

Breast Cancer - Another Obesity Victim

Obesity raises the risk of various types of cancer. And only 3% people know that obesity increases cancer risks. According to a recent research based on one million Americans conducted by the American cancer society, 14% of cancer deaths in men and 20% of cancer deaths in women occur due to Obesity. Scientists say that 90,000 deaths can be avoided in America if they take good care to maintain their body weight. Women are more likely to get cancer in their breasts, gallbladder, ovaries, colon and cervix while men get cancer in colon and rectum.

Breast cancer in women: There are more than 200 different types of cancer, but together breast, lung, bowel and prostate cancer cover half of the cancer cases. Breast cancer is the most common cancer found in females. Overweight and obesity are the major causes of breast cancer.

Obesity and Breast cancer risk in females: Obese women have higher amounts of estrogen in their body. Estrogen is mainly produced from the fatty tissues and more amount of fat in your body means you have higher chances of getting affected by breast cancer. Good nutrition, healthy living conditions and a fine environment may help girls to start puberty earlier in life and attain menopause later. Estrogen develops though out the fertility period. And better levels of estrogen in the body increases the risk of breast cancer in women.

Breast cancer in men: Breast cancer is generally found in females but it is also seen in males. Recent research shows that breast cancer among males is also on the increase. And obesity is one of its main causes. In males too estrogen is responsible for breast cancer.

Obesity and breast cancer: • Obesity affects both the development and progression of breast cancer. • Post menopausal cancer risk is higher among obese women. • Breast cancer mortality is higher in obese women. • Body weight measured at different times during life also causes breast cancer.

About the Author

Author is webmaster of <http://www.pillslim.com> which gives information on weight loss diet pills.