

Obesity tied to increased risk for early-onset CRC in women

November 26 2018



(HealthDay)—Obesity is associated with an increased risk for early-

onset colorectal cancer (CRC) among women, according to a study recently published in *JAMA Oncology*.

Po-Hong Liu, M.D., M.P.H., from Massachusetts General Hospital in Boston, and colleagues used data from [women](#) aged 25 to 42 years at enrollment in 1989 in the Nurses' Health Study II to identify 85,256 women free of cancer and [inflammatory bowel disease](#) at enrollment. Follow-up lasted through Dec. 31, 2011.

The [researchers](#) found 114 cases of early-onset CRC during the study period (median age at diagnosis, 45 years). For overweight women (body mass index [BMI], 25 to 29.9 kg/m²), the multivariable relative risk (RR) was 1.37 (95 percent confidence interval [CI], 0.81 to 2.3), and for obese women (BMI, ≥30 kg/m²), it was 1.93 (95 percent CI, 1.15 to 3.25 kg/m²), compared with women with a BMI of 18.5 to 22.9 kg/m². For each five-unit increment in BMI, the RR was 1.2 (P = 0.01 for trend). This finding was attributable to both BMI at age 18 years and [weight gain](#) since age 18 years. The RR of early-onset CRC was 1.32 (95 percent CI, 0.8 to 2.16) for women with a BMI of 21 to 22.9 kg/m² and 1.63 (95 percent CI, 1.01 to 2.61) for women with a BMI of ≥23 kg/m² at 18 years of age versus women with a BMI of 18.5 to 20.9 kg/m² at 18 years of age (P = 0.66 for trend). Similarly, the RR of early-onset CRC was 1.65 (95 percent CI, 0.96 to 2.81) for women gaining 20 to 39.9 kg and 2.15 (95 percent CI, 1.01 to 4.55) for women gaining ≥40 kg (P = 0.007 for trend) versus women who had gained

Citation: Obesity tied to increased risk for early-onset CRC in women (2018, November 26) retrieved 18 March 2023 from <https://medicalxpress.com/news/2018-11-obesity-tied-early-onset-crc-women.html>

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