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Obesity and cancer risk: evidence, mechanisms, and recommendations

MARROW

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The evidence that body fatness increases pancreatic cancer risk was considered conclusive in the World Cancer Research Fund/American Institute for Cancer Research (WCRF/AICR) report in 2007.31 However, more recent reviews of the evidence suggested an increased risk among women with higher BMI but not among men.32 In their systematic review on the relationship between body weight, waist circumference, BMI. Obesity is associated with increased risk of many types of cancers involving various mechanisms. Obesity and cancer risk: evidence, mechanisms, and recommendations. Ann NY Acad Sci. 2012;1271:37–43. We first synopsize current epidemiologic evidence; the obesity paradox in cancer risk and mortality; the role of weight gain and weight loss in the modulation of cancer risk; reliable somatometric indicators for obesity and cancer research; and gender differences in obesity related cancers. We critically summarize emerging biological mechanisms linking obesity to cancer encompassing insulin resistance and abnormalities of the IGF-I.