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Cancer prevention through weight control – where are we in 2020?

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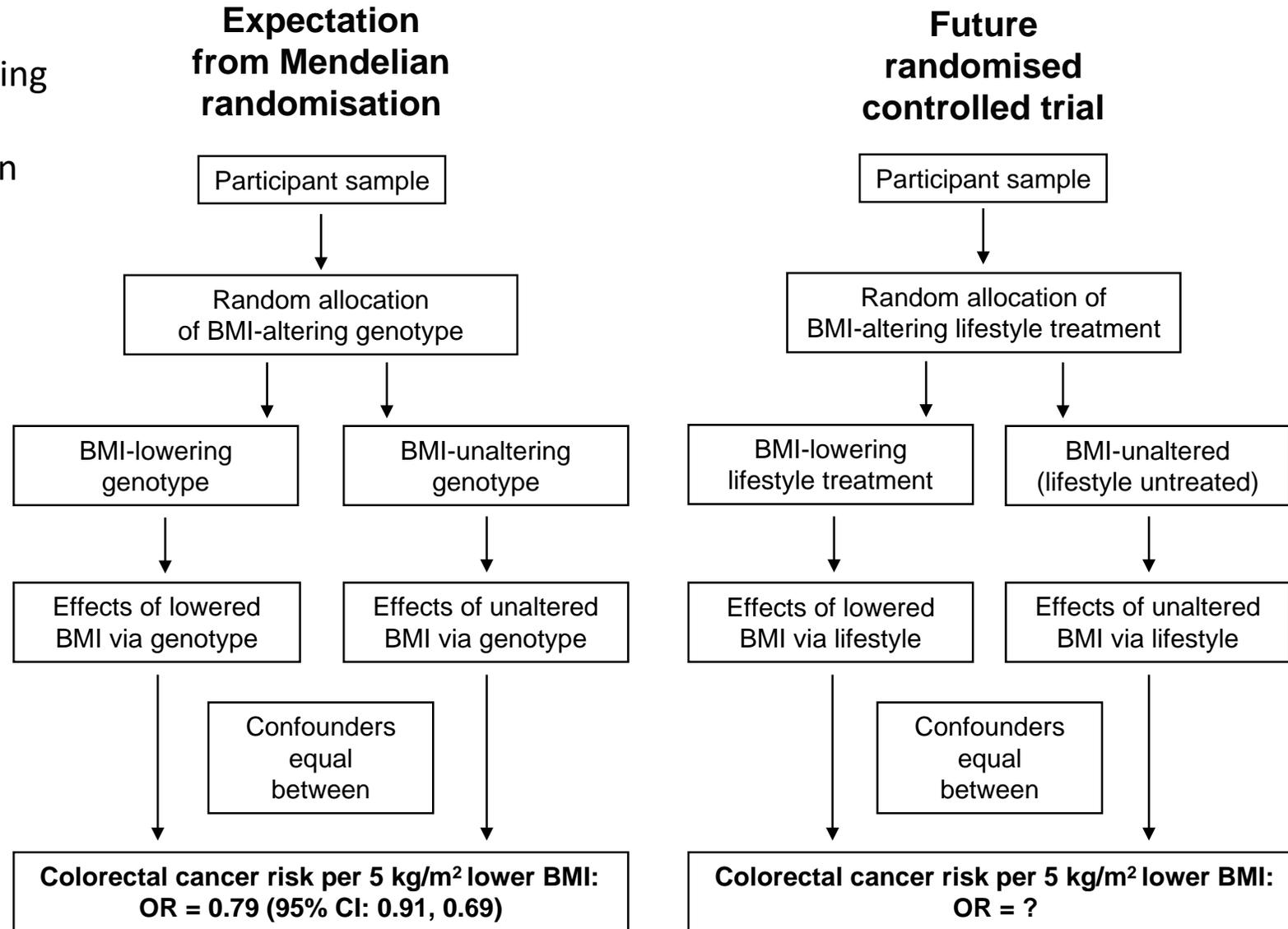
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Figure 1
 Expected effects of lowering BMI on cancer risk – how Mendelian Randomisation can guide research



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¹ Current estimates from genetically informed Mendelian randomisation (MR) studies can be used to set expectations for results of future randomised controlled trials. A recent meta-analysed MR estimate of BMI for colorectal cancer (from Jarvis et al. 2016. Br J Cancer) suggests that a 5 kg/m² lower BMI would reduce risk of developing colorectal cancer by approximately 20%. This MR estimate reflects lifetime exposure to this relatively lower BMI, and so the magnitude of reduced colorectal cancer risk in response to short-term BMI reduction is expected to differ.