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New Study Links Processed Meat With Bladder Cancer

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A new study published in the online edition of the journal *Cancer* suggests that some compounds added to meat through processing could increase the risk of bladder cancer.

According to lead researcher Amanda J. Cross of the National Cancer Institute, processed meats are often high in nitrates and those who consume the highest amount of dietary nitrates were at a 28 to 29 percent higher risk of developing bladder cancer.

For the study, Dr. Cross and her team surveyed 300,000 men and women aged 50 to 71, asking them about the quantity and preparation of meats in their diet. After eight years 854 of the subjects had developed bladder cancer.

"Our findings highlight the importance of studying meat-related compounds to better understand the association between meat and cancer risk," Dr. Cross told *Science Daily*. "Comprehensive epidemiologic data on meat-related exposures and bladder cancer are lacking; our findings should be followed up in other prospective studies."

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