

[IMAGE]

Three Preventable Causes of Liver Cancer

By Editorial Staff

Liver cancer may "only" be the 10th most common cancer, but that still means more than 25,000 men and women will die of the disease every year. What's worse, the statistics aren't getting better, with an increasing number of people diagnosed over the past several decades.

There's good news, however, when it comes to liver cancer: You can help reduce your risk with simple steps you should be taking anyway to improve your well-being and increase your longevity. Here are the big three modifiable factors influencing liver cancer risk, according to a large study published in *Cancer Research*:

- Body-mass index
- Waist circumference
- Diabetes

Now let's get specific. The study noted a 21-142 percent increase in liver cancer risk as BMI increased; an 8 percent increase in risk for every 2-inch increase in waist circumference; and double the cancer risk for people with type 2 diabetes (even diabetics who were not obese).

How can you maintain a healthy BMI and waist circumference, while avoiding diabetes? Those steps are simple, too – here are the big two:

- Healthy diet
- Regular exercise

We'll leave you with a single question: What are you waiting for? Get in shape, feel great, avoid obesity, diabetes and liver cancer (and a whole bunch of other cancers and health conditions) all at the same time!

Page printed from:

http://www.toyourhealth.com/mpacms/tyh/article.php?id=2309&no_paginate=true&no_b=true