



Sport Against Cancer

Corresponding Author: Markus Tröge,

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Received Date: October 18, 2021

Published date: November 01, 2021

Cure sports - the recipe against self-canning cancer

Numerous studies prove it: sport and exercise protect against cancer. We can prescribe it to ourselves, the sport. For this it needs neither a doctor nor prescriptions from the pharmacy, just a little will and comfortable clothes. Sport is also one of the cheapest ways to prevent cancer. And by the way, you arm yourself in this way for the perils of everyday life, keeping fit and vital.

If you do sports at least three times a week, you can almost halve your cancer risk. In it, experts agree. Just to name a few numbers: The risk of breast cancer in women falls by 20 to 40% when they exercise or have done a lot of sports in their youth. Also, the risk of getting colon or prostate cancer decreases. Some studies even talk about a 50% reduced risk. Of course, not every cancer is due to lack of exercise. Increased consumption of stimulants also affects the body. For example, the development of cancer in the lungs, oral cavity, larynx or bronchi is up to 90 percent due to smoking. But who likes to move a lot, usually holds a measure of enjoyment of cigarettes, cigars or alcohol and enjoys an increased vitality.

Sport not only reduces the risk of getting cancer, it also has a positive effect on our heart, circulatory and metabolic systems. This effect is achieved through regular training. An optimal training session lasts 40 to 60 minutes and should be repeated three times a week, often more often. A pleasant side effect of the training are happiness hormones, which the body therefore produces and releases into the bloodstream. Serotonin and endorphins are such naturally produced general purpose weapons. By the way, they ensure good mood and prevent mental illnesses such as depression or burnout.

Sport also protects against overweight. Excess pounds are also considered a risk factor for the development of some cancers. But not every sport is equally suitable as a cancer prophylaxis. Endurance sports such as jogging, Nordic walking, cycling, swimming or dancing are favored. They strengthen our body, prevent cancer or support the healing process in certain stages of the disease, for example, help to make upcoming radiation or chemotherapy bearable. But as with any medicine, effectiveness is also a matter of dose. Well-dosed sport strengthens the immune system. But how high the dose should be is different for every person. Those who have not practiced sports for a long time should seek advice from the family doctor before starting their training. A check-up shows where you stand and how to build yourself slowly, not rush. Because that would be counterproductive.

In addition, a healthy and balanced diet helps prevent many diseases - including cancer. Fruits and vegetables, and especially cabbages, contain a lot of vitamins C and D. Healthy omega-3 fatty acids are found in fish, for example, which should be regularly on the menu. Selenium occurs in porcini or kidney and is an essential trace element. You should avoid iodine deficiency and the less sugar and alcohol you consume, the better. But with a healthy lifestyle, one should be aware of it: sports and a healthy diet do not replace regular check-ups and medical treatment, but they do support the latter.