

OSHMed Health Magazine

by



The Suggar Impact

Health Magazine for the Health of your Family and Employees,
Occupational Safety, Occupational Health, Emergency & Medical Care
and much more

Just One Sugary Drink a Day Could Increase the Risk for Liver Cancer and Chronic Liver Disease

Regular consumption of high-sugar beverages can pose risks beyond diabetes, obesity, and heart disease. reality of a live birth situation.

New research suggests that regular consumption of sugary beverages like sodas, energy drinks, and sweetened coffee concoctions isn't just linked to [obesity and type 2 diabetes](#) — it may also increase the likelihood of developing [chronic liver disease](#) and [liver cancer](#).

The study, published August 8 in [JAMA](#), included nearly 100,000 postmenopausal women and found that those who drank one or more sugary drinks a day had a higher risk of liver cancer and death due to chronic [liver disease](#) compared with women who drank less than one sugar-sweetened drink a week.

This is the first study to report an association between sugar-sweetened beverage intake and chronic liver disease mortality, according to the authors. “If our findings are confirmed, reducing sugar-sweetened beverage consumption might serve as a public health strategy to reduce liver disease burden,” says corresponding author Xuehong Zhang, MBBS, ScD, an associate professor of nutrition at the Harvard T.H. Chan School

of Public Health and associate professor of medicine at Brigham and Women's Hospital, both in Boston.



Added Sugars in Drinks Can Add Up to a Lot of Extra Calories

The average person consumes 22 teaspoons (tsp) of added sugar a day, which translates into about 350 calories, according to the [Harvard T.H. Chan School of Public Health](#). One teaspoon of sugar is equal to 4 grams (g).



The [American Heart Association \(AHA\)](#) recommends that people cut back on added sugar to help reduce the [risk of heart disease](#) and obesity by limiting daily intake to about 6 tsp (24 g) of sugar for women and 9 tsp (36 g) of sugar for men.

Here's a sampling of how much sugar is found in a 12-ounce (oz) serving of some popular drinks, according to the [Harvard T.H. Chan School of Public Health](#):

- Coca-Cola Classic: 41 g (10 tsp)
- Minute Maid Orange Juice: 41 g (10 tsp)
- Gatorade Thirst Quencher, Orange: 22 g (5 tsp)
- Starbucks Frappuccino: 40.5 g (10 tsp)



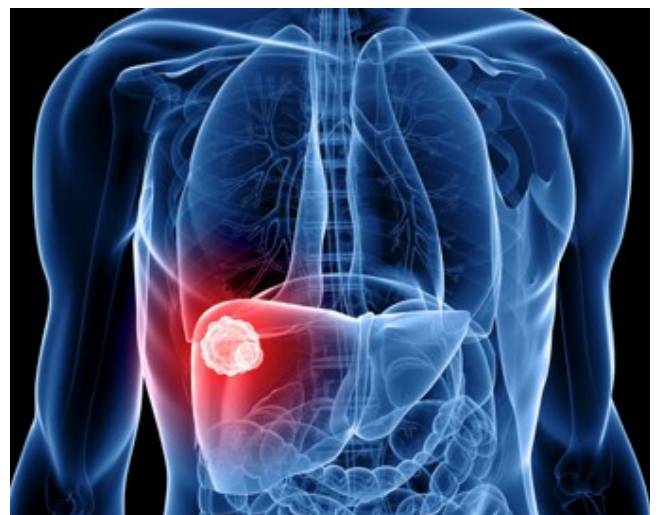
The Link Between Sugar and Liver Health

According to the authors, consuming sugar-sweetened beverages — thought to be a risk factor for obesity, diabetes, and cardiovascular disease — may drive [insulin resistance](#) and inflammation, which are both strongly associated with the initiation of liver cancer and liver health.

To evaluate whether intake of sugar-sweetened beverages or artificially sweetened beverages was associated with higher rates of liver cancer and chronic liver disease mortality, researchers looked at 98,786 postmenopausal women from the [Women's Health Initiative \(WHI\)](#), which included women between the ages of 50 to 79 years old who enrolled at one of 40 clinical centres in the U.S. between 1993 and 1998.

At the beginning of the study, participants reported their typical consumption of soft drinks or fruit drinks (but not fruit juice). Three years later, they were asked how often they consumed artificially sweetened beverages.

On average, the women were followed for about 20 years, and researchers tracked self-reported liver cancer incidence and death due to chronic liver disease, such as fibrosis, [cirrhosis](#), or chronic hepatitis.



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Deaths, disabilities from heart problems related to air pollution are on the rise, study finds.

According to CNN The number of people killed or disabled by certain heart problems caused by exposure to air pollution has risen significantly since 1990: 31% worldwide, according to a study published Wednesday in the Journal of the American Heart Association.

Particle pollution is specifically to blame, the researchers say. Also called PM2.5 or particulate matter pollution, it's the mix of solid and liquid droplets floating in the air, according to the US Environmental Protection Agency. It can come in the form of dirt, dust, soot or smoke. Particulate pollution comes from coal- and natural gas-fired plants. Cars, agriculture, unpaved roads, construction sites and wildfires can also create it.

Particle pollution is particularly deadly. PM2.5 is so tiny -- 1/20th of a width of a human hair -- that you can't see it, and it can travel past your body's usual defenses. Instead of being breathed out when you exhale, it can get stuck in your lungs or go into your bloodstream.

