

Can you prevent cancer with lifestyle changes?

Video	Audio
	What do tobacco, alcohol and obesity have in common? They can all increase your risk of developing cancer.
	Smoked tobacco is strongly linked to cancer in almost every part of the body.
Jon Ebbert, M.D. Medical Director Mayo Clinic Nicotine Dependence Center	"Smoked tobacco produces about 7,000 chemicals, and when you inhale those chemicals in your body, they cause alterations in cells. And it's those alterations in cells that can lead to cancer."
	One of the best ways to lower your cancer risk?
	"It's never too late to stop smoking. And the risk for cancer after quitting cigarette smoking, for example, goes down."
	Consuming alcohol increases your risk of breast, head and neck, esophageal, and colorectal cancers.
	"At every level of alcohol consumption, there is cancer risk, but heavier drinkers have higher cancer risk than lighter drinkers."
	Finally, packing on extra pounds can increase your risk of cancer in several ways.
	"Excess body weight increases estrogen and insulin, which can increase the rate of cellular division, which can increase the risk for cancer. But also, excess body weight is associated with inflammation, and inflammation is a known risk factor for the development of cancer."
	Bariatric surgery has been shown to decrease risk. However, there are less drastic steps people can take.

	<p>"Small sustainable steps toward weight loss are the most effective when we think about diet and exercise. Those are the classic approaches, but also there's new medications on the market that can help people lose weight."</p>
	<p>For the Mayo Clinic News Network, I'm DeeDee Stiepan.</p>