

## Half of All Cancers Linked to Lifestyle Factors

According to studies conducted by the American Cancer Society (ACS), more than 20 percent of all cancer deaths in women and 14 percent in men are linked directly to being overweight. Another 33 percent of cancer deaths are linked to poor diet and physical inactivity. That comes to more than 90,000 cancer deaths a year caused by being overweight and another 186,000 from poor nutritional choices and lack of physical activity. That's a lot of people dying needlessly.

### The Obesity Study

Researchers followed more than 900,000 people for 16 years. They divided participants into one of three categories: those who had a Body Mass Index of 18 to 24.9 (healthy weight), those with a BMI between 25 and 29.9 (overweight), and those with a BMI of 30 or higher (obese). About 69 percent of all adult Americans now have a BMI over 25.

The heaviest men in the study had a cancer rate that was 52 percent higher than the cancer rate in healthy-weight men. The heaviest women had a cancer rate 62 percent higher than the cancer rate in normal-weight women. The increase in cancer included most types of cancer.

Why excess fat leads to many types of cancer is not always known. But it certainly suggests that weight management and healthy lifestyle choices are important factors that can help prevent cancer.

### Prevent Cancer with Physical Activity and Good Nutrition

You know that physical activity protects your heart, along with a healthy, high-fiber diet. But many people don't know that those lifestyle choices also protect against cancer. They do. According to many studies, about half of all cancers could be prevented by maintaining a healthy weight, being physically active on a daily basis, and eating a healthful diet. It doesn't sound all that difficult to do.

You can cut your cancer risk in half by making good lifestyle choices now and in the future. Also, many cancers are curable or manageable when detected early. Regular checkups, awareness of symptoms, and good decision-making can help you catch any cancers early and take appropriate steps.

#### Sources:

American Cancer Society

<http://www.wellspring.com/articles-mhc/Half-of-All-Cancers-Linked-to-Lifestyle-Factors.html>



**“My girlfriend broke up with me.  
She dumped me for a guy  
with fewer carbs!”**