

Men who eat 6 servings of red meat in a week are at risk for colon inflammation

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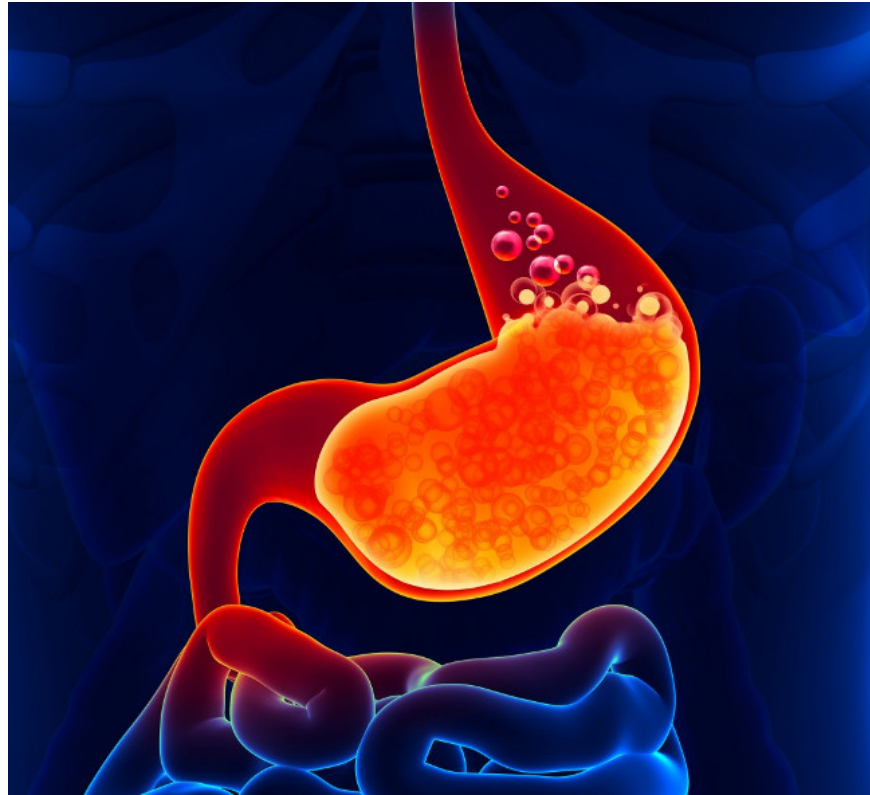
Previously, **colitis inflammation of the colon** is construed as follows: Excessive colonic sacs are pocket-like structures that develop in the wall of the colon, often in **the sigmoid colon** and left colon, which can also be encountered in whole Colon. When these excess bags become inflamed, it causes pathology of diverticulitis. Excessive colitis is common in the elderly. The symptoms of the disease are not clear, but if there are signs of suspicion of needing a medical examination to be diagnosed and treated promptly, avoid potentially dangerous complications.



Recently, a study recently published in Gut Magazine found that the level of **eating red meat**, especially raw, uncooked meat will increase the risk of 58% of the inflammation of the colitis in the level 6 servings per week in men.

To reach this conclusion, a medical research team in the US conducted online medical records surveys on the situation, ability, and level of eating red meat of all kinds in 46,500 men aged 40-75 in for 26 years from 1986-2012 and every 4 years they synthesized and analyzed medical data once.

The results showed that, during the past 26 years, a total of about 764 / 46,500 men were suffering from colitis.



When conducting research to find out the cause of the disease, the results showed that the main amount of red meat, raw and undercooked in men is the main cause of colitis inflammation of the colon especially men who eat 6 parts of red meat in a week is most likely to be infected.

This is really understandable because red meat that is eaten raw or uncooked, low temperature will cause harmful bacteria to survive, the growth toxin in the meat is still permeable, toxic proteins like C reactive Protein and ferritin have not decayed. Not only cause excess colitis inflammation but also red meat causes other chronic diseases including **cardiovascular, diabetes** . if abusing this type of meat too much.

This study again warns of a series of health consequences from uncooked, raw, red meat . and patients with colitis will have to change their eating habits. my previous illness is said to be hidden and may be an economic and social burden in the coming time from unhealthy eating habits.

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