

We ARE What We Eat: Breaking the Link Between Obesity & Cancer



Ebony R. Hoskins, MD
Gynecologic Oncologist
Women's Health Specialists

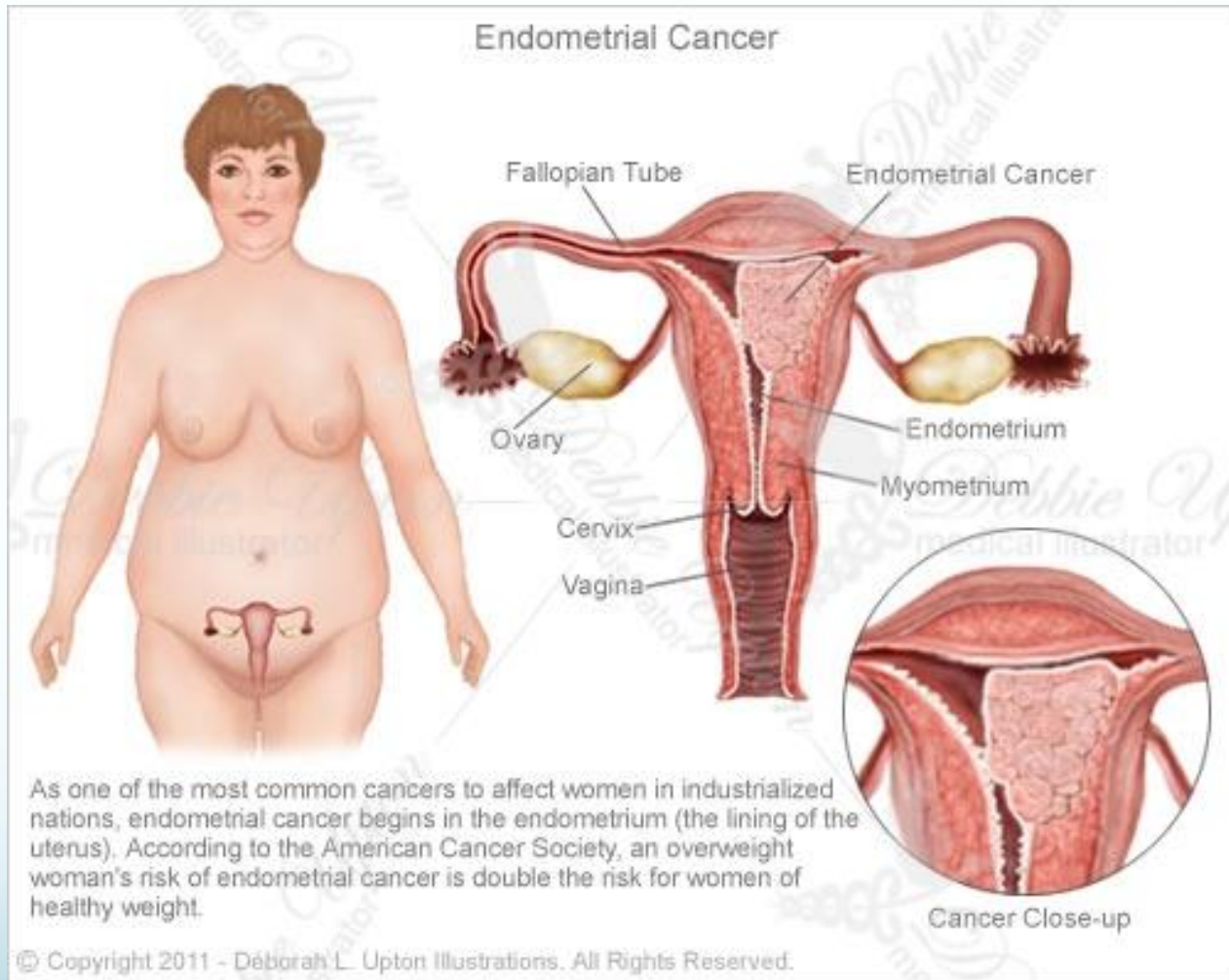


Obesity Associated Cancers

- **BREAST CANCER**
- **COLON CANCER**
- **ESOPHAGEAL CANCER**
- **ENDOMETRIAL CANCER**



