

30 YEARS OF CANCER PREVENTION RESEARCH HIGHLIGHTS*

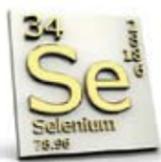


1982
AICR founded

findings from large cohorts suggest evidence of diet-cancer link

resurgence of energy restriction/cancer research

1984
NCI conducts first large chemoprevention workshop



selenium



tea

rise of research in superfoods

cruciferous vegetables

1992
sulforaphane identified in broccoli



1994
US government requires nutrition labels on food

1994
cancer stem cells identified



lycopene/tomatoes prostate cancer



resveratrol

probiotics

2001
draft of human genome sequence published

2001
term "microbiome" coined; scientists finding how the millions of gut bacteria play a role in human health



nutrigenetics

red meat and increased colorectal cancer risk

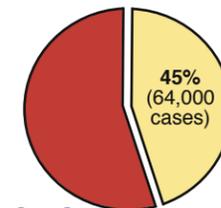


alcohol

research increasingly shows protection in whole foods/synergy

2007
cancer survivors in US grow to 11.7 million

2008
large SELECT trial shows no benefits from selenium or vitamin E supplements in preventing prostate cancer



2010
IOM report: evidence does not support high amounts of vitamin D lowering cancer risk

2011
CUP report: colorectal cancer. 45% of US colorectal cancer cases are preventable every year

1982

1992

2002

2012

dietary fats



1983
AICR awards first research grants

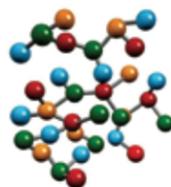
1982
National Academy of Sciences' *Diet, Nutrition, & Cancer*: first government report on the topic

curcumin

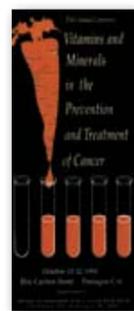


fiber

number of phytochemical-cancer studies grow



fish oil and omega 3 fats



1990
AICR holds its First Annual Scientific Research Conference

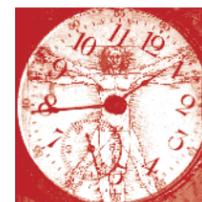


garlic

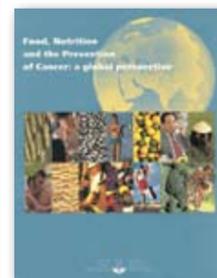


retinoids/beta carotene

1994/96
two trials on beta carotene supplements are halted after it appears supplements increase lung cancer risk among smokers



increasing focus on life-course in cancer development



1997
first comprehensive review of research on lifestyle/cancer prevention: AICR/WCRF expert report

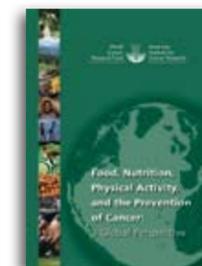
body fat
vitamin D

growing interest in physical activity, obesity and survivorship

epigenetics

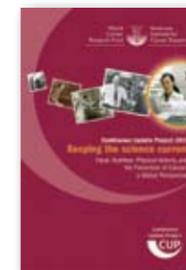
studies: plant-based diets link to lower cancer risk

2003
major study links obesity to mortality from many cancers

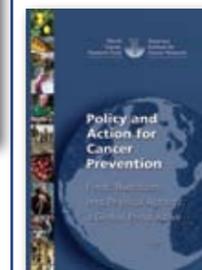


2007
AICR/WCRF second expert report: systematic review of research on lifestyle/cancer prevention

body shape



2009
AICR/WCRF CUP report: breast cancer. Excess body fat and alcohol increase risk; breastfeeding and activity reduces risk



2009
about 1/3 of US cancer cases are preventable: AICR/WCRF policy report