The Importance of Case-Mix Adjustment for Accurate Between-Hospital Comparisons in Oesophageal and Gastric Cancer Surgery

Jang Stoop[*]

Department of Surgery, University of Colorado School of Medicine, Aurora, USA, Mail id: jangstoop@edu.com

DESCRIPTION

Ovarian cancer remains one of the most formidable challenges in women's health. Ranked as the eighth leading cause of female cancer-related death globally, ovarian cancer claims the lives of hundreds of thousands of women each year. Despite improvements in treatment outcomes, the five-year survival rate for ovarian cancer patients remains dishearteningly low, consistently hovering below 50%, even in high-income countries. As such, there is growing interest in identifying modifiable factors that could influence survival rates. Diet, in particular, is one such modifiable factor that has garnered significant

Dietary habits before a diagnosis of ovarian cancer may play a key role in shaping post-diagnosis survival outcomes. Observational studies suggest that better diet quality-characterized by higher intake of fruits, vegetables, fiber and soy-based products such as tofu-may be linked to improved survival outcomes. In contrast, consumption of certain foods before diagnosis has been associated with poorer prognosis after diagnosis. Studies indicate that diets rich in red and processed meats, dairy products, milk, lactose, calcium, salted fish, Chinese cabbage and folate or folic acid have been correlated with a higher risk of worse survival outcomes. Additionally, high Glycemic Index (GI) diets, which include foods that cause rapid spikes in blood sugar, have been consistently linked to reduced survival. These findings underline the importance of dietary choices before diagnosis, highlighting a potential avenue for influencing cancer prognosis even after a diagnosis has been made.

Despite these findings, there is substantial variability across studies, with some research showing inconsistent or even contradictory results. This lack of consistency, along with limited sample sizes, has hampered efforts to draw firm conclusions about the dietary factors most influential in ovarian cancer survival. The variability is further compounded by the heterogeneity of patient characteristics, including differences in clinical stage, genetic markers and lifestyle factors that might influence the relationship between diet and survival outcomes.

In conclusion, diet plays a significant role in shaping the health and survival of ovarian cancer patients, but the exact nature of this relationship remains unclear. Existing studies suggest that diet quality before diagnosis, including higher intake of fruits, vegetables, fiber and soy products, may be linked to improved survival outcomes, while consumption of certain foods like red meat, dairy products and high glycemic index foods may be detrimental. However, the lack of consistency across studies highlights the need for larger, more robust research to confirm these associations and provide a clearer understanding of how diet can influence survival.

Correspondence to: Jang Stoop, Department of Surgery, University of Colorado School of Medicine, Aurora, USA, E-mail: jangstoop@edu.com