

Modern cancer myths and the science behind them

Here are some modern myths about cancer.

There have been worries about mobile phones causing cancer since the days of playing Snake on a Nokia. Considering how widespread mobile phone use has been for decades, it would be impossible not to notice if they posed serious health risks.

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There is a popular belief, helped along by bloggers with dubious expertise, that organic food has “anti-cancer” properties. However, Michelle McCully, the head of research interpretation at the [World Cancer Research Fund](#), one of the world’s leading authorities on diet and cancer, says: “There is currently no strong evidence to support the idea that organic foods offer added protection against cancer compared to conventionally grown produce.”

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EU regulations protect us against exposure to levels of industrial chemicals that would harm our health. There is a [slight risk of lung cancer](#) associated with air pollution, but it is important to keep this in context and to realise that the risk to each individual is tiny.

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That said, some aspects of our modern lifestyles do increase our chances of getting cancer. The [World Cancer Research Fund’s cancer prevention recommendations](#), which are based on decades of strong evidence, provide a package of healthy lifestyle choices that, along with not smoking and avoiding excess sun exposure, represent a blueprint for reducing cancer risk.

Read full, original post: [Modern myths about cancer – from ‘chemicals’ in food to wifi](#)