

Weight loss surgery may reduce the risk of colorectal cancer

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Weight loss surgery may reduce the risk of developing colorectal cancer by one-third, according to an analysis of all relevant published studies. The findings are published in *BJS (British Journal of Surgery)*.

Obesity increases the risk of many conditions, including type 2 diabetes, cardiovascular diseases, and most cancers, including [colorectal cancer](#). The *BJS* analysis, which included seven studies with a total of 1,213,727 patients and an average follow-up of seven years, was conducted because individual studies have presented conflicting results.

The overall risk of developing colorectal cancer was 3 in 1,000 in patients with obesity who underwent weight loss surgery, compared with 4 in 1,000 in those who did not.

"Day by day, the [scientific community](#) is continuing to uncover the benefits of weight loss surgery, and this paper affirms this," said lead author Sulaiman Almazeedi, MD, of Jaber Al-Ahmed Hospital, in Kuwait. "Obesity today remains one of the most preventable causes of morbid disease and early death, and despite the controversy, we believe [weight loss surgery](#) can be an important tool in tackling this epidemic."

More information: S. Almazeedi et al, Role of bariatric surgery in reducing the risk of colorectal cancer: a meta-analysis, *British Journal of Surgery* (2020). [DOI: 10.1002/bjs.11494](https://doi.org/10.1002/bjs.11494)

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