



**JORNADAS
DE MEDICINA
IPO PORTO**

Estilos de vida e prevenção do cancro e das suas sequelas

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RISE@CI-IPOP (Health Research Network)

**Desde os anos 50-60 do século XX
o estilo de vida nos países mais desenvolvidos mudou
(e mais recentemente, está a mudar nos países emergentes)**



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As Epidemias do Século XXI



Covid-19



Guerras



Doenças não Transmissíveis

Recomendações de Sociedades Científicas para prevenção da DCV e Doenças Endócrino-Metabólicas

American Heart Association
Healthy for Good Life's Essential 8



Improving and maintaining cardiovascular health, or CVH, can help you enjoy a longer, healthier life. Better CVH also has been associated with decreased risk for heart disease, stroke, cancer, dementia and other major health problems. **Life's Essential 8** outlines a few easy steps you can take to live a healthier lifestyle.

 <p>EAT BETTER Aim for an overall healthy eating pattern that includes whole foods, lots of fruits and vegetables, lean proteins, nuts, seeds and cooking in non-toxic oils such as olive and avocado.</p>	<p>MANAGE WEIGHT Achieving and maintaining a healthy weight may improve benefits. Body mass index (BMI), a numerical value of your weight in relation to your height, is a useful gauge. Optimal BMI for most adults ranges from 18.5 to less than 25. You can calculate it online or consult a health care professional.</p>	
 <p>BE MORE ACTIVE Adults should accumulate at least 150 minutes of moderate or 75 minutes of vigorous physical activity. Walking is great for moderate levels of activity. Kids should have 60 minutes every day, including play and structured activities.</p>	<p>CONTROL CHOLESTEROL High levels of non-HDL, or "bad," cholesterol can lead to heart disease. Your health care professional can consider non-HDL cholesterol as the preferred number to monitor, rather than total cholesterol, because it can be measured with our fasting behavioral card, is reliably calculated among all people.</p>	
 <p>QUIT TOBACCO Use of tobacco is known to damage products, which includes traditional cigarettes, e-cigarettes and vaping, or the leading cause of preventable death in the U.S., including about as third of all deaths from heart disease. Quit about a third of U.S. children every 5-10 years exposed to secondhand smoke or vaping.</p>	<p>MANAGE BLOOD SUGAR Most of the food we eat is turned into glucose in blood sugar. If that our bodies can't empty. Over time, high levels of blood sugar can damage your heart, kidneys, eyes and nerves. As part of fasting, monitoring hemoglobin A1c can better reflect long-term control in people with diabetes or prediabetes.</p>	
 <p>GET HEALTHY SLEEP Getting a good night's sleep may help you live a healthier life. Adults should aim for an average of 7-9 hours, and babies and kids need more depending on their age. The little or too much sleep is associated with heart disease, stroke and more.</p>	<p>MANAGE BLOOD PRESSURE Keeping your blood pressure within acceptable ranges can lower your health risks. Levels less than 120/80 mm Hg are optimal. High blood pressure is defined as 130/80 mm Hg or higher. Normal (the top number in a reading) or 90-119 mm Hg (bottom number) (bottom number).</p>	

Learn more at heart.org/life8

American Heart Association (AHA)

10 recommendations for good hormone health

European Hormone Day
 Because Hormones Matter

ADOPT A HEALTHY LIFESTYLE

- 1 Get physical**
Physical activity is essential for a healthy hormone balance. Exercising 15-30 minutes helps the body produce hormones.
- 2 Eat healthy**
Eat lots of fresh fruits, vegetables and whole grains, and keep processed foods to a minimum.
- 3 Get enough sleep**
Aim for at least 7 hours of uninterrupted sleep at the same time every night and you will be waking up fresh and full of energy.

PREVENT AVOIDABLE HORMONE DEFICIENCIES

- 4 Maintain vitamin D intake**
If you fish less, consider taking vitamin D supplements. Too much can be bad, and vitamin levels when you're exposed to low.
- 5 Eat iodine-rich foods**
Seaweed, seafood, eggs and dairy can help keep your iodine levels up.
- 6 Eat calcium-rich foods**
Yogurt, almonds, beans, and leafy greens will help protect your bones and teeth.

Ask your doctor if supplements would be beneficial.

REDUCE EXPOSURE TO ENDOCRINE DISRUPTORS

- 7 Avoid plastic packaging**
Use glass or stainless steel containers instead of plastic bottles and bottles. Don't use water instead of bottled water. Avoid microwaves. Avoid.
- 8 Improve indoor air quality**
The air in and outside the home can contain airborne cleaning products. Regularly vacuum, dust and mop to reduce the presence of dust particles.
- 9 Choose your care products and cosmetics wisely**
Care products and cosmetics can have an endocrine disrupting effect. Check the ingredients and try to avoid buying products that contain endocrine disrupting chemicals such as parabens, phthalates and bisphenols.

BE AWARE OF EARLY SIGNS AND SYMPTOMS OF ENDOCRINE DISEASE
 Get an accurate diagnosis

Speak to your doctor if you experience any of the following symptoms:

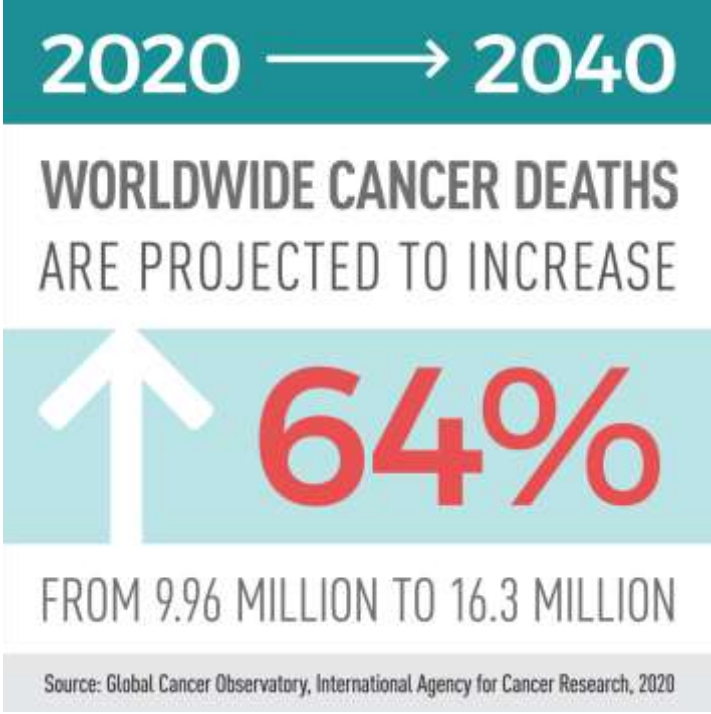
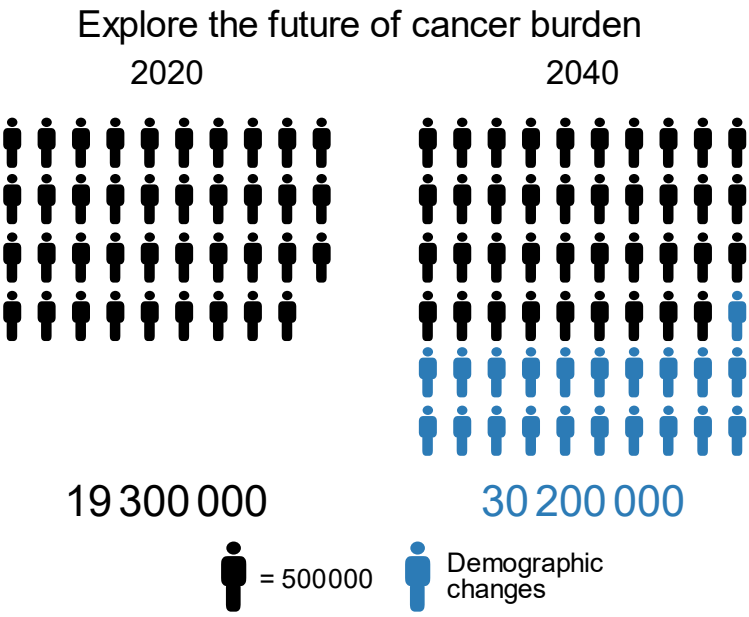
- Unexplained weight gain/loss
- Changes in mood
- Changes in appetite
- Excess hair and nails
- Fatigue
- Dry and itchy skin
- Onset of depression
- Excessive thirst
- Signs of early-onset puberty (before age 8-11 in girls and 9-14 in boys)
- Adult-specific: loss of libido, irregular menstruation, infertility

#BecauseHormonesMatter

European Society of Endocrinology
 European Hormone and Metabolism Foundation

European Society of Endocrinology (ESE)

