting to low-intensity statin therapy in patients with ischemic stroke should be strongly encouraged in any stage — acute or chronic — of stroke.”

“Feeding a low-sodium, high-potassium diet is an effective alternative for stroke patients not able to tolerate moderate or high-intensity statin therapy in the years following a stroke.”

Stopping strokes after stroke may raise risk for another
Stroke survivors who step taking cholesterol-lowering statins at increased risk for another stroke, a new study found.

Researchers studied more than 45,000 ischemic stroke survivors who were discharged within 90 days of leaving the hospital, USA Today wrote.

Ischemic stroke is caused by blocked blood flow to the brain. It is the most common type of stroke.

Compared to those who continued taking statins, patients who stopped three to six months after their stroke were 42 percent more likely to suffer another stroke within a year and 37 percent more likely to die from any cause.

There was no increased risk of another stroke or death during the study period among patients who continued taking statins at a lower dose, the investigators found. Statins help prevent cholesterol from building up in the arteries.

The study was published in the Journal of the American Heart Association.

Dr. Meng Lee, an assistant professor in the Department of Neurology at Chang Gang University College of Medicine in Taiwan, said, “Based on our findings of this large group of patients in the real world, we believe that status should be a lifelong therapy for ischemic stroke patients if a statin is needed to lower the patient’s cholesterol.”

Eating healthy fruits could provide you with a number of other benefits.

It’s packed with beta-carotene which is important for immunity, cancer prevention and eyesight.

Additionally, it contains vitamin K for brain health.

Eating watermelon can provide you with a number of other benefits.

Tomatoes are particularly effective at doing this.

The beneficial effects of lycopene include:

1. Antioxidant effects: Lycopene possesses the beneficial effects.

2. It is already found lycopene lowered stroke risk by over 19 percent.

3. Previous 2012 research found that men with the highest blood levels of lycopene were 13 percent less likely to have a stroke than those with the lowest.

In addition to preventing strokes, it’s also been shown to prevent against heart disease, cancer, skin health and sperm count.

Tomatoes, in particular, provide one of the richest concentrations of lycopene.

Eating watermelon can provide you with a number of other benefits.