

Fluids

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Latest Update: Oct.'03

Fluid Intake and the Risk of Tumor Recurrence in Patients With Superficial Bladder Cancer

Results: No relationship between fluid intake and tumor recurrence was demonstrated...multivariate analysis failed to show a protective effect against recurrence at any level of fluid intake.

Conclusions: Our prospective study...did not find any association between daily fluid intake levels and tumor recurrence.

S.Machele Donat, Sharon Bayuga, Harry Herr, Marianne Berwick The Journal of Urology 2003; Nov;170(5):1777-80. PMID: 14532774 Medline abstract

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A team of researchers led by Dr. Dominique Michaud of the Harvard School of Public Health in Boston, Massachusetts recently published their findings in the New England Journal of Medicine, which showed that a high daily fluid intake may help lower risks for bladder cancer. 1

Experts have theorized that the frequent movement of fluid through the bladder may reduce levels of contact between potential carcinogens and sensitive bladder tissues, thereby lowering cancer risk.

The team did a follow up study on the 10-year incidence of bladder cancer in almost 48,000 men. Those whose fluid intake was more than 10 8 oz. cups a day were at a 49% lower risk for bladder cancer compared with men ranked in the bottom 20% of intake (about less than 5 cups/day).

No association with bladder cancer was found for caffeine intake, and it doesn't seem to matter what kind of fluids were involved. It was suggested that smokers could lower their risk, and that high fluid intake is a simple way to reduce the risk of bladder cancer, at least in men.

A 1997 population-based case-control study which reports on the relationship between fluid intake and the incidence of bladder cancer suggests that it may be different for women; Among women there was a positive association between total fluid intake and the incidence of bladder cancer and a moderate positive association between the use of decaffeinated coffee and the incidence of bladder cancer.

Although limited, this study suggests a positive association between total fluid intake and bladder cancer among women. 2

A conflicting study from France reported no relation between bladder cancer risk and fluid consumption among women; the results didn't support

an association between total fluid consumption and bladder cancer risk.

3

More research is necessary before conclusions can be drawn over fluid consumption as risk or benefit for women. See also Women and Bladder Cancer

References

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