Aumento da Incidência e Mortalidade por Cancro – A catástrofe anunciada



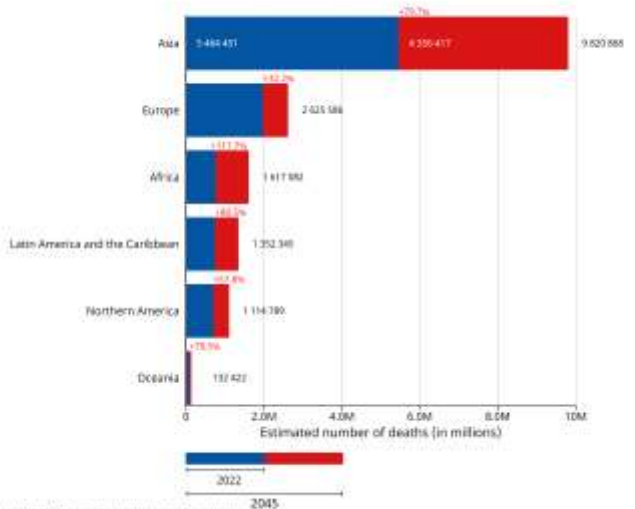
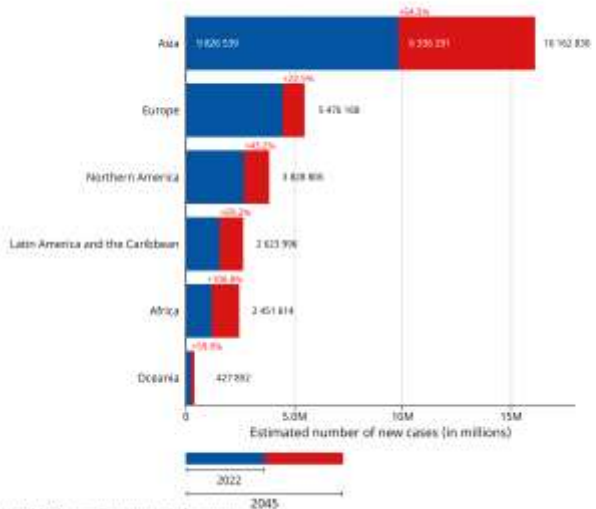
https://visualsonline.cancer.gov/details.cfm?cid=eb_govdel&imageid=12610

Previsões para 2045 (WHO)

Estimated number of new cases from 2022 to 2045, Both sexes, age [0-85+]
All cancers



Estimated number of deaths from 2022 to 2045, Both sexes, age [0-85+]
All cancers



Cancer Tomorrow | IARC - <https://gco.iarc.fr/tomorrow>
Data version : Globocan 2022 (version 1.1)
© All Rights Reserved 2024

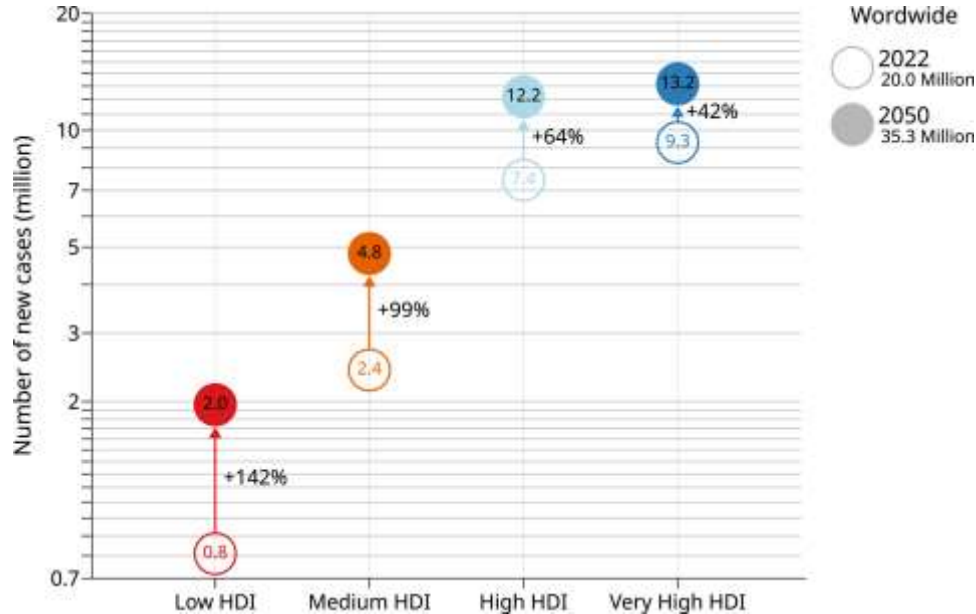
International Agency for Research on Cancer
Cancer Tomorrow | IARC - <https://gco.iarc.fr/tomorrow>
Data version : Globocan 2022 (version 1.1)
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International Agency for Research on Cancer
Cancer Tomorrow | IARC - <https://gco.iarc.fr/tomorrow>
Data version : Globocan 2022 (version 1.1)
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Novos casos

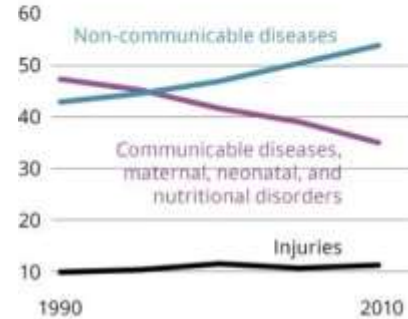
Mortes

Projected number of new cases for all cancers combined (both sexes combined) in 2050 according to the four-tier Human Development Index (HDI).
Source: GLOBOCAN 2022.

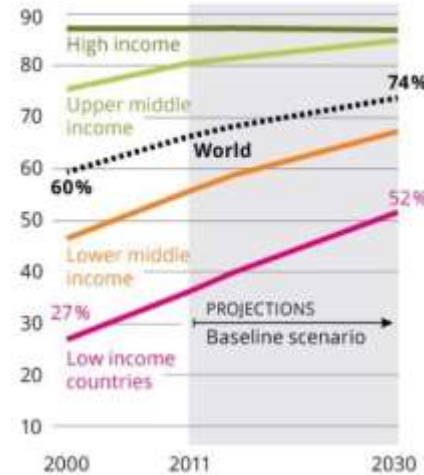


The shift in global disease burden, and share of non-communicable diseases by world regions (European Environment Agency)

Loss of healthy life years (in percentage of total DALY)



Deaths related to non-communicable diseases (in percentage of total deaths)



Cancer precoce em crescimento

Geração X e millennials sob alerta máximo

— POR J. PIAZZINI, JORNALISTA



TABLE 3 Probability (%) of developing invasive cancer within selected age intervals by sex, United States, 2017–2019.^a

Cancer site	Sex	Probability, %				
		Birth to 49 years	50–64 years	65–84 years	85 years and older	Birth to death
All sites ^b	Male	3.5 (1 in 29)	11.8 (1 in 8)	31.9 (1 in 3)	19.1 (1 in 5)	41.6 (1 in 2)
	Female	5.9 (1 in 17)	10.8 (1 in 9)	24.3 (1 in 4)	14.4 (1 in 7)	39.6 (1 in 3)
Melanoma of the skin ^c	Male	0.1 (1 in 738)	1.1 (1 in 90)	4.3 (1 in 23)	1.9 (1 in 52)	5.9 (1 in 17)
	Female	0.4 (1 in 243)	0.9 (1 in 116)	2.4 (1 in 42)	1.4 (1 in 73)	3.6 (1 in 28)
Non-Hodgkin lymphoma	Male	0.6 (1 in 160)	0.7 (1 in 153)	1.1 (1 in 92)	0.5 (1 in 188)	2.5 (1 in 41)
	Female	0.3 (1 in 395)	0.5 (1 in 196)	1.6 (1 in 63)	0.9 (1 in 105)	2.4 (1 in 42)
Prostate	Male	0.2 (1 in 528)	0.4 (1 in 264)	1.2 (1 in 86)	0.7 (1 in 153)	1.9 (1 in 52)
	Female	0.2 (1 in 449)	3.9 (1 in 26)	10.4 (1 in 10)	3.1 (1 in 32)	12.9 (1 in 8)
Thyroid	Male	0.2 (1 in 483)	0.2 (1 in 480)	0.3 (1 in 354)	0.1 (1 in 1429)	0.7 (1 in 153)
	Female	0.8 (1 in 124)	0.5 (1 in 200)	0.5 (1 in 217)	0.1 (1 in 1194)	1.7 (1 in 58)
Uterine cervix	Male	0.3 (1 in 337)	0.2 (1 in 554)	0.2 (1 in 564)	0.1 (1 in 1535)	0.7 (1 in 152)
	Female	0.3 (1 in 303)	1.1 (1 in 91)	1.7 (1 in 58)	0.4 (1 in 239)	3.1 (1 in 32)

^aFor people free of cancer at the beginning of the age interval.

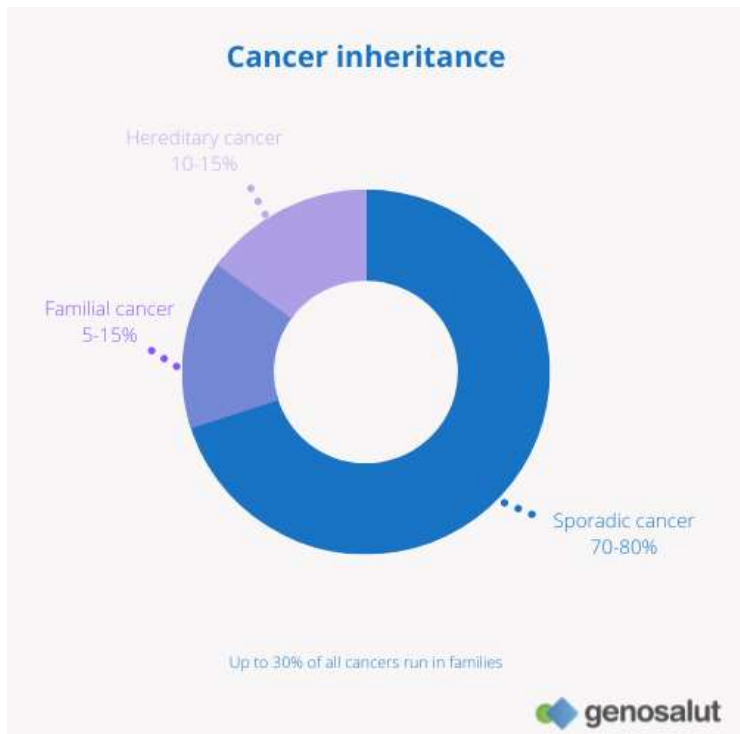
^bAll sites exclude basal cell and squamous cell skin cancers and in situ cancers except urinary bladder.

^cProbabilities for non-Hispanic White individuals.

