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Colon cancer: Colon cancer perspective and analysis in Turkey. Fact and figures public health: Screennig and prevention, colon cancer and nutrition

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The large differences in cancer rates among countries, striking changes in these rates among migrating populations, and rapid changes over time within countries indicate that some aspect of lifestyle or environment is largely responsible for the common cancersThe incidence rates of colon cancer are high in North America and northern Europe, lower in southern Europe, and much lower in Asia and Africa. It is widely believed that environmental factors, particularly dietary patterns, account for most of this marked variation in rates. By and large, the number one cancer that one can prevent through diet is colorectal cancer. Studies and researches have revealed that a healthy balanced diet that includes a variety of fruits and vegetables, whole grains, lean protein, lower fat milk products and healthy fats has been linked to a decreased risk of colorectal cancer. Conversely, a diet high in fat and calories, low in fibre, vegetables and fruits and eating too much red meat and processed meats,has been linked to an increased risk of the disease. There is a great variance worldwide in the incidence of colorectal cancer with some countries having 10 to 20 times the rate of other countries. Although genetics may play a role in the disease, many researchers believe that as much as 90% of these differences can be explained by dietary factors alone. Fortunately, there are many dietary habits and nutrients that may help to prevent this devastating and potentially deadly disease. Key nutrition facts for colon cancer is considered to be a great challenge for the prevention of colon cancer. Diet: risk factors you can change, nutrition /supplemention, oxidation and antioxidant rescue.

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From traditional knowledge to an innovative approach for application of lactic acid bacteria in human and veterinary medicine

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The modern human and veterinary medicines are based on application of different approaches in treatment of diseases related to well establish therapeutically practices and new technologies. Complexity of treatment of pathogenic bacteria includes not only application of antibiotics (and other antimicrobial preparations), buy the modern treatment takes care for protecting and reestablishes the integrity of the natural GIT microbiota. By definition, bacteriocins, an antimicrobial peptides produced by LAB are ribosomally synthesized antimicrobial proteins (polypeptide or small proteins), usually active against genetically related species. In last decade, based on the intensive research in area of bacteriocins, we have sufficient examples for bacteriocins that may have application in controlling Gram-negative bacteria, some yeast, *Mycobacterium* spp. and even viruses. Bacteriocins have been of interest by medical industry, based on simple fact that they are produced by non-pathogenic bacteria, most of the with GRAS status, that normally are present the human gastro intestinal tract (GIT) and several fermented food products. In the last decades, bacteriocins have also been suggested to be candidates in the cancer treatment; were tested as potential AIDS drugs, but the studies did not progress beyond *in vitro* tests on cell lines; some bacteriocins been suggested as a potential for treatment of other viral infections as single or accompanying therapy; bacteriocins been suggested a possible potential medical and veterinary application for treatment of mastitis; been suggested as accompanying therapy against MRSA or bacterial vaginosis.

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