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"Likely" link between night work and cancer »



In next December a WHO branch could classify the work at night as probable carcinogenic. It could then be in the same class as other carcinogenic like anabolic steroid, like ultraviolet radiations, or the smoke coming from engine exhaust.

According to research, there would be a correlation between people working during night and the increased cancer cases. But the cause of cancer can be something else than night work, an item not that is not in the study field.

For scientists, night work would be dangerous due to the fact of its effects on organism's biologic clock and on the circadian rhythms. Melatonin an hormone that can resist to tumour development is usually produced during night and light stops the hormone production.

People who work under artificial light at night can have a lower level than normal which would increase cancer development risks.

Sleep deprivation could be a risk factor. People who work during night are not going to regain their sleeping/waking cycles and the lack of sleep is weakening the immune system, which is more vulnerable to attacks and less able to fight against potential cancer cells.

Ndlr Next-up organization : This classification from WHO as possible carcinogenic for night work looks like a scoop, however for many years independent scientists had made researches on CEM [interaction with metabolism during sleep](#) ; at the end these concluded in the same way : "For scientists, night work would be dangerous due to the fact of its effects on organism's biologic clock and on the circadian rhythms. Melatonin an hormone that can resist to tumour development is usually produced during night..."

Other files of great interest for human health : [Teenager's Sleeping](#) and Interactions of EMF and '[ciliaire](#)' activity at night (in progress...)