

# Lifestyle interventions in the prevention and treatment of cancer

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There is clear evidence that lifestyle choices affect the incidence and treatment of cancer, according to a study published in the current issue of *American Journal of Lifestyle Medicine* (AJLM).

The article "Lifestyle Interventions in the Prevention and Treatment of [Cancer](#)" looks at recent research on the five most common forms of cancer (lung, colorectal, breast, prostate and skin) and how some risk factors for these cancers can be lifestyle based and therefore controllable through alterations in human behavior. A Webinar based on the article will be moderated by James M. Rippe, MD, Editor-in-Chief of AJLM, and presented by lead author Clarence H. Brown III, MD, president and CEO of M.D. Anderson Cancer Center Orlando. Participants can earn 1 CME while learning about:

- lifestyle interventions that have been shown to be effective in preventing cancers
- recent evidence for specific lifestyle behaviors for specific cancers
- how to counsel patients for appropriate lifestyle behaviors to lower [cancer risk](#)

"While a universal cure for all types of cancer is still not in the foreseeable future," write the authors in the article, "changes in [lifestyle](#)

- adhering to a [healthy diet](#), regular exercise, and avoiding smoking and excessive exposure to ultraviolet radiation - can decrease the incidence of cancer."

Source: SAGE Publications

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