

Why Cancer Cells Crave Sugar: A Review

Dina H. Sadiq

College of Nursing, University of Basrah, Basrah, Iraq

Email : dina.sadiq@uobasrah.edu.iq

Abstract. In addition to causing weight gain, eating too much sugar raises the risk of obesity and diabetes, both of which raise the chance of cancer. It turns out that while eating sugar does not always cause cancer, it can cause the disease because of the way it affects your waist. Sugar is necessary for cancer cells to survive, not to proliferate and divide. Although this sugar is absorbed by all bodily tissues, it is more readily absorbed by tissues with higher energy requirements, such as cancer cells. Because of this, some people have concluded that sugar accelerates the growth of cancer cells. "I'd be shocked if cutting back on sugar didn't help lower the risk of cancer," she says. "High-fructose corn syrup, which is found in soft drinks, sweetened teas, sports drinks, and processed meals, as well as in candy, cookies, ice cream, and sweetened breakfast cereal, should be avoided.

Highlights:

1. Excess sugar raises obesity and diabetes risk, increasing cancer risk.
2. Cancer cells absorb more sugar due to higher energy needs.
3. Avoid high-fructose corn syrup in processed and sugary foods.

Keywords: cancer, cells, crave, sugar

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Introduction

There is a widespread misconception that sugar causes cancer or that it feeds cancer, causing it to spread. However, this fallacy is the result of oversimplifying several intricate biological concepts. First, let's define sugar [1]. There are numerous varieties of sugar. The most basic sugars are single molecules, such as fructose or glucose, which you have undoubtedly heard of. These basic sugar molecules can cling to one another. For instance, sucrose, or table sugar, is created when one glucose molecule is joined to one fructose molecule [2]. These molecules can create long chains when grouped to produce complex sugars, often known as carbs [2]. These are the primary energy sources for our body. The longer the sugar chains, the less sweet they taste. These chains, known as polysaccharides, are a major ingredient in starchy foods including potatoes, bread, pasta, and rice. Therefore, some meals may include complicated forms of sugar even though they don't taste sweet [3]. Because our bodies can convert complex sugars

into simple sugars like glucose and use them as fuel, this is advantageous. Millions of cells make up our bodies, and each one has a distinct purpose.

For example, muscle cells enable movement, whereas nerve cells provide sensation. While their functions in the body may differ, all of these cells have one feature in common [4].

To live and do their duties, they require energy. Through a complicated chemical process known as glycolysis, they break down glucose to produce ATP, the molecule that gives them energy. Therefore, the main fuel that drives every one of our cells is glucose. When we consume glucose-rich foods or beverages, such as soft drinks, the glucose is immediately absorbed into our circulation and made available for usage by our cells [5]. Enzymes in our saliva and digestive fluids convert starchy foods, such as pasta, into glucose. Cells need glucose to survive, therefore, if there are no carbohydrates in our diet for any reason, they may turn fat and protein molecules into it as a last resort [6]. This is the point at which sugar and cancer begin to conflict. Cancer is a cell disease, after all [7]. Because less time is spent on personnel transfers between services, computer utilization expedites the care process. This is significant since the patient's life in some pathological circumstances, such as septic shock and severe sepsis, depends on how quickly a treatment is appropriate [16]. We are aware of the enormous advancements in technology all over the world, and the discipline of medical informatics is directly tied to the development of information technology, one of the most sophisticated and quickly changing human sciences that affects people's lives individually and in communities. Smart calculators let people select the ideal decision and guide them to better success in discovery, invention, and diligent search for the truth in the universe [17].

Sugar and Cancer

A lot of energy is needed for the rapid growth and multiplication of cancer cells. They therefore require a lot of glucose. Thus, the misconception that sugar promotes cancer: Eliminating sugar from our diet should help prevent cancer from spreading, and it may even prevent it from starting in the first place, since cancer cells require a lot of glucose. Regretfully, it's not that easy [8]. Glucose is necessary for all of our good cells

as well, and there is no way to instruct our systems to provide it to healthy cells without simultaneously providing it to cancerous cells. Cancer cells don't simply want sugar; they also require a variety of other nutrients, such as lipids and amino acids. No proof that following a "sugar-free" diet lowers your risk of developing cancer or increases your chances of surviving if you are already diagnosed [9].

