

Abdominal fat increases the risk of lung cancer in menopausal women

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The study results have recorded 811 specific cancers with 293 cases of breast cancer, 345 with lung cancer and gastrointestinal cancer and 173 other cancers.

Researcher Line Maersk Staunstrup of Nordic Bioscience and ProScion, Herlev, Denmark, said these findings have created a new turning point in the importance of weight management for women in this age group, those who are easy to gain weight, especially the abdomen.



She explained: *"When assessing the risk of cancer, BMI and the percentage of fat may not be appropriate measures because they do not assess the distribution of fat ."*

Not only that, the group also included 5,555 women with an average age of 71, which were basic X-ray (DXA) absorption to check the fat content of the body and were followed. watched for 12 years.

"Middle-aged women should pay special attention to this information because the premenopausal phase is the beginning of the conversion of body fat to the central region especially the abdomen, so women with age need to concentrate. pay close attention to their lifestyle when approaching the menopause " , Maersk Staunstrup said.

Andrea De Censi of Galliera Hospital in Genoa, Italy said the study confirmed the role of obesity and especially insulin resistance in the cause of some cancers.

"While obesity is linked to cancer risk, the link to lung cancer is a new and exciting discovery that needs further research," he said.

This study is presented at the 2017 ESMO Congress in Madrid, Spain.

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