

# **Diet, lifestyle and preventing cancer through improved obesity treatment – family doctors' point of view**

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# COMPLICATIONS



heart  
disease



cancer



hypertension



fatty liver



atherosclerosis



diabetes



**OBESITY**



**Wonca**


World family doctors. Caring for people

EUROPE

## PREVENTABLE CAUSES OF CANCER


Among the factors with the biggest impact on cancer incidence in the United States are the following:

 ~33% of cancer diagnoses are caused by tobacco use.

 ~20% of cancer diagnoses are related to individuals being obese or overweight.

 ~16% of cancer diagnoses are related to infection with one of several cancer-causing pathogens.

 ~5% of cancer diagnoses are related to individuals getting insufficient physical activity.

 ~5% of cancer diagnoses are related to individuals having poor dietary habits.

 ~2% of cancer diagnoses are a result of exposure to ultraviolet light from the sun or tanning devices.

## Obesity is a chronic disease

Bariatric surgery

Medications

Life style changes

Primary prevention

# The role of family physician

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- Primary prevention
- Weight reduction and life style changes support
- Management of metabolic and other complications
- Early detection