How can I cut down on sugary foods?

Sugary meals typically include free sugars and are sweet. Since they are introduced during the cooking or production process and are not present within the food's cells, we refer to them as free sugars. Juices, honey, and syrups include sugars that have been extracted from their cells, making them free sugars as well [11]. These sugars are distinct from the naturally occurring sugars that are trapped inside the cells of fruits and vegetables. They take longer to digest since they are not "free." It's the free sugars that are the main concern when it comes to weight gain. Reducing consumption of sugary drinks, one of the main sources of sugar in the UK diet, is one of the simplest strategies to reduce free sugars. A single serving of some sugary beverages, like energy and fizzy drinks, may have more free sugars than the daily allowance [12]. These additional calories don't offer any nutritional advantages, but they can cause weight gain. While we can occasionally eat other sugary foods like cakes, cookies, chocolate, and sweets, they shouldn't make up a significant portion of our daily diet [13]. Other foods that can also have high levels of free sugar may surprise you. Some prepared foods, pasta sauces, yoghurts, and morning cereals might have startlingly high sugar content [14]. Selecting lower-sugar solutions can be aided by reading nutrition labels and looking at the ingredients list. Although there are things you and your family can do to cut back on free sugar in your diet, it can be difficult to make these changes. This is where the government must step in. First of all, sugar by itself does not cause cancer, and there is currently no method of depriving cancer cells of glucose without also harming good cells. Furthermore, there is no proof that a low-carb diet may lower the chance of developing cancer or aid in its treatment. To assist their bodies, handle treatment, patients must eat a healthy diet [15]. However, eating a lot of sugar can make you gain weight. Obesity and excess weight raise the risk of at least 13 cancer types. The lesson

learned is that while eliminating sugar won't completely prevent cancer, we can all lower our risk of developing the disease by eating less free sugar to help us maintain a healthy weight [15].

What does sugar do to people with leukemia?

The researchers created a mechanism to monitor the effects of feeding acute myeloid leukemia cells a fructose diet to address these problems. They found that while acute myeloid leukemia cells are capable of consuming fructose, they need to metabolize it in a certain way: They set off the serine synthesis pathway (SSP), a sequence of chemical events. Another method of metabolizing sugar is the serine synthesis pathway, which medications might disrupt. This gave the researchers an idea [13].

"This prompted the question: Is it possible to induce cancer cells to use the serine synthesis pathway and then shut it down to cause the cells to perish?" "Dr. Keshari says." It would resemble shoving cars off a dead-end road [11].

The researchers used leukemia mouse models to investigate this. Following a fructose injection, the mice were administered medications that inhibit the serine production pathway. It was successful. The mice's leukemia growth was successfully inhibited by the combination. It is hoped that this strategy can benefit leukemia patients in the same way [14].

Do I need to cut all sugar from my diet?

No. Long-term maintenance of a sugar-free diet might be difficult and unattainable. You don't have to adopt a binary perspective. The key is moderation. It is acceptable to have a piece of cake if you are aware that you will be attending a party. Just make sure that a balance of fruits, veggies, protein, and whole grains makes up the majority of your daily intake [4].

Recommendations:

1. A little sugar probably isn't a big deal
2. Lack of sleep can cause sugar cravings

3. It doesn't take much to satisfy a craving
4. You don't have to deal with cravings alone

You are more prone to gain weight if you consume a lot of sugary foods. Obesity raises your risk of developing cancer, according to research. Changes in hormone levels brought on by obesity may increase your risk of developing cancer. A healthy body weight varies from person to person, so talk to your doctor about your weight and whether sugar and starches increase cancer cells. Currently, there is no evidence to support this theory.

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