

[IMAGE]

## **Cancer Prevention: Watch Your Weight**

By Editorial Staff

According to the American Cancer Society, "Excess body weight contributes to as many as 1 out of 5 of all cancer-related deaths" and being overweight or obese is "clearly linked" to an increased risk of cancers including breast (in women past menopause), colon and rectum, endometrial, esophageal, kidney and pancreatic. The ACS also states that other cancers such as cervical, gallbladder and liver cancer, among others, may be attributable to excess weight.

A recent research review supports the connection unhealthy weight and cancer, suggesting "strong evidence" links an increase in body-mass index (BMI) to increased risk of 11 different cancers: esophageal adenocarcinoma, multiple myeloma, and cancers of the gastric cardia, colon, rectum, biliary tract system, pancreas, breast, endometrium, ovary, and kidney. The review does not say increased BMI does not cause other types of cancer, just that the research has yet to strongly support such associations.

Having trouble shedding those excess pounds? Why not talk to your doctor about your concerns and ask for suggestions on how to achieve your weight-loss goal? [Click here](#) for tips on how to lose weight naturally.

Want more information about how to reduce your cancer risk? [Click here](#).

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