Investigadores notaram que, à medida que as taxas de câncer diminuíam entre as pessoas mais velhas, a incidência em pacientes mais jovens aumentava em novos tipos de tumor

18 maio 2024

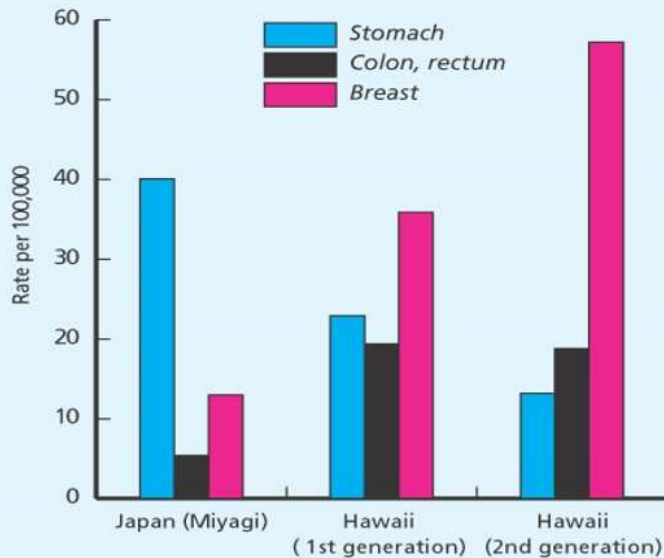
Cancro - Genética ou Ambiente?



<https://www.genosalut.com/en/genetic-testing-and-counselling/cancer/>

Dados Migratórios

Figure 1.2.20 Cancer incidence for selected cancers in Japanese women by generation in Hawaii and Japan, 1968-1977



Age-adjusted to the World Standard Population
(From Kolonel et al, 1980)

dietandcancereport.org

Evaluating intrinsic and non-intrinsic cancer risk factors

Song Wu, et. Al. Nature Communications, 2018

INTRINSIC RFs	NON INTRINSIC RFs	
Random errors in DNA replication (non modifiable)	Endogenous RFs (partially modifiable)	Exogenous RFs (modifiable)
	Aging	Radiação
	Genetic Susceptibility	Carcinogénicos Químicos
	DNA repair machinery	Virus-associated neoplasia
	Hormones	Smoking, sedentarism, nutrient imbalance....
	Growth Factors	
	Inflammation...	

- ✓ 50% das neoplasias seriam evitáveis se fossem reduzidos os FRs modificáveis para cancro
- ✓ 30% das neoplasias seriam evitáveis com adoção de um estilo de vida saudável

Fatores Modificáveis para Cancro e Diagnóstico Precoce



Tabaco e Cancro



Radiação e Cancro



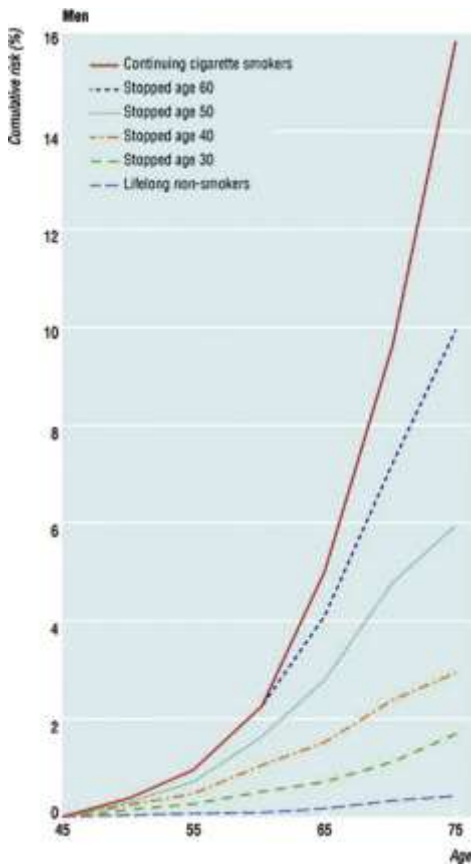
Exposição solar e Cancro



Agentes Infeciosos e Cancro



Ambiente e Cancro

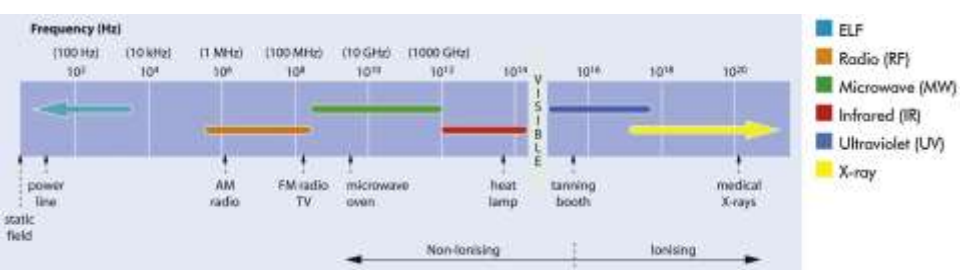


Tabaco e Cancro

MAIOR RISCO DE CANCRO:

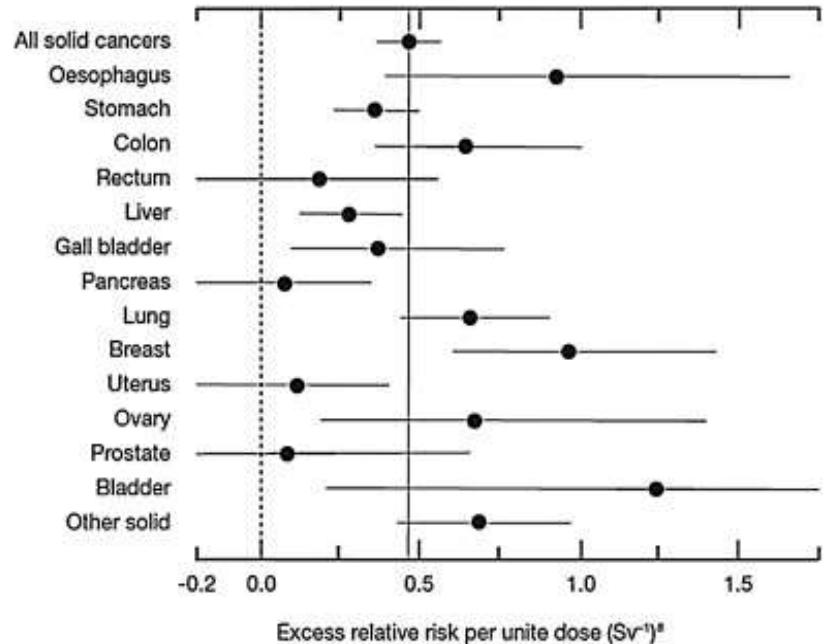
- ✓ Pulmão
- ✓ Cabeça e Pescoço
- ✓ Esófago
- ✓ Pâncreas
- ✓ ...

Cumulative risk of death from lung cancer in men in the United Kingdom for continuing smokers and for former smokers, according to the age when quitting (death rates in 1990 are shown). From Peto et al. *BMJ* 321 (2000) 323–329.



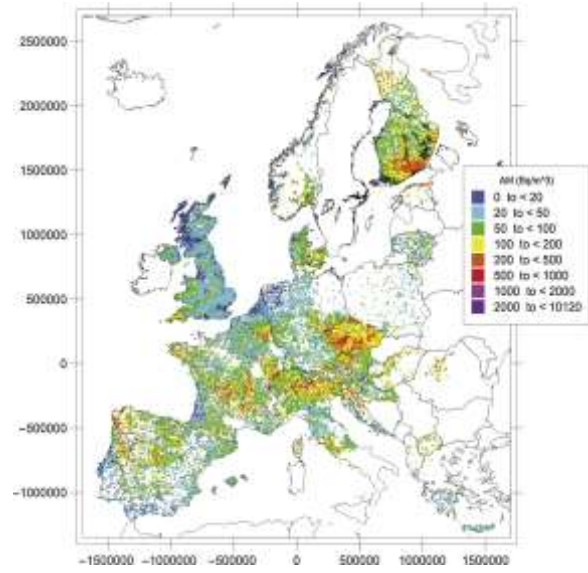
Radiação e Cancro

The electromagnetic spectrum extends from below the low frequencies used for modern radio communication to gamma radiation at the shortest wavelength and highest frequency. Reproduced from the European Commission, Research Directorate-General, European Communities (2005).









Estimates of solid cancer mortality risk for different organs from studies of the survivors of the atomic bombings in Japan. The figure shows the excess relative risk per unit dose (Sv⁻¹) of various cancer types from radiation exposure among the survivors of the atomic bombings in Japan. (ONU)

Map of radon in Europe (<=2014). Radiat. Prot. Dosimetry 2014;162: 129–34.





Radiação UV (UVA e UVB) e Cancro

	Phenotype	UV sensitivity	Skin cancer risk
Type I	 Very fair, pale white, light coloured or red hair, often freckled	++++ Skin burns very easily, and never, or hardly ever, develops a tan	Greatest risk of skin cancer
Type II	 Fair, white skin, light hair, and blue or brown eyes. Some may have dark hair	+++ Skin burns easily, and tans slowly	High risk of skin cancer
Type III	 Light brown, light olive skin with dark hair and brown or green eyes	++ Skin does not burn easily, and develops a tan	High risk of skin cancer
Type IV	 Moderate brown, brown eyes and dark hair	+ Skin hardly ever burns, and develops a tan easily (Mediterranean skin type)	At risk of skin cancer
Type V	 Dark brown, brown eyes and dark hair	+/- Skin never burns, naturally darker skin (Asian skin types)	Skin cancers are relatively rare, but those that occur are often detected at later, more dangerous stage.
Type VI	 Deeply pigmented dark brown to black, dark brown eyes and black hair	- Skin never burns, naturally dark-coloured skin (Negroid skin types)	Skin cancers are relatively rare, but those that occur are often detected at later, more dangerous stage.

