Well-done meat doubles bladder cancer risk

Charred meat can generate cancer-causing chemicals

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Frying, grilling and barbecuing until meat is charred can form cancer-causing chemicals, research shows.

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Lead author of the study Professor Xifeng Wu

But even chicken and fish, when fried, significantly raised the odds of cancer.

Three major types of the cancer-causing chemicals, collectively called heterocyclic amines (HCAs), raised cancer risk by more than two-and-a-half.

And some people appear to be genetically more susceptible to this diet-linked cancer risk, the researchers found.

In the study, which took place over 12 years, the researchers analysed the DNA of all the
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According to the National Cancer Institute in the US, experts have identified 17 different HCAs that "may pose human cancer risk".
Charred meat has already been linked to pancreatic cancer.
Cancer experts said that more research was needed before we can say for sure whether or not regularly eating red meat affects bladder cancer risk, and if the way it is cooked has an impact.
Slow-cook
Dr Panagiota Mitrou, of the World Cancer Research Fund, said: "When we looked at all the evidence on meat and cancer, it did not suggest meat increases risk of bladder cancer.
"There is, though, convincing evidence that red and processed meat increase risk of bowel cancer.
"This is why we recommend that people aim to limit consumption of red meat to 500g - cooked weight - per week and to avoid eating processed meat."
Dr Alison Ross of Cancer Research UK said: "Smoking is the most important preventable cause of bladder cancer, so giving up is the best way to cut your chances of getting the disease."
The UK Food Standards Agency says people can reduce their risk from chemicals that may cause cancer by not allowing flames to touch food when barbecuing or grilling, and cooking at lower temperatures for a longer time.
But warns that undercooked meat can cause food poisoning.
More than 10,000 new cases of bladder cancer are diagnosed each year in the UK.
Around 5,000 people die from it every year, and almost 90% of deaths are in people over 65.