Peanut Blog
An ounce of information

A woman who neither drinks alcohol nor smokes was diagnosed with liver cancer; doctors say the culprit lies in her breakfast habits for 20 years

GĐXH - Many people still believe that liver cancer mainly occurs in people who are alcoholics, smokers, or have hepatitis B or C. However, the reality shows that many people with very healthy lifestyles are still diagnosed with liver cancer at a late stage. Even more worrying, the "culprit" is sometimes found in familiar everyday foods.

The story of a woman in her 50s in Taiwan (China) recently shocked many people when it was revealed that the cause of her liver cancer was linked to a breakfast dish she had consumed for over 20 years.
Despite living a healthy lifestyle, liver cancer was still detected at a late stage. According to a post by Phụ Nữ Mới (New Women) magazine on VerywellHealth , the patient had a nearly "exemplary" lifestyle in terms of health.

She doesn't drink alcohol, doesn't smoke, exercises regularly, eats a fairly balanced diet, and has absolutely no viral hepatitis. In the eyes of her family, she is someone who takes great care of her health.
Therefore, when she experienced persistent bloating and indigestion, she simply thought it was due to age or a common digestive disorder and went for a check-up to put her mind at ease.
However, the test results shocked the whole family: She had stage 3 end-stage liver cancer; the tumor had grown large and begun to metastasize to her lungs and multiple lymph nodes.

What seems like a healthy breakfast can actually be a "liver killer."
During the process of taking her medical history and dietary habits, the doctors discovered a remarkable detail: This woman had a habit of eating bread with peanut butter almost every morning for over 20 years.
She believes peanut butter is nutritious, good for the heart, and convenient, so she often buys large quantities to stock up for later use. Whenever the supermarket has a sale, she buys more to store in the refrigerator. This habit is considered a major risk factor leading to health tragedies.

According to doctors, peanuts and peanut products are very susceptible to mold if not stored properly, especially in humid environments or for too long. In such cases, mold can produce aflatoxin—an extremely dangerous toxin classified as a Group 1 carcinogen by the International Agency for Research on Cancer (IARC).
The frightening thing is that aflatoxin has no distinct smell or taste, making it very difficult for many people to detect it with the naked eye or their sense of taste.

How dangerous is aflatoxin to the liver?
According to VTC News , experts say that aflatoxin is a toxin produced by the fungi Aspergillus flavus and Aspergillus parasiticus. They are commonly found in oil-rich seeds such as peanuts, corn, cashews, or in foods stored for extended periods in hot, humid environments.
This type of toxin is particularly dangerous because it can directly attack liver cells. If the body is exposed to small amounts of aflatoxin through food each day for an extended period, the liver will gradually suffer chronic damage.

Over time, conditions such as hepatitis, fatty liver disease, cirrhosis, and ultimately liver cancer can develop silently without the patient even knowing.
It's worth noting that aflatoxin is very heat-stable. Cooking or conventional processing methods are almost incapable of completely destroying this toxin.
Furthermore, doctors warn that even if peanut butter isn't moldy, excessive consumption over a long period can still put significant strain on the liver due to its high fat and calorie content.

If you eat too much, your body can easily accumulate fat in your liver, increasing the risk of non-alcoholic fatty liver disease—a condition that is becoming increasingly common today.
Foods that are likely to contain aflatoxin require caution.
Peanut butter isn't the only food item that could potentially contain aflatoxin if stored improperly; many other common kitchen foods also risk containing aflatoxin.
In particular, experts advise caution with: Peanuts, corn, rice, and cashews that have been stored for a long time and have a strange smell or signs of mold.
Roasted nuts with unclear production dates. Powdered spices such as chili powder, pepper, and turmeric powder if stored for a long time in a humid environment. Food stored excessively in the refrigerator or airtight containers for extended periods. Peanut butter and cereal powders that have been opened but used for many months.

Furthermore, many people have a habit of cutting off the moldy part and continuing to eat the rest, out of tiếc of wasting food. However, experts emphasize that toxins may have spread throughout the entire food even though they are invisible to the naked eye.
Eating habits that help protect the liver better
To reduce the risk of aflatoxin exposure and protect the liver, doctors recommend prioritizing fresh foods and avoiding storing large quantities of dried foods or fatty foods for extended periods.

When buying nuts or peanut products, choose only the amount you need, carefully check the expiration date, and store them in a cool, dry place.
In particular, if food smells rancid, changes color, or shows even the slightest signs of mold, it should be discarded immediately instead of trying to use it.
In addition, a balanced diet, limiting foods high in fat, maintaining a healthy weight, and having regular health checkups are also important ways to reduce the risk of fatty liver disease and liver cancer.
Experts emphasize that early-stage liver cancer often progresses silently. Therefore, symptoms such as persistent bloating, loss of appetite, fatigue, pain in the right lower abdomen, or unusual weight loss should not be ignored.

Source: https://www.vietnam.vn/en/nguoi-phu-nu-khong-uong-ruou-khong-hut-thuoc-nhung-mac-ung-thu-gan-bac-si-noi-thu-pham-nam-o-mon-an-sang-suot-20-nam