

Does work stress increase cancer risk?

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In an *International Journal of Cancer* study of data on more than 280,000 people from North America and Europe, work stress was associated with a significantly increased risk of colorectal, esophagus, and lung cancers.

When looking more closely at the data, investigators observed a link between work stress and colorectal cancer in North America, but not in Europe.

By contrast, a significant association between work stress and esophagus cancer was found in Europe, but not in North America. In addition, there was no association between [work stress](#) and the risk of prostate, breast, or ovarian cancers.

"There are several biological mechanisms whereby stress in work may lead to cancer," the authors wrote.

More information: Tingting Yang et al, Work stress and the risk of cancer: A meta-analysis of observational studies, *International Journal of Cancer* (2018). [DOI: 10.1002/ijc.31955](https://doi.org/10.1002/ijc.31955)

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