Endometrial Cancer



Da Vinci Robot



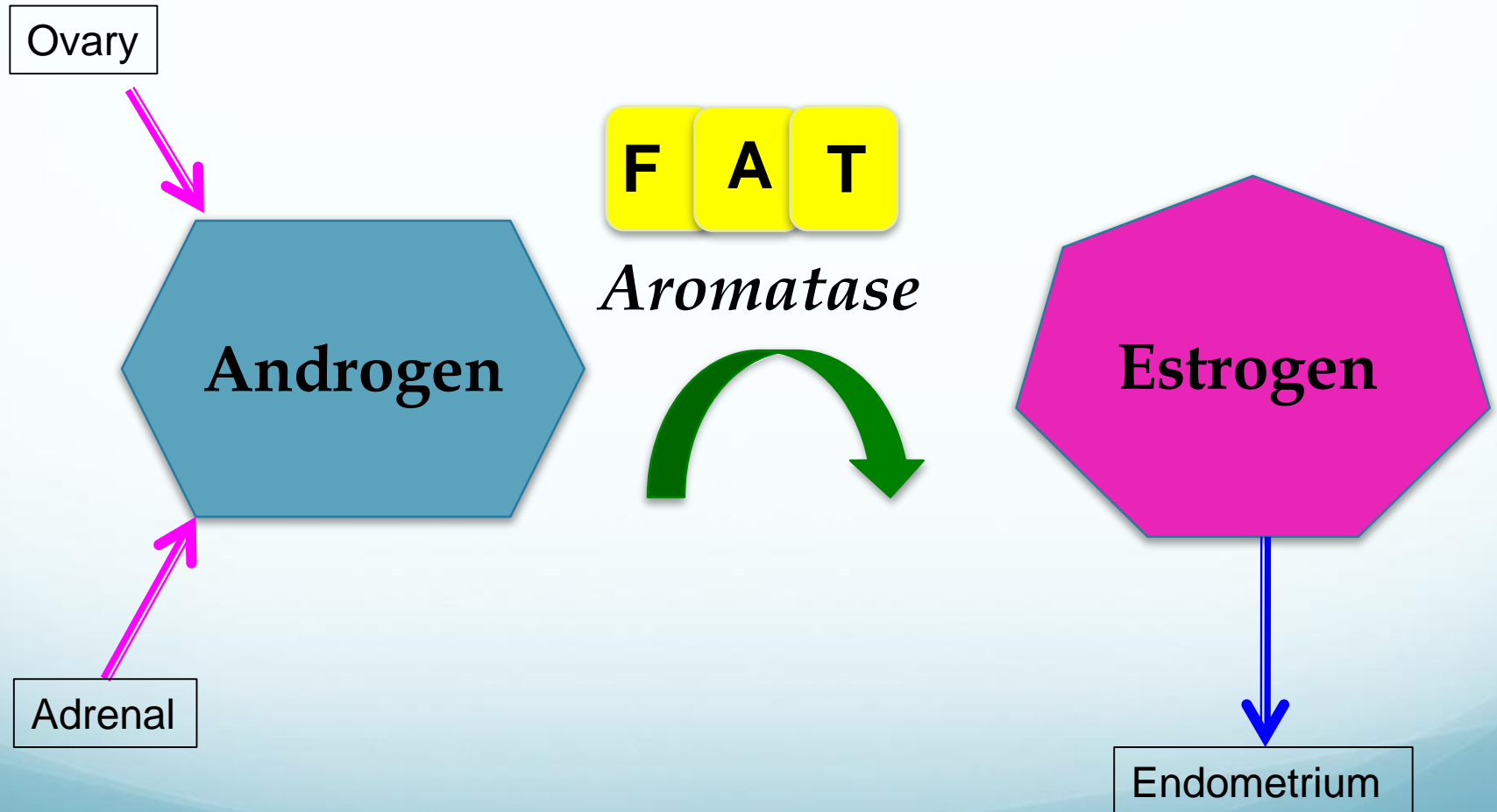
The reason obesity and cancer became my interest...

- Group out of UVA and Duke evaluated 659 women (hyperplasia/endo ca)
- 39.6% obese , 41.7% morbidly obese, and 18.7% were super obese (≥ 50 kg/m²)

