

## Cancer is Preventable

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Obesity-related cancers are on the rise, making this disease spectrum a top concern for public health. Obesity is significantly increased in developing and under developing countries. WHO estimates that 38 million children under the age of five are overweight or obese while 340 million children and teenagers between the ages of 5 and 19 years were overweight or obese. Many researches suggested the association of obesity and cancer. Obesity is a significant risk factor for cancer and a leading cause of death around the world. There is a growing evidence that obesity is strongly linked with certain types of cancers. Obesity has a higher risk of developing the metabolic syndrome, cardiovascular disease, type 2 diabetes, non-alcoholic fatty liver disease, polycystic ovarian syndrome, infertility and an increased risk of cancer, among other consequences. Physical inactivity, sedentary behavior, and poor dietary patterns are all being investigated for their links to cancer. Fortunately, these factors are manageable. According to the American Cancer Society, 30 - 40% of cancer deaths in the United States each year could be avoided through lifestyle modifications such as increased physical activity, decreased sedentary behavior and healthy eating patterns. Cancer is preventable we can change the dietary patterns of the children by guiding them about portion sizes and incorporated healthy eating snacks. Mutually physical activity and sedentary behavior are modifiable lifestyle factors which can prevent many detrimental health outcomes. Majority of the deaths worldwide are preventable and are related to nutrition.

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