Melanoma

Carcinoma Espinocelular

Carcinoma Basocelular

Mecanismos:

- ✓ Danos DNA
- ✓ Imunossupressão
- ✓ Melanogénese
- ✓ Vit. D

Risco acrescido se exposição na infância

Solários - carcinogénicos

Infecção e Cancro

- ✓ Vírus Hepatite B (HBV)
- ✓ Vírus Hepatite C (HCV)
- ✓ Vírus Imunodeficiência Humana (HIV)
- ✓ Vírus Papiloma Humano (HPV)
- ✓ Helicobacter Piloni (HP)

Carcinoma Hepatocelular (HBV, HCV)

Sarcoma de Kaposi, LNH, Cancro Cabeça e Pescoço (HIV)

Cancro Genital e Cabeça e Pescoço (HPV)

Cancro Gástrico (HP)

HPV

Quais as doenças causadas?

O HPV é um vírus que se pode transmitir facilmente, sendo que na maioria dos casos o organismo consegue eliminá-lo. Porém, muitas vezes, o HPV não desaparece e pode causar vários cancros e doenças genitais em homens e mulheres.

Quem está a olhar para a imagem é uma mulher com óculos.

O HPV é hoje considerado o 2º carcinógeno mais importante, logo o segundo da tabaco. Está associado a 5% dos cancros, no geral e a 19% dos cancros na mulher.

O Papiloma Humano (HPV) é responsável por:

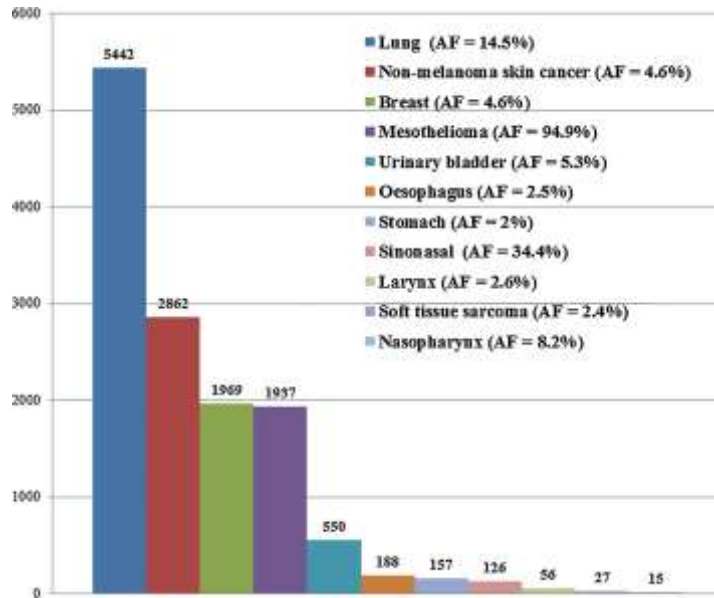


Será que
estou bem?

Chama-nos
808 255 255
Tudo ao mesmo tempo!

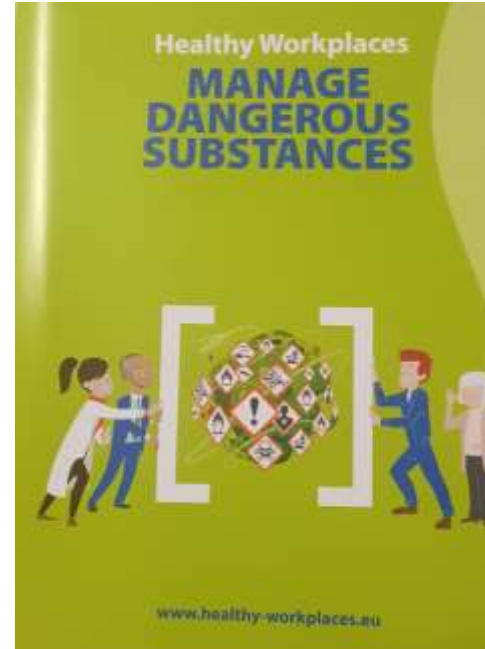


Ambiente e Cancro



Estimated numbers (cases in men and women together) attributable to occupational exposures by cancer site (and attributable fraction (AF) for men and women together indicated in parenthesis).

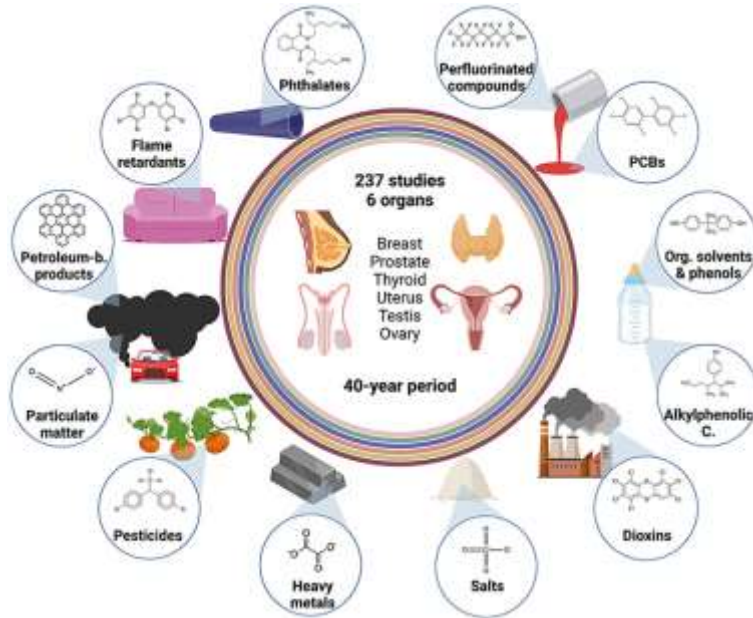
Br. J. Cancer, 107 (Suppl 1) (2012 Jun), pp. S3-S7



✓ **POLUIÇÃO AMBIENTAL**

✓ **EXPOSIÇÃO OCUPACIONAL**

Disruptores Endócrinos e Cancro



- ✓ **Pesticides** were the most studied EDCs. **Phthalates, Heavy Metals, and Particulate Matter (silica dust)** were the EDCs most frequently associated with neoplasia.
- ✓ EDCs were associated with increased neoplasia risk in **43-67%** of the studies, with a lowest value for the ovary (43%) and a highest value for thyroid (67%).
- ✓ **Thyroid** was the endocrine organ with more studies showing a positive effect size for cancer risk.
- ✓ **The additive effect of EDCs mixtures** could exacerbate adverse effects on human health and should be addressed.

[Sofia Macedo, ...Paula Soares et. Al. Environmental Research Volume 218, 1 February 2023, 114869](#)

Fatores Modificáveis para Cancro e Diagnóstico Precoce



Álcool e Cancro



Alimentação e Cancro



Sedentarismo e Cancro



Obesidade e Cancro



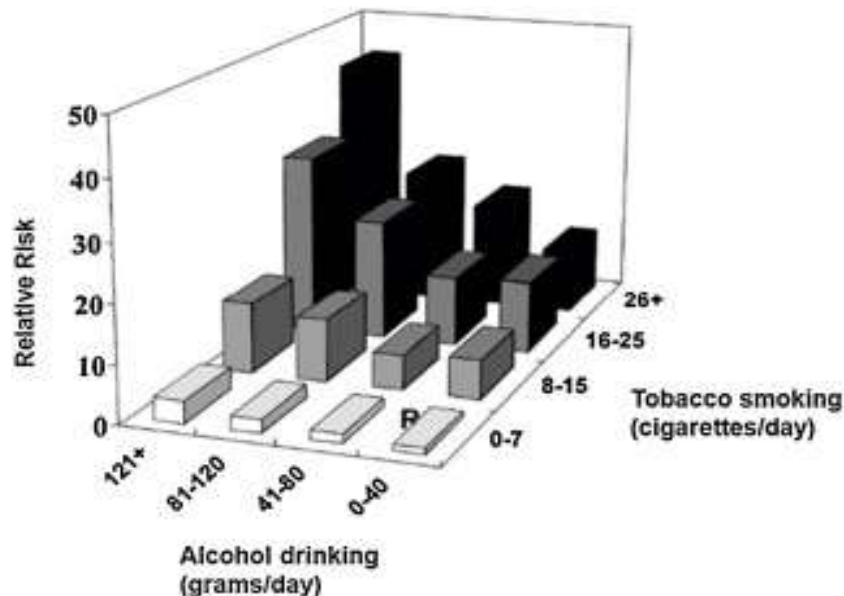
Amamentação, Menopausa e Cancro



Álcool e Cancro

MAIOR RISCO DE CANCRO:

- ✓ Cancro da Cavidade Oral, Faringe, esófago
- ✓ Cancro Colo-retal
- ✓ Carcinoma Hepatocelular
- ✓ Carcinoma da Mama Feminina



Estimated relative risk (RR) for the interaction between tobacco smoking and alcohol drinking on cancers of the upper respiratory tract (reference category, risk = 1). Combined exposure to alcohol drinking and tobacco smoking increases the risk of upper digestive and respiratory tract neoplasms in a supra-multiplicative manner. From P. Boyle, *Annals of Oncology* 2003, 14: 973– 1005.

