

Connections between Weight and Cancer Risk

The number of people who are overweight in this country is increasing and so are the numbers of cancer-causing deaths. Is there a connection?

A recent study published in the New England Journal of Medicine compared weight with cancer deaths and found that as a person's weight increases so does the risk of dying from nearly all of the leading types of cancer. The study found that the risk is greater for women and that the higher the weight, the higher the risk.

With 65 percent of the population overweight or obese, this is a health concern. The researchers reported that as many as 90,000 cancer deaths could be prevented each year if Americans maintained a healthy weight.

Achieving a healthy weight starts with the proper food choices, portion sizes and regular physical activity. Get started by making slow, gradual changes in your current routine.