

Overweight at age 20 has a 60-80% chance of developing stomach cancer later

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Previously, the **obesity** and **overweight** diseases studied and evaluated caused a lot of health consequences to other organs, other diseases such as diabetes, cardiovascular disease, joint pain, especially arthritis are very dangerous. For pregnant women with complications before and after birth . Obesity, in general, greatly affects your overall health.



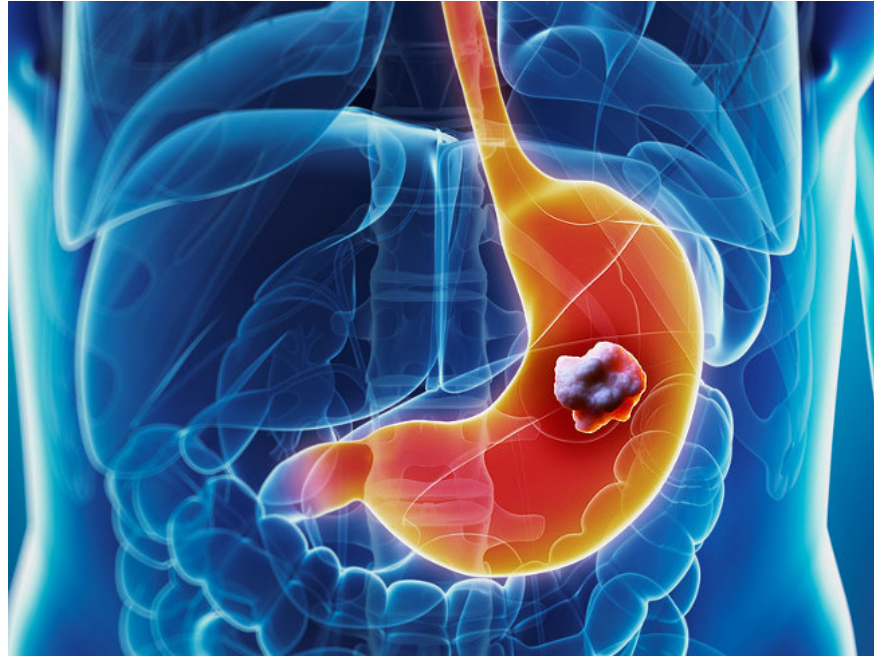
However, a recent finding suggests that being overweight in children in their 20s may increase their risk of developing **esophageal and gastric cancers** three times more than normal.

The results show more clearly, overweight people in their 20s have up to 60-80% of their risk of developing cancer in later life compared to normal people who maintain a stable body weight.

In particular, those who regularly increased 20kg in adulthood were also identified as twice as likely to have esophageal cancer compared with those who gained weight less than 20kg.

In addition, the study also points out that overweight people suffer from reflux, heartburn, this may be a symptom of risk of cancer later .

In addition, overweight can change the level of sex hormones, such as **estrogen and testosterone** , increase insulin levels, and lead to inflammation - all of which are associated with increased risk of cancer. , the researchers said.



" This study emphasizes that weight gain too quickly in young and adulthood may increase the risk of developing two types of stomach cancer - esophageal, both have very low survival rates " - Main author Jessica Petrick from the National Cancer Institute in Maryland, USA said in a statement.

To reach this conclusion, the team included data and analysis of online medical records of more than 400,000 people and weight and weight analysis between the ages of 20 and 50 years old.

This study emphasizes the importance of keeping a healthy body weight by reducing the risk of developing cancer in later life.

One advice is that you should walk more, exercise, **limit fat** , red meat, and switch to non-sugar drinks as the first basics to keep a healthy weight. strong, researchers say.

This research has just been published in the British Journal of Cancer.

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