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OBESITY AS A RISK FACTOR FOR COLON CANCER

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Background & Aim: Obesity is becoming a world public health problem, which is related to an increased risk of cancer. The aim of our study is to evaluate the relation between obesity and colon cancer through the detection of adenomatous polyps during colonoscopy.

Methodology: All patients that underwent total colonoscopy for a variety of reasons were prospectively evaluated in a one year period. Parameters evaluated were BMI, age, number and type of polyps detected. BMI>24.9 and >29.9 were considered overweight and obese respectively. Patients with and without detected polyps were compared in terms of BMI. Statistical analysis was performed with Instat program, using Fisher's exact test.

Results: 120 patients of a mean age of 60 (range 20-87) years entered our study, being 58 female and 42 male. Mean BMI was 25.7. 46.6% of the patients were overweight or obese (overweight n=36/obese n=20) 84 of the 120 patients had polyps (70%): in obese patients 19/20 (95%) had polyps (16 adenomatous) and in overweight group 27/36 (75%) had polyps (21 adenomatous). The comparison between the obese and overweight group with

the group with normal BMI was statistically significant ($p<0.0001$ and $p 0.0002$, respectively).

Conclusions: Patients with overweight or obesity have an increased risk of colon cancer, if we consider the number of adenomatous polyps detected. Colonoscopy is an important tool for prevention of colon cancer in this population.

Biography

Lucia Oliveira is a Director Anorectal Physiology Dept. of Rio de Janeiro and CEPED. She is a Colorectal Surgeon in Hospital Casa de Saude Sao Jose, Rio de Janeiro. She pursued her PhD in Colorectal Surgery – University of Sao Paulo. She is a Research Fellow of Cleveland Clinic Florida and International Fellow of American Society of Colon and Rectal Surgeons. She is also the Titular member of Brazilian College of Surgeons and Brazilian Colorectal Society

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