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The of role carotenoids in the prevention of lung cancer**Sanita Maleskic Kapo¹, Asima Akagic²**¹Medical Faculty, University of Sarajevo, Sarajevo, Bosnia and Herzegovina²Faculty of agriculture and Food sciences, University of Sarajevo, Bosnia and Herzegovina

The possible role of diet in reducing the risk of lung cancer is in the focus of intensive research and is guided by the fact that specific microelements may have anti-cancer effects. The results of numerous studies tend to show that increased intake of fruits and vegetables reduces the risk of lung cancer. In the studies that are currently being conducted, the role of carotenoids in the prevention of lung cancer is being examined and described, which is the goal of this paper as well. Carotenoids are compounds soluble in oils and other organic solvents (lipochromes) formed by creating covalent bonds between simple isoprene units. The most common carotenoids in food are α -carotene, β -carotene, β -cryptoxanthin, lutein, lycopene and zeaxanthin. Their importance is exceptional: they achieve antioxidant effects, participate in intercellular communication, have a role in immune system, help filter blue light and prevent eye diseases, have a function in the prevention of cardiovascular diseases and osteoporosis, help maintain cognitive function. There is an evidence to support the protective effect of carotenoids, but they are contradictory in special populations such as smokers or the elderly. Additional large controlled clinical trials are needed to determine the cause-and-effect relationships between individual carotenoids and the frequency and progression of cancer. Such research would both examine and prove the safety and efficacy of carotenoid consumption or the use of carotenoid supplements in the prevention or treatment of both lung cancer and cancer of other localizations.

Biography

Sanita Maleskic Kapo graduated on Medical Faculty of University of Sarajevo in 2013 and in October 2020 completed Specialist Program in Nutrition. At the moment PhD candidate on Medical Faculty of University of Sarajevo. Employed as Senior Teaching Assistant in the field of Pharmacology and Toxicology as well as Clinical Research Associate at Clinical Research Organization.

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