



Laser Treatment Center

Tips, Advice & Information

Report Underscores Obesity-cancer Connection

The Dallas Morning News

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There is a clear correlation between obesity and cancer, according to a November report by the American Institute for Cancer Research. It went so far as to link excess body weight to more than 100,000 cancers in the U.S. annually.

Researchers from the American Cancer Society cited this connection as far back as 2003.

In fact, the only issue in doubt among most experts is why.

Some say increased weight causes an increase in the amount of hormones, such as estrogen, or an increase in lowgrade inflammation in the body, both of which are theorized to increase cancer risk.

Dr. David Euhus, professor of surgical oncology at University of Texas Southwestern Medical Center and director of the Cancer Genetics and Risk Assessment Program at the Simmons Cancer Center, believes the true culprit is insulin resistance, which increases with weight gain and a sedentary lifestyle.

"Breast cancer risk increases in the years prior to a diagnosis of diabetes," says Euhus, who is working with researchers at UT Southwestern to explore his ideas. "Women with higher levels of circulating insulin have higher breast cancer rates."

Euhus is examining medicines such as Metformin, which heightens insulin sensitivity, as possible cancer preventives.

[continued...]

His preferred prescription, which he gives to all his patients, is a healthy lifestyle, he says.

"Losing weight can decrease breast cancer risk. We need to come up with more effective weight-loss strategies."

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