The particles cause irritation and inflammation and can lead to respiratory problems. Research has found that long-

term exposure to particle pollution can cause cancer, dementia, depression, breathing problems and a variety of heart problems.

For the new study, researchers analyzed nearly 30 years of death and disability data from a research set called the Global Burden of Disease 2019, which provides an estimation of how many people there are in 204 countries and includes information about mortality and disability due to exposure to particle matter pollution.



The data tracked two heart-related problems: strokes and ischemic heart disease, a condition in which the heart can't get enough blood and oxygen, largely because of plaque buildup in the arteries.

The researchers found that the total



number of premature deaths and years of heart disease-related disability that can be attributed to particle pollution exposure rose from 2.6 million in 1990 to 3.5 million in 2019. There was a 36.7% decline in premature deaths alone in that time period – but that wasn't all good news.

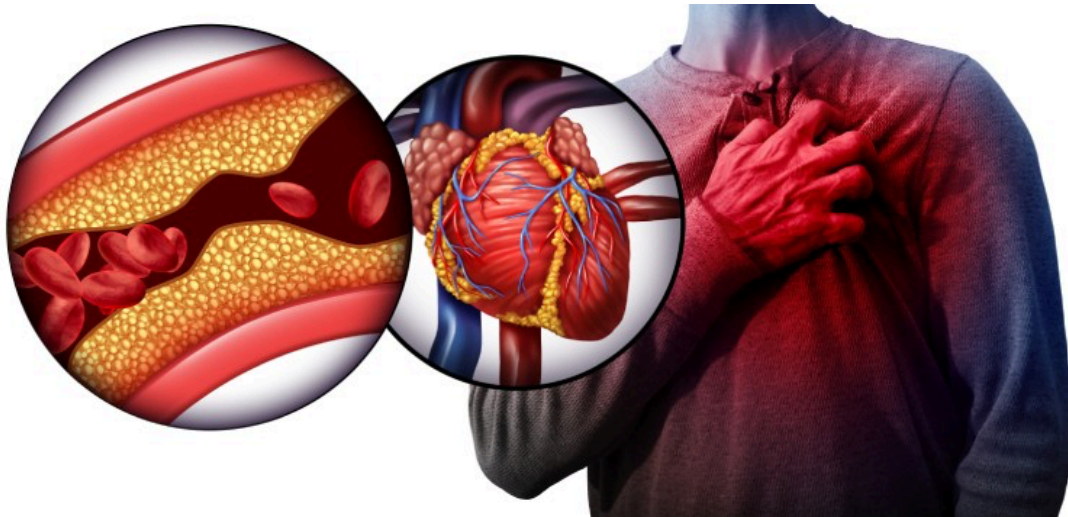
“The declines in deaths may be considered positive news, as they indicate improvements in health care, air pollution control measures and access to treatment. However, the increase in disability-adjusted life years suggests that although fewer people were dying from cardiovascular disease, more people were living with disability,” said study co-author Dr. Farshad Farzadfar, a professor of medicine in the Non-Communicable Diseases Research Center of the Endocrinology and Metabolism Research Institute at Tehran University of Medical Sciences in Iran.

Men were much more likely to die from particle pollution exposure than women,

the study found. Richer countries had the lowest number of lost years of life due to this pollution, but they also had the highest number of people who lived with heart-related disability.

Heart problems due to pollution will probably continue to increase as global temperatures rise, experts say. Earlier research has found that a person's risk of a fatal heart attack may double in a heat wave and on days in which pollution levels are higher.

Many countries have created laws and incentives to reduce air pollution, but almost the entire global population breathes air that exceeds World Health Organization air quality limits, and the number of “very unhealthy” and “hazardous” air quality days has grown over the years, in large part because of the climate crisis. In 2011 in the US alone, exposure to this kind of pollution resulted in 107,000 extra premature deaths for all causes, not just heart problems, research has showed.



What are noncommunicable diseases?

Noncommunicable diseases (NCDs), also known as chronic diseases, tend to be of long duration and are the result of a combination of genetic, physiological, environmental and behaviours factors.

The main types of NCDs are cardiovascular diseases (like heart attacks and stroke), cancers, chronic respiratory diseases (such as chronic obstructive pulmonary disease and asthma) and diabetes.

NCDs disproportionately affect people in low- and middle-income countries where more than three quarters of global NCD deaths – 32million – occur.

Main Risk factors:

Modifiable behaviours, such as tobacco use, physical inactivity, unhealthy diet and the harmful

use of alcohol, all increase the risk of NCDs.

* Tobacco accounts for over 7.2 million deaths every year (including from the effects of exposure to second-hand smoke), and is projected to increase markedly over the coming years.

* 4.1 million annual deaths have been attributed to excess salt/sodium intake.

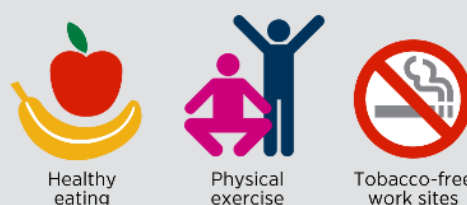
* More than half of the 3.3 million annual deaths attributable to alcohol use are from NCDs, including cancer.

* 1.6 million deaths annually can be attributed to insufficient physical activity.

Almost **two-thirds** of non-communicable disease (NCD) deaths are linked to:



Non-communicable diseases (NCDs) can be **prevented by employers** promoting:



Bupa is partnering with the NCD Alliance to combat NCDs



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