

A Short Note on Cancer and Obesity

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Editorial

Nearly all of the evidence linking obesity to cancer risk comes from large cohort studies, a kind of observational study. However, data from observational studies are often difficult to interpret and can't definitively establish that obesity causes cancer. That's because obese or overweight people may differ from lean people in ways aside from their body fat, and it's possible that these other differences rather than their body fat are what explains their different cancer risk.

Despite the restrictions of the study designs, there's consistent evidence that higher amounts of body fat are related to increased risks of variety of cancers, including: endometrial carcinoma, Esophageal adenocarcinoma, Gastric cardia cancer, cancer of the liver, Kidney cancer, myeloma.

One of the foremost important belongings you can do to

decrease your cancer risk is maintain a healthy weight, Basen-Engquist says.

There are steps you'll fancy prevent obesity.

Stay active. Aim for 150 minutes of moderate activity or 75 minutes of vigorous activity every week.

Eat a healthy diet. Fill a minimum of 2/3 of your plate with non-starchy vegetables, fruit, whole grains or legumes (beans and peas), and 1/3 or less with animal protein.

If you drink alcohol, limit yourself to at least one drink per day if you're a lady, and two per day if you're a person .

Get many rest. Fatigue can cause you to want to eat more, and make unhealthy choices.

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well, Basen-Engquist says. Maintaining a healthy weight is important for reducing your risk for cancer.