

Obesity

## Cancer and obesity



### Impacts and prevalence

In 2015, 52 000 Quebecers were diagnosed with cancer.<sup>1</sup> In 2012, the death rate from cancer was 254 per 100 000.<sup>2</sup>

Leading cause of death in Canada, cancer accounts for about 30% of all deaths. In 2015, according to the Canadian Cancer Statistics, 45% of Canadian men and 42% of Canadian women will develop cancer during their lifetime and 25% will die.<sup>3</sup>

In the United States, 15% to 25% of cancer deaths can be attributed to overweight or obesity.<sup>4</sup>

### Risk factors

Cancer is caused by many factors, some of which can not be altered (age, sex, genes, etc.). On the other hand, certain lifestyle habits can reduce the risk of cancer: no smoking and avoid being exposed to smoke (or quit smoking), maintain a healthy weight, engage in regular physical activity, limit alcohol consumption, etc.<sup>5</sup>

According to a study published in 2016, these four lifestyle habits alone can significantly reduce the risk of cancer, between 20% and 40% of cases in the United States.<sup>6</sup>

## Cancers related to obesity

According to a study published in 2016, 13 cancers are associated with excess body fat:<sup>7</sup>

- esophagus (adenocarcinoma);
- gastric (cardial);
- colon and rectum;
- liver;
- gall bladder;
- pancreas;
- breast (post menopause);
- endometrial;
- ovaries;
- kidney (renal carcinoma);
- meningioma;
- thyroid;
- multiple myeloma.

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## References

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- <sup>6</sup> Song, M. & Giovannucci, E. (2016). Preventable Incidence and Mortality of Carcinoma Associated With Lifestyle Factors Among White Adults in the United States. *JAMA Oncology*, 2(9), 1154
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