

Progress in Our Understanding of Cancer Risk



1980s
 Progress in how diet is conceptualized

Dietary patterns

Whole foods

Genes and nutrients

Single nutrients

1990s
 Progress in research methods

Meta-analysis and randomized controlled trials

Meta-analysis of cohort studies

Prospective cohorts

Ecological/case control studies

2000s
 Progress in dietary recommendations

Demonstrated benefits of adherence

Strong evidence-based recommendations

Cancer prevention dietary guidelines

Low acceptance that diet influenced cancer risk

2010s
 Progress in our understanding of cancer risk

Host and microbotic metabolism

Endogenous metabolic factors

Metabolic activation of carcinogens

External carcinogen focus

2020s
 Progress in all aspects of research

Progress in our understanding of cancer risk, the methods we use to study cancer, how we approach the complexities of diet, the strength of dietary recommendations and the benefits of adherence to recommendations.

Cancer typically takes two to three decades to develop. AICR pioneered the research that is reducing cancer risk and improving survivorship TODAY.