Alimentação e Cancro



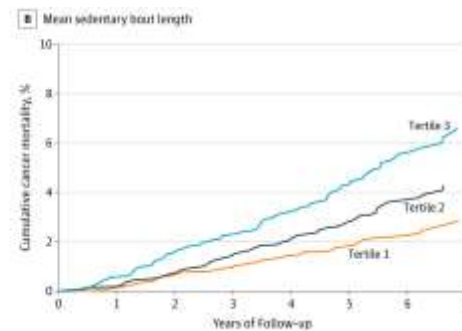
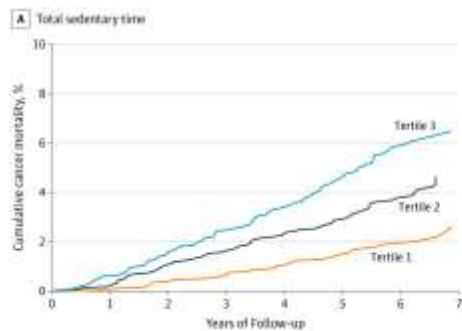
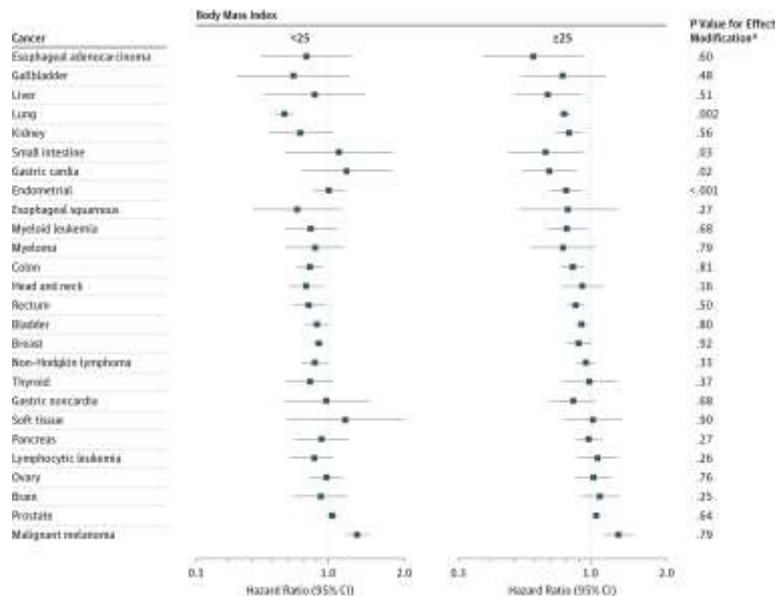
<https://www.americanoncology.com/blogs/cancer-prevention-dietary-habits-cancer>

- ✓ There is no good evidence that any one food prevents cancer.
- ✓ There aren't many foods that cause cancer, **but eating processed red meat can increase the risk of bowel cancer.**
- ✓ Foods such as burnt toast or crispy potatoes contain a chemical called acrylamide.
- ✓ Some tins and cans are lined with something called Bisphenol-A (BPA).

<https://www.cancerresearchuk.org/about-cancer/causes-of-cancer/diet-and-cancer/food-controversies>



Sedentarismo e Cancro



Sedentarismo associado a excesso de Mortalidade por Cancro.

Exercício Físico associado a menor incidência de cancro, sobretudo se Excesso de Peso /Obesidade



Obesidade e Cancro

Evidence level	Strength of Relative Risk Increase for Obesity and Cancer Risk		
	High (RR increase ≥ 3)	Modest (RR increase: 1.50-2.99)	Little (RR increase: $\geq 1.0 < 1.49$)
Convincing / Sufficient	Endometrial Adenocarcinoma	Renal Adenocarcinoma Hepatocellular Cancer Pancreatic Adenocarcinoma	Colorectal Cancer Postmenopausal Breast Cancer Gallbladder cancer
	Esophageal Adenocarcinoma	Gastric Cardia Cancer Multiple Myeloma Meningioma	Ovarian cancer Thyroid cancer
Limited		Advanced Prostate Cancer Male Breast Cancer Diffuse Large T-Lymphoma	

Adapted from Avgerinos, 2019

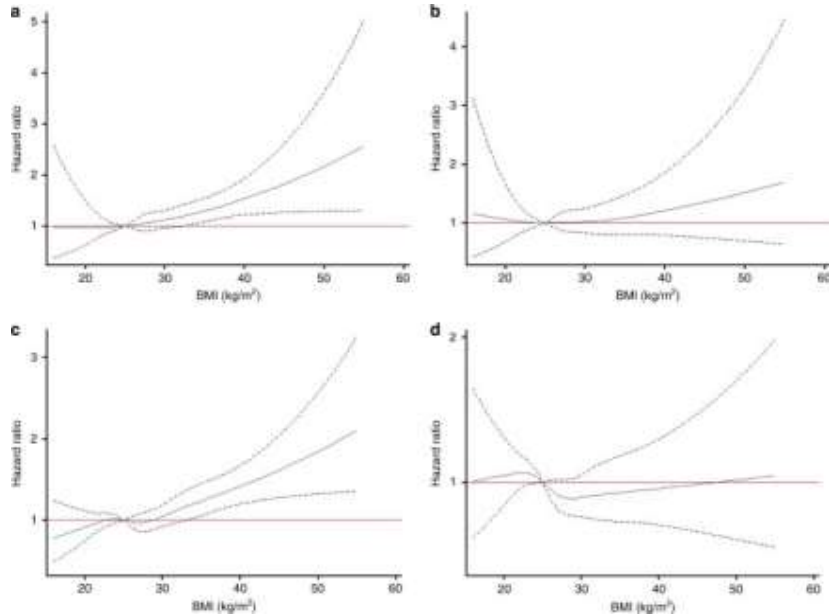
Epidemiological Evidence Associating Overweight/Obesity and Cancer
by Level of Evidence and Strength of Relative Risk Increase for Overweight/Obesity
In Comparison to Normal-Range Body Mass Index Defined by WHO as Synopsized by the IARC Working Group In 2017



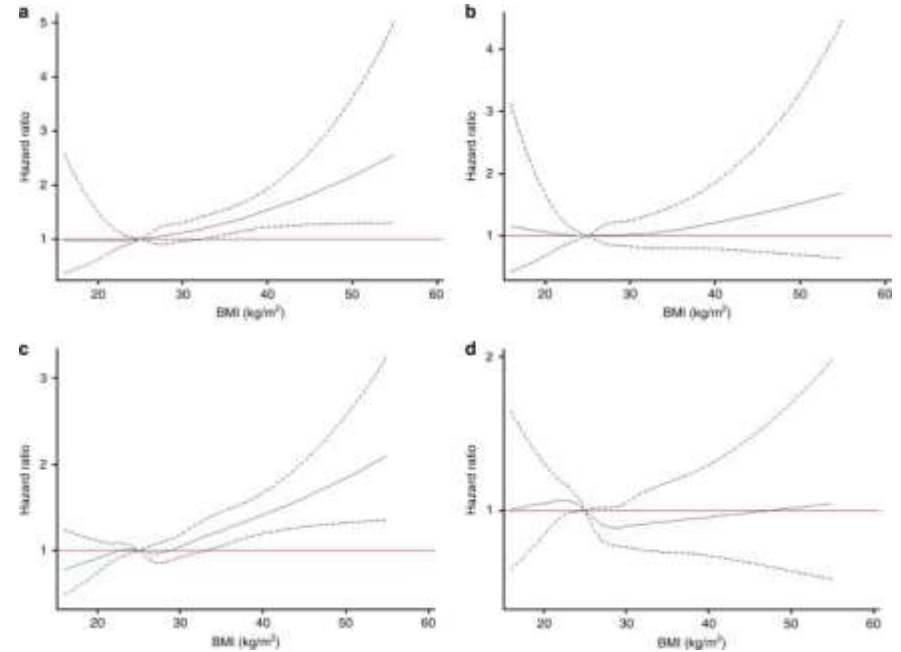
Central body fatness is a stronger predictor of cancer risk than overall body size

Amanda M. Barberio et. al., Nature Communications, 2019

IMC



PC



These findings suggest that central adiposity measured by waist circumference is a stronger than BMI risk factor for all cancers

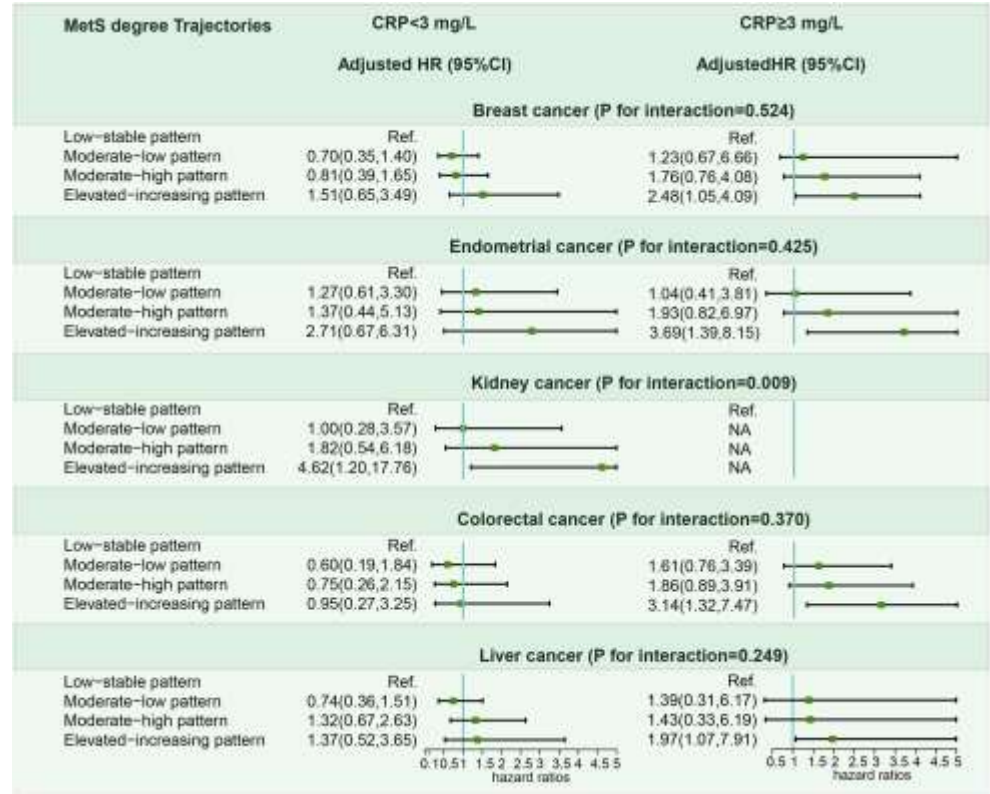


Síndrome Metabólica e Cancro

Metabolic syndrome is defined as having at least three of five components:

- Elevated waist circumference (≥ 88 cm for women; ≥ 102 cm for men)
- Elevated triglycerides (≥ 150 mg/dL) or drug treatment for elevated triglycerides
- Low HDL cholesterol (< 40 mg/dL for men; < 50 mg/dL for women) or drug treatment for low HDL
- Elevated blood pressure (systolic ≥ 130 mm Hg or diastolic ≥ 85 mm Hg) or hypertensive drug treatment
- Elevated fasting glucose (≥ 100 mg/dL) or drug treatment for elevated glucose

- ✓ Metabolic dysfunction associations with breast and colorectal cancer risk have been observed independently of BMI,
- ✓ with increased risk in individuals with metabolically unhealthy normal weight or overweight/obese compared with metabolically healthy normal weight



Deng et. al. Cancer. 2024;130:2150–2159.