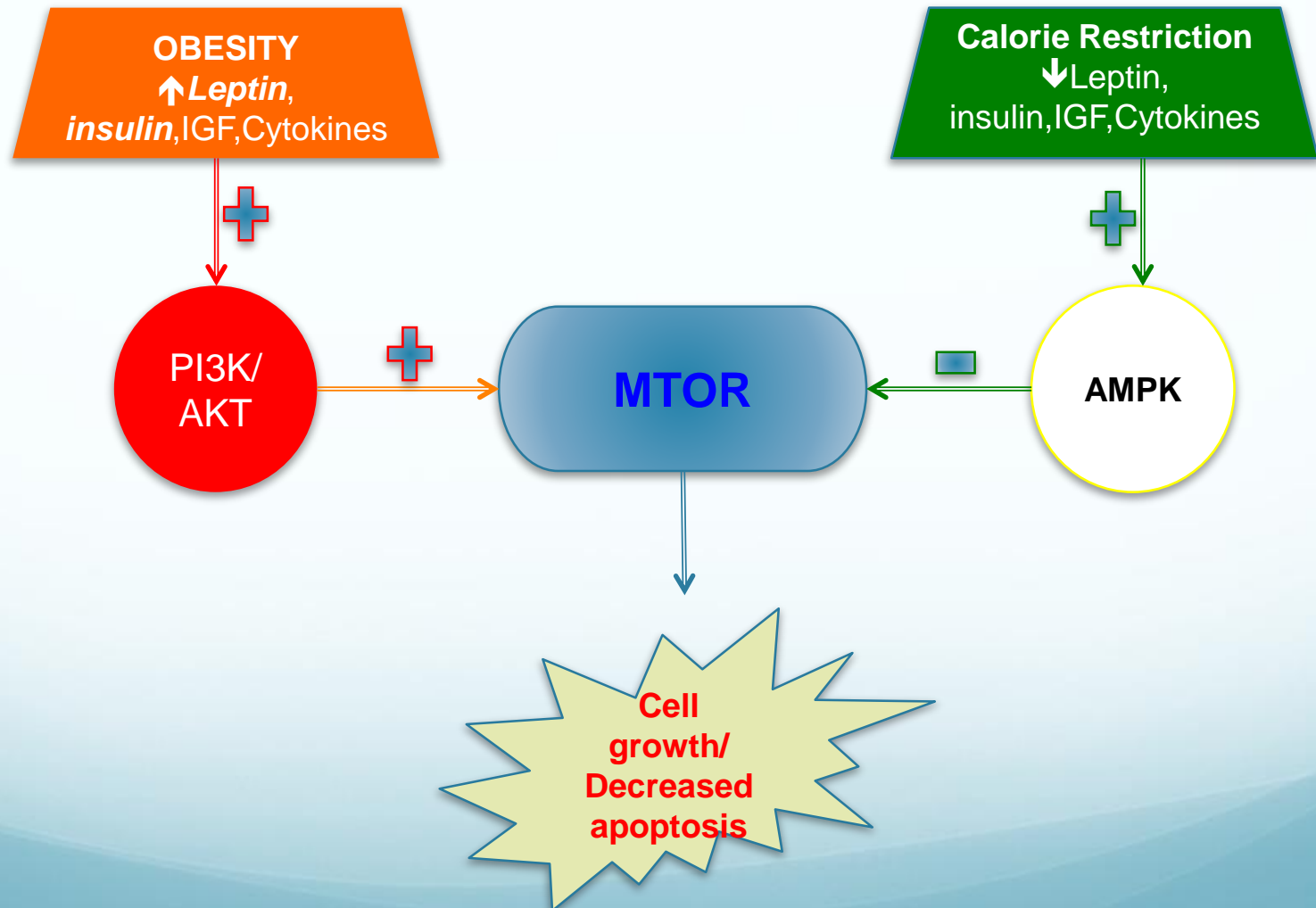
Findings

- **decreased** frequency of **lymphadenectomy** (63.8% vs. 37.1% vs. 20.3%)
- **increased blood loss** (242 vs. 281 vs. 378 mL)
- If an open procedure: **increased** blood **transfusion**, hospital **readmission**, and postoperative **ileus**

Mechanism of Type 1 Endometrial Cancer



Molecular Process of Obesity-Related Cancer Growth



What can you do?

- Encourage **aerobic exercise** and **weight training**
 - Improves quality of life, physical function, and body composition
- Encourage 7-8 hours of **sleep** (decreases leptin levels)
- Encourage **weight loss**
 - Decreased cytokine and IL-6 levels
 - Decreased fasting insulin levels and leptin in breast cancer survivors
- Recommend super morbid obese pts to bariatric surgery
 - Maybe protective of future cancers

Where to start???

- Excellent online resources
 - <http://www.cdc.gov/healthyweight/index.html>
 - <http://caloriecount.about.com/>
 - <http://www.livestrong.com/woman/>
 - <http://www.cancer.org>
- Commercial Programs
 - Weight Watchers
 - Jenni Craig