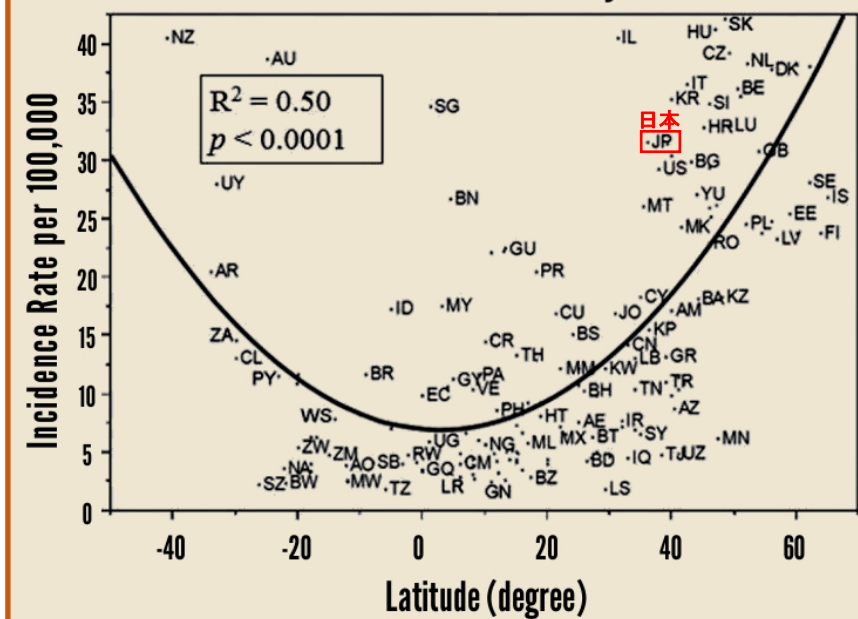


Colorectal Cancer Rates by Latitude



日光は確実にがんを遠ざける

目(水晶体)、顔面、光老化が気になる部位以外には、出来るだけ多く太陽光を当てよう！！



乳がんリスクは、紫外線に多く当たるほど低くなる。

全てのがんの罹患率は、UVBに多く当たっている人ほど低い。

Chart Date 5/9/2019
©2019 GrassrootsHealth
Cuomo RE, Mohr SB, Gorham ED, Garland CF, Dermatoendocrinol. 2013

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大腸がん罹患率は、赤道付近で低く、高緯度になるほど高くなる。

Exposure to Ultraviolet Radiation from Sunshine and Risk of Breast Cancer among Women Over 40 Years of Age

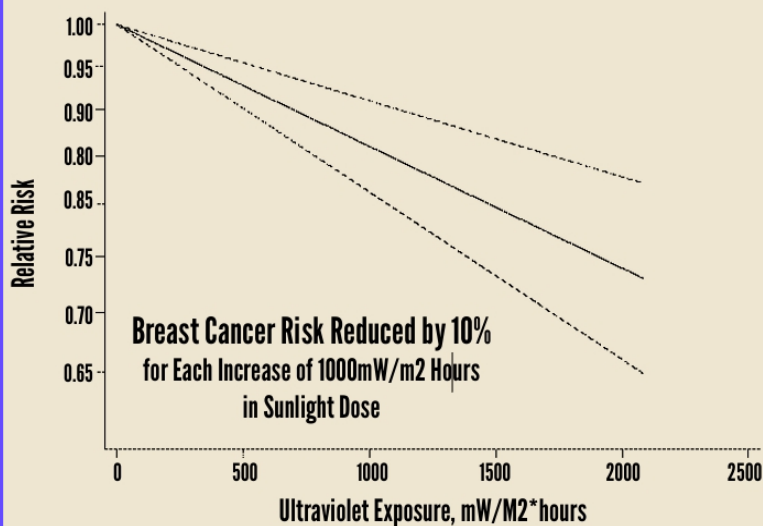
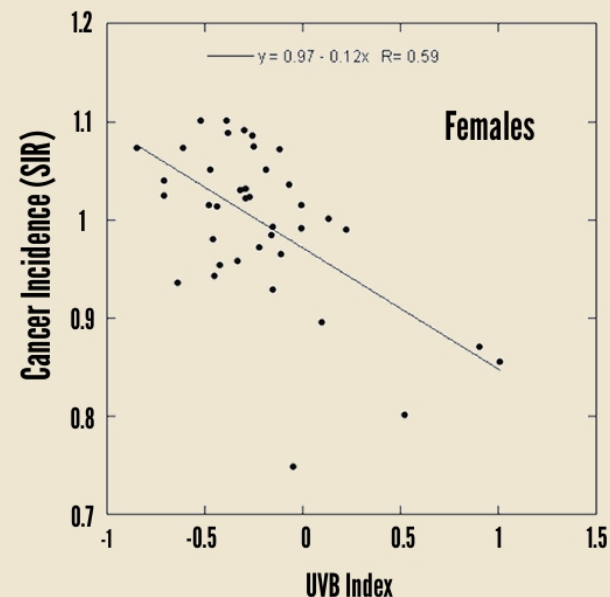
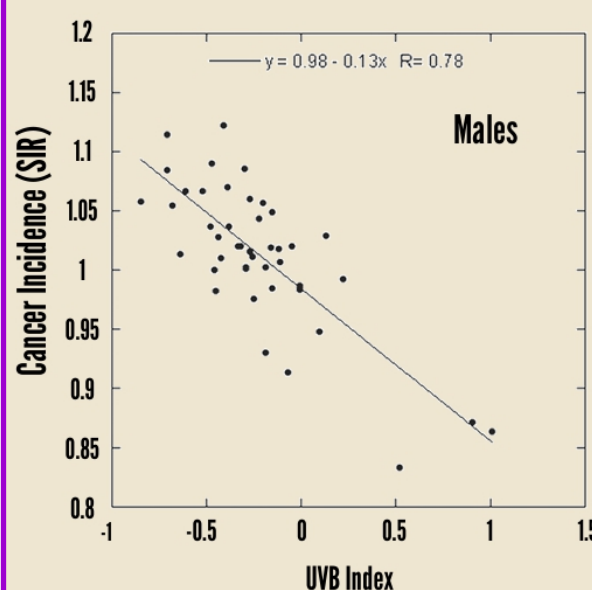


Chart Date 5/14/2021
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Li and Ma, Medicine, 2020.

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Standard Cancer Incidence Ratios for Males and Females by UVB Index for All Cancers Except Lung Cancer



UVB Index = Indicator of UVB irradiance from outdoor occupation based on SIRs for lip cancer minus lung cancer.

Chart Date 5/18/20
©2020 GrassrootsHealth
WB Grant, Dermato-Endocrinology, 2012.

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