

UMass Amherst | Reducing Breast Cancer Risk

[MUSIC PLAYING]

We think fruits and vegetables can help reduce the risk of breast cancer. The results from our pilot study support more investigations of this potential benefit.

I work with young mothers who are breastfeeding to study signs of inflammation that can signal cancer risk. This project is being conducted in a much valued collaboration with my colleagues in epidemiology and nutrition. We're looking for a link between increased levels of helpful, normally occurring hormone in breast milk and increased consumption of fruits and vegetables.

In our small study, we recommended eating a wide variety of darkly pigmented vegetables, and asked the woman to eat in color categories-- orange, yellow, red, and green. What is amazing about this work are the women in the study. I call and interrupt them when they are busy. They have babies, but they still take the time to participate and thank us for doing this work. It's a community that's highly motivated to help other women.

I'm so grateful for them. This is a collaborative project. The Life Sciences Laboratory at UMass Amherst encourage and enable colleagues and students from all scientific disciplines to work together to find solutions from many different angles. This is research that matters.

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