

Lifestyle counseling program may reduce risk of certain cancers

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A 5-year healthy lifestyle counseling program for adult men was linked with a reduced risk of developing cancers related to overweight, diet, and smoking over 25 years. As reported in the *Journal of Internal Medicine*, the intervention did not reduce the overall cancer risk in the very long term.

The study is a 43-year follow-up of the Oslo diet and antismoking study, which recruited men at high risk for [cardiovascular disease](#) in 1972-73. Previous research revealed that the counselling intervention had a clear benefit for reducing [cardiovascular disease risk](#) in these men. So far, evidence for effects of lifestyle interventions on cancer have been limited, but this Norwegian study showed that advice for a heart-friendly lifestyle also could prevent some cancers in the long term.

"This study showed that changes to a healthier diet and stopping smoking in adult life will reduce risk of some lifestyle-related cancer forms, which are on the rise in the population", said senior author Dr. Paula Berstad, of the Cancer Registry of Norway.

More information: E. Botteri et al, Exploring the effect of a lifestyle intervention on cancer risk: 43-year follow-up of the randomized Oslo diet and antismoking study, *Journal of Internal Medicine* (2018). [DOI: 10.1111/joim.12765](https://doi.org/10.1111/joim.12765)

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