

SYLLABUS

1. COURSE DESCRIPTION

Degree:	Nutrition and Dietetics
Course:	Nutritional Foundations and Cancer
Module:	Nutrition and Health Science
Department:	Molecular Biology and Biochemical Engineering
Academic Year:	2017-18
Term:	Second
ECTS credits:	4.5
Year:	3rd year
Type:	Optional
Language:	Spanish

Course Model:	B1	
a. Basic learning (EB):		60%
b. Practical learning (EPD):		40%
c. Guided Academic Activities (AD):		

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2. LECTURERS

2.1. Coordinator: José Luis Pereira Cunill

2.2. Lecturers:	
Name:	José Luis Pereira Cunill
School:	School of Experimental Sciences
Department:	Molecular Biology and Biochemical Engineering
Area:	Nutrition and Bromatology
Office Hours:	Tuesdays and Thursdays: 14.00-16.00 (please, make a previous appointment through e-mail)
Office:	Fausto Elhúyar building, second floor ('profesores asociados', associate professors office)
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3. TOPICS

BASIC LEARNING (EB):

1. INTRODUCTION

Unit 1. Biological bases of cancer. Concepts. Evolution of the tumor development. Theories of carcinogenesis: chemical, physical and biological. Bases molecular effects of cancer.

Unit 2. Epidemiology of cancer. Distribution by age and gender. Geographical distribution.

Unit 3. Control and prevention of cancer: primary, secondary and tertiary.

2. NUTRITIONAL ASPECTS AND CARCINOGENESIS

Unit 4. Potential carcinogens in the diet which come from processed food and its preservation processes.

Unit 5. Relevant nutrients in cancer prevention.

Unit 6. Alcoholic and non-alcoholic drinks and the risk of cancer.

Unit 7. Obesity and the risk of cancer.

Unit 8. Current Evidence on the relation between food and nutrients and the most frequent types of cancer: Oral Cavity Cancer, Pharynx, larynx, Esophagus Cancer, Lung Cancer, Stomach Cancer, Cancer Pancreas, Liver Cancer, Colon and Rectum Cancer, Cervical Cancer, Prostate Cancer, Urinary Tract Tumors.

Unit 9. Role of the Mediterranean diet in the prevention of cancer.

Unit 10. Role of physical exercise in the prevention of cancer.

PRACTICAL LEARNING (EPD):

Practices will be related to scientific information research and analysis and also to the development of analytical activities based on the basic learning units.

1. Search of scientific information and resources on the Internet.
2. Use of Meta-analysis in the epidemiology of cancer
3. Studies of dietary intervention in the prevention of cancer.
4. Presentation of a scientific review in poster format of a subject related to theoretical units of the course.