Case- control study (43 controls vs 43 naive treatment breast cancer pts)

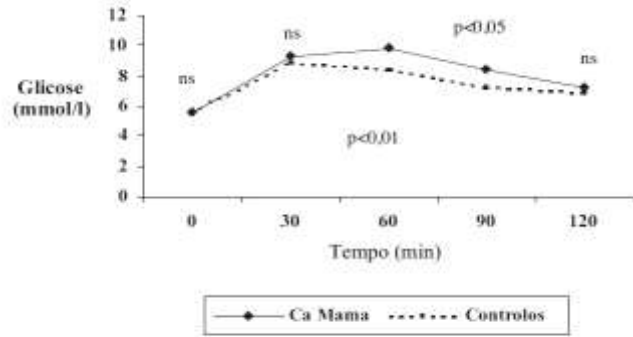


Fig. 8 – Curva de Glicemia (PTGO).

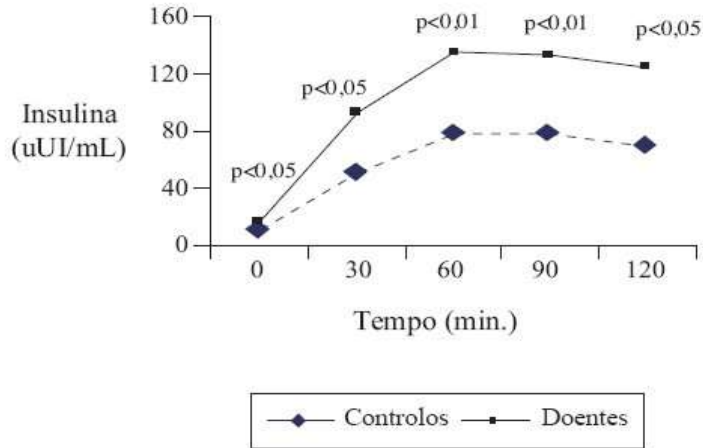


Fig. 9 – Curva de insulina (PTGO)

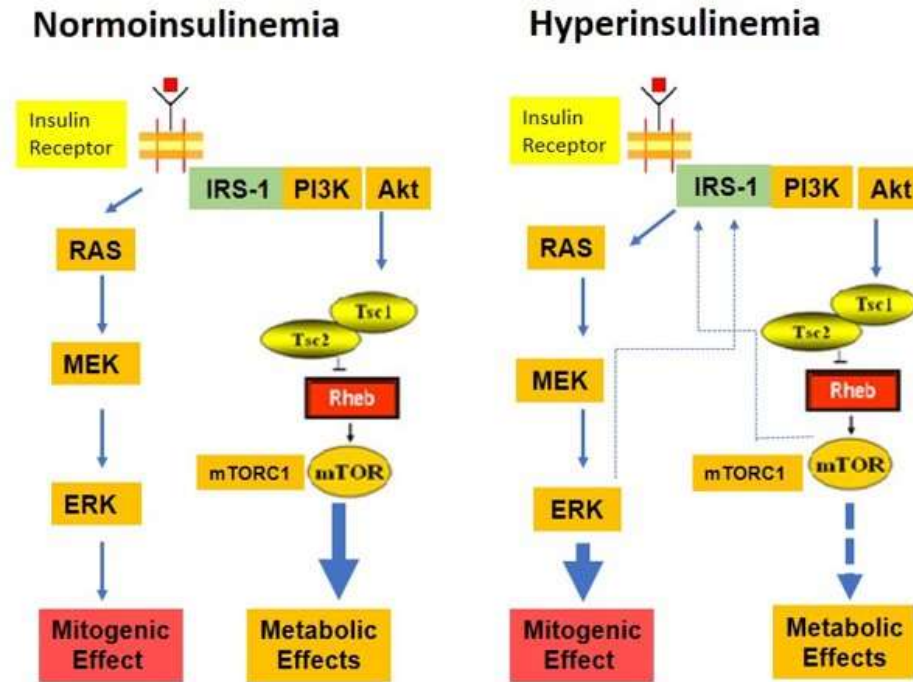
Breast Cancer associated with:

- Fetal Macrossomia
- High WC
- High Blood Pressure
- Metabolic Syndrome
- Insulin resistance (HOMA-RI>2.2)

The risk was proportional to the number of MetS components

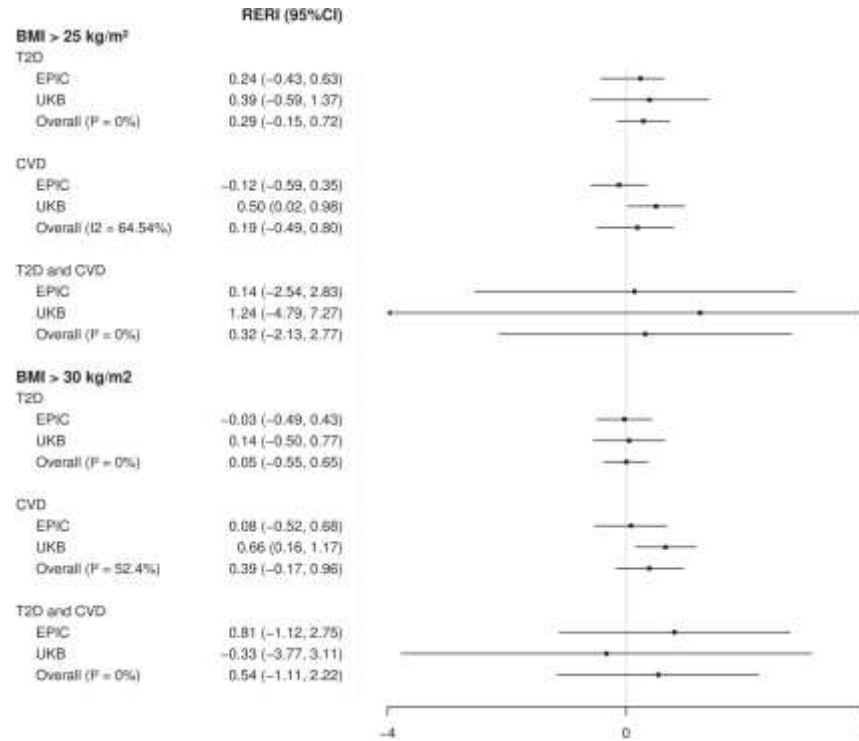
Ana Paula Santos. Falência dos Mecanismos de Regulação Endócrina na Obesidade e sua relação com a Carcinogênese Mamária. 2004. <http://hdl.handle.net/10216/14341>.

PI3K/Akt/mTOR pathway is a major key in establishing the connection between metabolism (Insulin Resistance and Hyperinsulinism) and Cancer



(Adapted from "Diabetes and cancer. Paolo Vigneri, et. al. ERC, 2009)

Body mass index and cancer risk among adults with and without cardiometabolic diseases: evidence from the EPIC and UK Biobank prospective cohort studies. Emma Fontvieille, et. Al. *BMC Medicine* volume 21, 418 (2023)




➤ Irrespective of CMD status, **higher BMI increased the risk of obesity-related cancer among European adults.**

➤ The additive interaction between obesity and CVD suggests **that obesity prevention would translate into a greater cancer risk reduction among population groups with CVD than among the general population.**

Health & Medicine

Obesity could overtake smoking as biggest preventable cause of cancer in women

 by Cancer Research UK | News
24 September 2018

 0 comments

 3 mins read



“Right now, obesity is projected to replace tobacco as the leading modifiable risk factor for many cancers,” said ASCO Immediate Past President Clifford A. Hudis, MD, FACP m(2014).

