

BREAST CANCER AWARENESS

What is Known About the Relationship Between Physical Activity and Cancer Risk?

Evidence linking higher physical activity to lower cancer risk comes mainly from observational studies, in which individuals report on their physical activity and are followed for years for diagnoses of cancer. Although observational studies cannot prove a causal relationship, when studies in different populations have similar results and when a possible mechanism for a causal relationship exists, this provides evidence of a causal connection. There is strong evidence that higher levels of physical activity are linked to lower risk of several types of cancer:

Bladder cancer: In a 2014 meta-analysis of 11 cohort studies and 4 case-control studies, the risk of bladder cancer was 15% lower for individuals with the highest level of recreational or occupational physical activity than in those with the lowest level. A pooled analysis of over 1 million individuals found that leisure-time physical activity was linked to a 13% reduced risk of bladder cancer.

Breast cancer: Many studies have shown that physically active women have a lower risk of breast cancer than inactive women. In a 2016 meta-analysis that included 38 cohort studies, the most physically active women had a 12-21% lower risk of breast cancer than those who were least physically active. Physical activity has been associated with similar reductions in risk of breast cancer among both pre-menopausal and post-menopausal women. Women who increase their physical activity after menopause may also have a lower risk of breast cancer than women who do not.

Colon cancer: In a 2016 meta-analysis of 126 studies, individuals who engaged in the highest level of physical activity had a 19% lower risk of colon cancer than those who were the least physically active.

Endometrial cancer: Several meta-analyses and cohort studies have examined the relationship between physical activity and the risk of endometrial cancer (cancer of the lining of the uterus). In a meta-analysis of 33 studies, highly physically active women had a 20% lower risk of endometrial cancer than women with low levels of physical activity. There is some evidence that the association is indirect, in that physical activity would have to reduce obesity for the benefits to be observed. Obesity is a strong risk factor for endometrial cancer.

Stomach (gastric) cancer: A 2016 meta-analysis of 10 cohort studies and 12 case-control studies reported that individuals who were the most physically active had a 19% lower risk of stomach cancer than those who were least active.

<https://www.cancer.gov/about-cancer/causes-prevention/risk/obesity/physical-activity-fact-sheet>



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see what is going on this week

Biological Effects of Exercise on the Body

- Lowers the levels of sex hormones, such as estrogen, and growth factors that have been associated with cancer development and progression [breast, colon]
- Prevents high blood levels of insulin, which has been linked to cancer development and progression [breast, colon]
- Reduces inflammation
- Improves immune system function
- Alters the metabolism of bile acids, decreasing exposure of the gastrointestinal tract to these suspected carcinogens [colon]
- Reduces the time it takes for food to travel through the digestive system, which decreases gastrointestinal tract exposure to possible carcinogens [colon]
- Helps to prevent obesity, which is a risk factor for many cancers

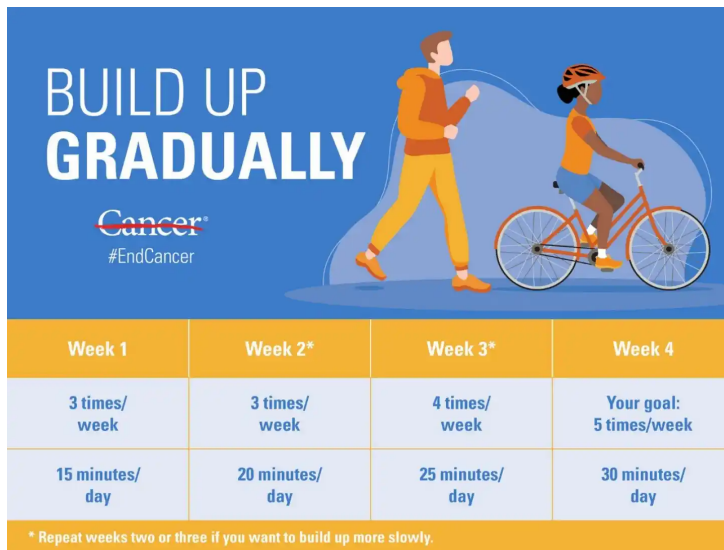
However you choose to be active, you've got to move more, and sit less!

A Personal Message From Your Health Promotion Team

Every System in your body relies on physical activity

Staying active throughout the day can help you feel better and reduce your risk for diseases like cancer. Exercise reduces your risk for cancer because:

- It helps you maintain a healthy weight. Being overweight or obese is linked to 13 different types of cancer.
- It helps regulate your hormones. Increased levels of some hormones can increase your cancer risk.
- It supports healthy digestion and may reduce the number of toxins in your body.



<https://www.mdanderson.org/prevention-screening/manage-your-risk/physical-activity.html>

Got questions on other health issues related to sleep health, physical activity, tobacco, or nutrition? Share them with us and we will help you “Bust The Myths!” Send your questions to usaf.jbsa.afmsa.mbx.hpo@mail.mil. Make sure to include in the subject line “Health Myth Buster.” For more online health tips visit the Air Force Health Promotion webpage <https://www.airforcemedicine.af.mil/Resources/Health-Promotion/>



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Air Force Health Promotion HQ

Community Events

HERE'S WHAT'S GOING ON WHERE YOU LIVE

Your Local Health Promotion Office



Contact:

Phone:

Email:

Monday	Tuesday	Wednesday	Thursday	Friday