



Presented by Veritas Risk Services

February 2018

## 2 Chronic Conditions That Can Cause Cancer

New research suggests that nearly 6 percent of cancers (792,600 cancer cases) can be at least partly attributed to obesity and diabetes. The study, which was published online on The Lancet Diabetes & Endocrinology website, states that diabetes and a high body mass index (greater than 25) are both associated with a higher risk of certain cancers and are increasing in prevalence.

Fortunately, Type 2 diabetes and obesity can be prevented with proper lifestyle changes, which include the following:

- Avoiding tobacco
- Exercising regularly
- Maintaining a healthy weight
- Eating a healthy diet and limiting your intake of unhealthy foods
- Managing your stress
- Regularly checking your cholesterol and blood pressure
- Visiting your doctor for routine preventive care

Implementing the above prevention tips can help you remain healthy and avoid developing chronic conditions like obesity and Type 2 diabetes, which, in turn, can help lower your risk of certain cancers. For more information, please review the full-text version of the [study](#).