When addressing ASCO membership at the 2014 ASCO Annual Meeting, Dr. Hudis stressed that **obesity has the potential to reverse the gains oncologists have made in fighting cancer during the past 50 years.**

Factores Modificáveis para Cancro e Diagnóstico Precoce



Álcool e Cancro



Sedentarismo e Cancro



Alimentação e Cancro



Obesidade e Cancro



Amamentação, Menopausa e Cancro da Mama



Amamentação e Cancro da Mama

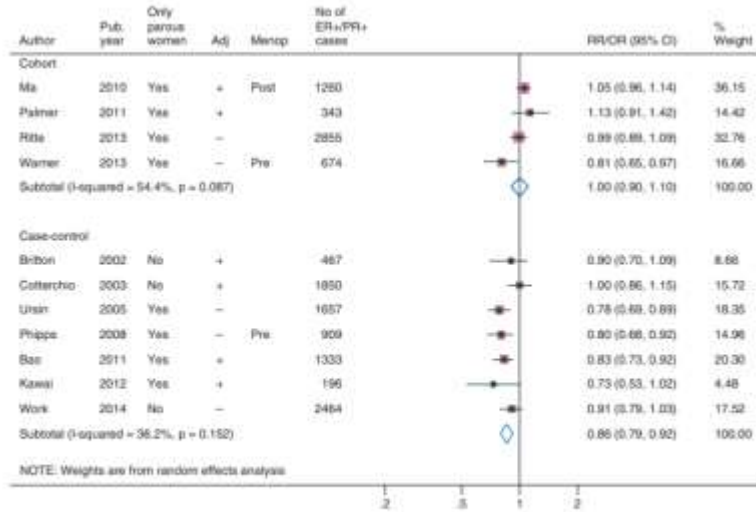


Figure 4. Association between ever breastfeeding and the breast cancers that were positive for both estrogen and progesterone receptors. Adj, adjusted for at least age, body mass index, parity, and family history of breast cancer; Menop, menopausal status of study participants ('Pre' and 'Post' indicate that participants were premenopausal or postmenopausal women, respectively); Pub. year, publication year.

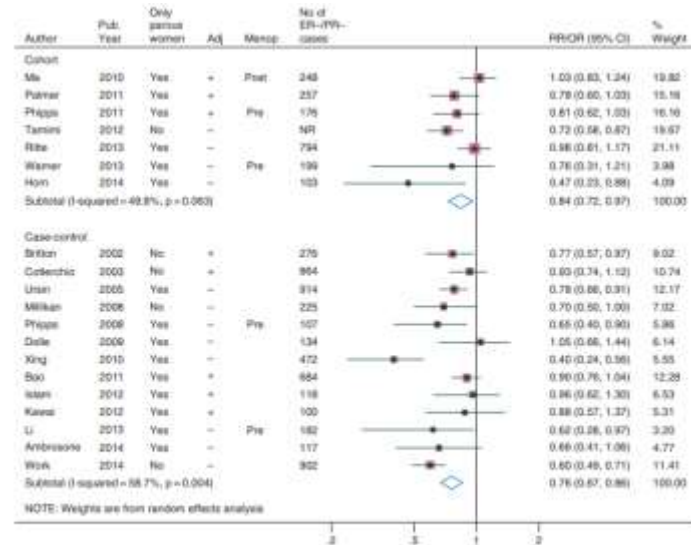
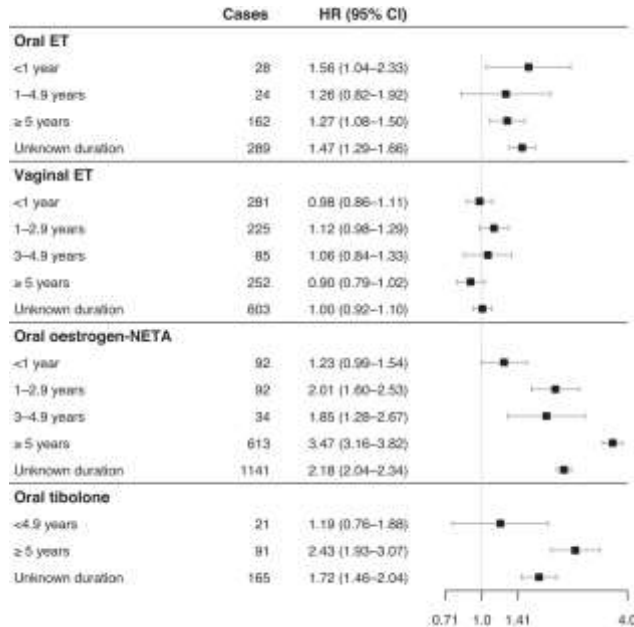


Figure 5. Association between ever breastfeeding and the breast cancers that are negative for both estrogen and progesterone receptors. Adj, adjusted for at least age, body mass index, parity, and family history of breast cancer; Menop, menopausal status of study participants ('Pre' and 'Post' indicate that participants were premenopausal or postmenopausal women, respectively); No, not reported; Pub. year, publication year.

- ✓ The relative risk of breast cancer is decreased by 4.3% (CI 2.9–5.8) for every 12 months of breastfeeding, which was in addition to the 7.0% (CI 5.0–9.0) decrease in risk observed for each birth.
- ✓ In the context of a high-income country such as the UK, a woman who has two children and breastfed for 12 months with each child will have reduced her risk of breast cancer by 8.6%.
- ✓ No reduction in the risk for hormone-receptor positive (HR+) BC associated with breastfeeding but found a 20% reduction in the risk of triple-negative BC (TNBC). Association of Breastfeeding and HER+ and BC is controversial.



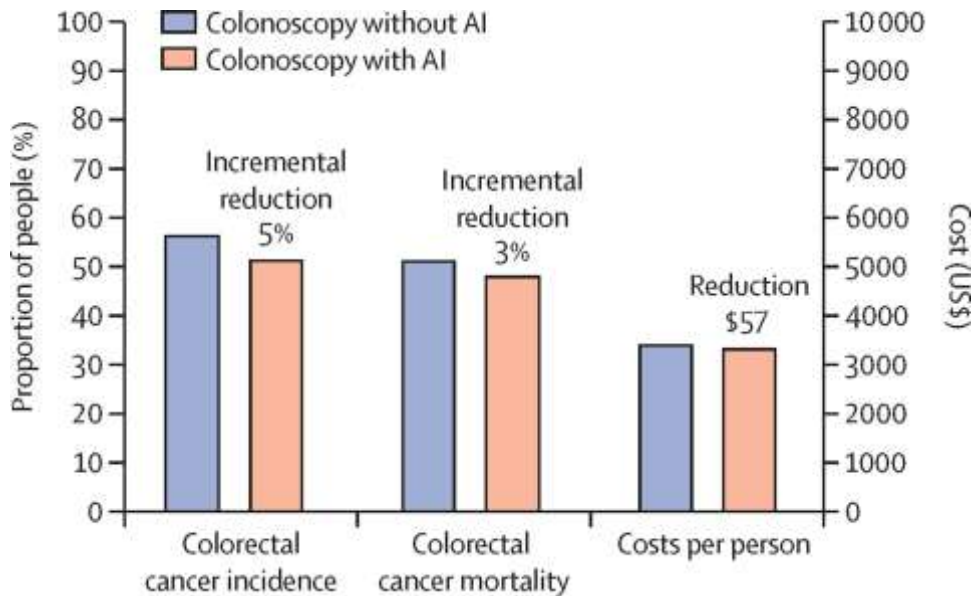
Terapêutica Hormonal Substituição (THS) na Menopausa e Cancro da Mama



- ✓ **Combination therapy with E/P demonstrated a significantly increased risk, with a hazard ratio of 1.2.**
- ✓ **This risk remained elevated for several years after discontinuation HRT but then declined rapidly.**
- ✓ **After the results of the WHI study were made public, a decline in BC incidence was noted in the US.**
- ✓ **In the WHI study, postmenopausal women on combination E/P HRT had an average increase of 6% in mammographic density vs aprox 1% decrease in placebo group over the same period.**

The use of oral and transdermal HT was associated with an increased risk of BC. The associations varied according to HT type, individual drugs, molecular subtype, detection mode and BMI. British Journal of Cancer (2024) 131:126–137

Rastreio do Cancro – Diagnóstico Precoce (Prevenção Secundária)



Expected risk of colorectal cancer incidence and mortality of colonoscopy screening with and without AI compared with non-screening. Estimated costs per person are also presented. Lancet Digit Health 2022 Published Online April 13, 2022 [https://doi.org/10.1016/S2589-7500\(22\)00042-5](https://doi.org/10.1016/S2589-7500(22)00042-5)

- ✓ Colo Útero
- ✓ Cancro da Mama
- ✓ Cancro Coloretal

- ✓ Pele
- ✓ Cavidade Oral
- ✓ Estômago
- ✓ Ovário
- ✓ Pulmão.....

Estilo de Vida nos doentes com Cancro (Prevenção terciária)

Postdiagnosis body fatness, recreational physical activity, dietary factors and breast cancer prognosis: Global Cancer Update Programme (CUP Global) summary of evidence grading

