

University of Dundee

Cancer survivorship, excess body fatness and weight-loss intervention—where are we in 2020?

Anderson, Annie; Martin, Richard M.; Renehan, Andrew G.; Cade, Janet; Copson, Ellen R.; Cross, Amanda J.

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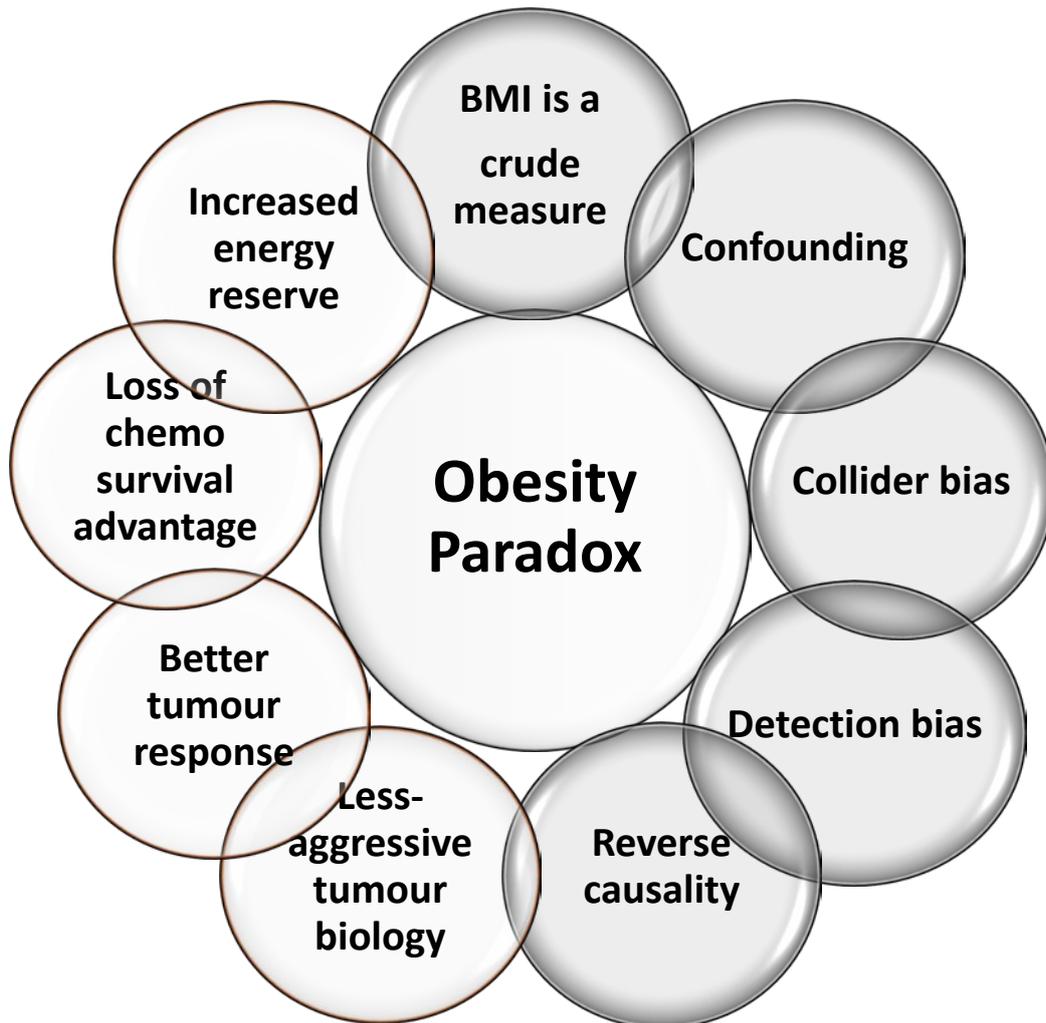
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Figure 1. Possible explanations for the obesity paradox



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Despite significant evidence that excess body fat (EBF) is associated with reduced cancer survival, data from a number of studies indicate that overweight and early obese cancer patients exhibit improved survival — this is known as the so-called 'obesity paradox'. Although there are potential clinical and biological explanations for this in specific patient groups (red circles), many of these reports can be explained by methodological mechanisms (blue circles), including the inadequacy of BMI as a measure of adiposity