

Changes in lifestyle habits linked to colorectal cancer risk

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Lifestyle habit changes are associated with colorectal cancer (CRC) risk,

according to a study published online Dec. 2 in *The American Journal of Gastroenterology*.

Edoardo Botteri, Ph.D., from the Cancer Registry of Norway in Oslo, and colleagues examined changes in [lifestyle habits](#) and their associations with CRC development using baseline and follow-up questionnaire data from the European Prospective Investigation into Cancer cohort. A healthy lifestyle index (HLI) score was developed based on smoking status, [alcohol consumption](#), body mass index, and [physical activity](#) (range, 0 [most unfavorable] to 16 [most favorable]).

The researchers observed 2,799 CRC cases among 295,865 participants during a median of 7.8 years. Each unit increase in HLI from baseline to follow-up was associated with a significant 3 percent reduction in CRC risk. For patients in the top tertile at baseline, the risk for CRC was higher for those in the bottom tertile at follow-up versus those remaining in the top tertile (hazard ratio, 1.34; 95 percent confidence interval, 1.02 to 1.75). For those in the bottom tertile at baseline, risk was lower for those in the top tertile at follow-up compared with those remaining in the bottom tertile (hazard ratio, 0.77; 95 percent confidence interval, 0.59 to 1.00).

"Changes in lifestyle habits in [adult life](#) are associated with the risk of CRC," the authors write. "Favorable changes were associated with a reduced risk of CRC, whereas unfavorable changes were associated with an increased risk of CRC."

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