Summary of evidence matrix	All-cause mortality	Breast cancer mortality	Breast cancer recurrence	Second primary Breast cancer	Nonbreast cancer mortality	CVD mortality
Diet						
Pre-defined healthy dietary and lifestyle patterns	Strong - Convincing	Limited - Suggestive	Limited - Suggestive	Limited - Suggestive	Limited - Suggestive	Limited - Suggestive
Dietary patterns conceived for interventional trials - Low fat dietary pattern	Limited - Suggestive	Limited - Suggestive	Limited - Suggestive	Limited - Suggestive	Limited - Suggestive	Limited - Suggestive
Data-driven dietary patterns	Limited - Suggestive	Limited - Suggestive	Limited - Suggestive	Limited - Suggestive	Limited - Suggestive	Limited - Suggestive
Fruit and vegetables						
Fruits	Limited - Suggestive	Limited - Suggestive	Limited - Suggestive	Limited - Suggestive	Limited - Suggestive	Limited - Suggestive
Vegetables	Limited - Suggestive	Limited - Suggestive	Limited - Suggestive	Limited - Suggestive	Limited - Suggestive	Limited - Suggestive
Cruciferous vegetables	Limited - Suggestive	Limited - Suggestive	Limited - Suggestive	Limited - Suggestive	Limited - Suggestive	Limited - Suggestive
Wholegrains	Limited - Suggestive	Limited - Suggestive	Limited - Suggestive	Limited - Suggestive	Limited - Suggestive	Limited - Suggestive
Meat (meat, red meat, processed meat, red and processed meat ¹ , poultry)	Limited - Suggestive	Limited - Suggestive	Limited - Suggestive	Limited - Suggestive	Limited - Suggestive	Limited - Suggestive
Fish	Limited - Suggestive	Limited - Suggestive	Limited - Suggestive	Limited - Suggestive	Limited - Suggestive	Limited - Suggestive
Dairy products (total, high fat, low fat)	Limited - Suggestive	Limited - Suggestive	Limited - Suggestive	Limited - Suggestive	Limited - Suggestive	Limited - Suggestive
Soy foods (isoflavones and soy protein)	Limited - Suggestive	Limited - Suggestive	Limited - Suggestive	Limited - Suggestive	Limited - Suggestive	Limited - Suggestive
Carbohydrates	Limited - Suggestive	Limited - Suggestive	Limited - Suggestive	Limited - Suggestive	Limited - Suggestive	Limited - Suggestive
Protein (total, animal, vegetable)	Limited - Suggestive	Limited - Suggestive	Limited - Suggestive	Limited - Suggestive	Limited - Suggestive	Limited - Suggestive
Fat (total fat, SFA, MUFA, PUFA, marine fats, trans fatty acids)	Limited - Suggestive	Limited - Suggestive	Limited - Suggestive	Limited - Suggestive	Limited - Suggestive	Limited - Suggestive
Dietary fibre	Limited - Suggestive	Limited - Suggestive	Limited - Suggestive	Limited - Suggestive	Limited - Suggestive	Limited - Suggestive
Alcoholic drinks	Limited - Suggestive	Limited - Suggestive	Limited - Suggestive	Limited - Suggestive	Limited - Suggestive	Limited - Suggestive
Dietary supplements	Limited - Suggestive	Limited - Suggestive	Limited - Suggestive	Limited - Suggestive	Limited - Suggestive	Limited - Suggestive
Serum vitamin D [25(OH)D]	Limited - Suggestive	Limited - Suggestive	Limited - Suggestive	Limited - Suggestive	Limited - Suggestive	Limited - Suggestive
Foods containing vitamin D	Limited - Suggestive	Limited - Suggestive	Limited - Suggestive	Limited - Suggestive	Limited - Suggestive	Limited - Suggestive
Vitamin D supplement	Limited - Suggestive	Limited - Suggestive	Limited - Suggestive	Limited - Suggestive	Limited - Suggestive	Limited - Suggestive
Body fatness						
Body mass index	Strong - Probable	Strong - Probable	Strong - Probable	Strong - Probable	Strong - Probable	Strong - Probable
Waist circumference	Strong - Probable	Strong - Probable	Strong - Probable	Strong - Probable	Strong - Probable	Strong - Probable
Waist-to-hip-ratio	Strong - Probable	Strong - Probable	Strong - Probable	Strong - Probable	Strong - Probable	Strong - Probable
Weight(BMI) change	Limited - Suggestive	Limited - Suggestive	Limited - Suggestive	Limited - Suggestive	Limited - Suggestive	Limited - Suggestive
Physical activity						
Recreational physical activity	Limited - Suggestive	Limited - Suggestive	Limited - Suggestive	Limited - Suggestive	Limited - Suggestive	Limited - Suggestive

Increases risk

■ Strong - Convincing
 ■ Strong - Probable
 ■ Limited - Suggestive

Conclusions key

■ Limited - No conclusion
 ■ Limited - Suggestive

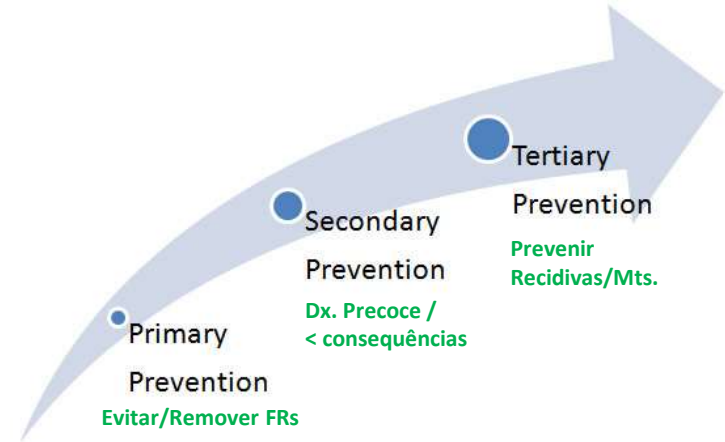
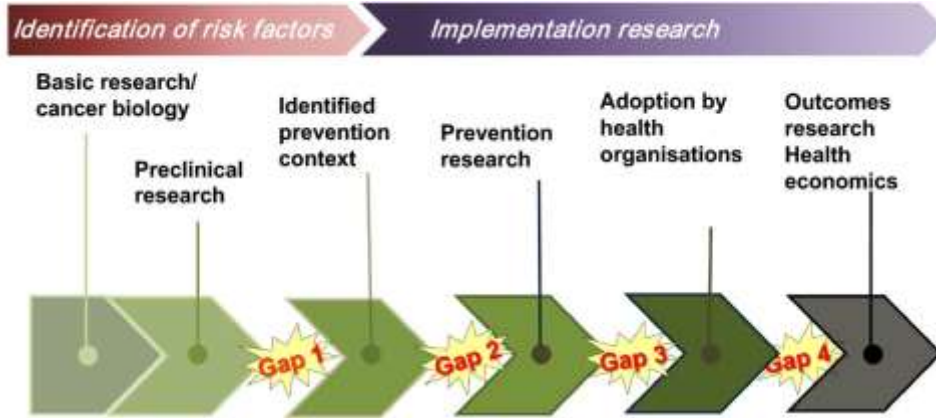
Decreases risk

■ Strong - Probable
 ■ Strong - Convincing

Note: Empty cells included few or no studies and were not assigned an evidence grade.

- ✓ Após o Diagnóstico
- ✓ Evitar recidivas
- ✓ Reduzir Mortalidade
- ✓ Manter a QoL

Em Resumo....



- ✓ The growing cancer problem **can only be significantly modified by concerted action involving prevention to decrease incidence, early detection and treatment** to increase the cure rate,
- ✓ and **personalised/precision cancer medicine** to adapt early detection and treatment to the biology of a tumour
- ✓ with **the aim of increasing the cure rate, prolonging survival and improving health-related quality of life.**

12 WAYS TO REDUCE YOUR CANCER RISK

BASED ON THE EUROPEAN CODE AGAINST CANCER

Did you know that about half of all cancers could be avoided?

What can you do to reduce your risk of cancer?

1 DO NOT SMOKE

This is the most important way to reduce your risk of cancer. Quitting now can greatly reduce your risk.



2 AVOID SECOND-HAND SMOKE

Keep your home and workplace smoke-free. Second-hand smoke increases the risk of lung cancer and heart disease in non-smokers.



3 BE A HEALTHY WEIGHT

As the number of obese people increases, so does the chance of developing various cancers. There seems to be a healthy body weight for being physically active and eating a healthy diet.



4 BE PHYSICALLY ACTIVE IN EVERYDAY LIFE

Limit the time you spend sitting and stand for at least 30 minutes of moderate physical activity a day.



5 HAVE A HEALTHY DIET

Eat fruit, vegetables, whole grains and nuts. Limit foods high in sugar, salt and fat. Avoid processed meats such as hot dogs and bacon.



6 AVOID ALCOHOL

Drinking alcohol increases the risk of head, neck, liver, stomach, breast, colorectal and esophageal cancers.



7 AVOID TOO MUCH SUN

Skin cancer is the most common cancer in Ireland with over 15,000 new cases diagnosed in 2015. Use SunSmart, get 15000 UVB and visible light protection in clothing and footwear.



8 POLLUTANTS

Protect yourself from air pollution and other pollutants.



9 RADIATION

Protect yourself from radiation. Avoid unnecessary X-rays and CT scans. If you have a family history of cancer, talk to your doctor. Find out more information on cancer risks from the Environmental Protection Agency, www.epa.ie



10 ADVICE FOR WOMEN

Regular screening is proven to reduce the risk of cancer. Get to know your body. Report any changes to your doctor. Get a Pap test. Get a mammogram. Get a PSA test.



11 GET VACCINATIONS

Some cancers are caused by viruses and bacteria. Stay up to date on your vaccinations. Get vaccinated against HPV, hepatitis B, hepatitis C, hepatitis A, and pneumococcal pneumonia.



12 GET SCREENED FOR CANCER

Screening is checking for cancer or conditions that may lead to cancer in people who have been asymptomatic. Talk to your doctor about cancer screening opportunities for breast, colorectal, cervical, and prostate cancer.



Irish Cancer Society

We won't give up until cancer does.

Find out more about the [European Code Against Cancer](http://www.cancer.ie/europeancode) and ways to reduce your cancer risk on www.cancer.ie/europeancode or call: 1800 200 700

EAT FOOD, NOT TOO MUCH, MOSTLY PLANTS

AVOID PROCESSED FOODS

REDUCE ADDED SUGARS

MEAT IN MODERATION

7 Cancer Prevention Tips in Your Kitchen

LIMIT ALCOHOL INTAKE

EAT PLENTY OF ANTI-INFLAMMATORY FOOD

FIND YOUR HEALTHY WEIGHT

'This Food Will Kill You, That Food Will Save You'

(Freedhoff, Y . [Medscape Diabetes & Endocrinology, 2021](#))

12

WAYS TO REDUCE
YOUR CANCER RISK

The background features several decorative teal-colored geometric shapes. In the top left, there are three circles of varying sizes and a curved line. In the top right, there is a thick curved line. In the bottom left, there is a thick curved line. In the bottom right, there is a large, solid teal circle. The text "Muito Obrigada!" is centered in the middle of the page.

Muito Obrigada!



**JORNADAS
DE MEDICINA
IPO PORTO**