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Sick by what we eat?

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Background & Aim: To evaluate the relationship between the unfollow of the Mediterranean diet and the appearance of tumors

Method: We performed a Dietetic questionnaire validated by the PREDIMED trial (prevention with Mediterranean diet) to 100 patients of our Health Center with the diagnosis of any malignant tumors, attended in consultations of Family Medicine and nursing. The questionnaire consists of 14 questions. We consider a patient is following the Mediterranean Diet from eight or more points.

Results: A large number of patients who do not follow the diet is observed among patients with breast carcinoma. Its prevalence is increasing, maybe directly related to the unfollow of our Mediterranean diet. 84% of the followers of the Mediterranean diet do not take nuts in the week (provide antioxidant and unsaturated fat).

Conclusions: We should increase and improve the dietary advice in all our patients because it may be more efficient for the future of our health, than taking some drugs, without denying of course the effectiveness of these.

Key words: Predimed trial, Mediterranean diet, malignant tumors.