

Individuals with a cancer diagnosis should consult an appropriately trained health professional as soon as possible, who can take each person's circumstances into account. But unless advised otherwise, and if at all possible, cancer survivors are advised to follow the eight previous recommendations after the acute stage of treatment.

Formidable Challenge of Changing Lifestyle

"The first step in making changes is the awareness that changes need to be made," explained Brockton. "The 2017 AICR Cancer Risk Awareness Survey revealed that less than 50% of respondents knew that having overweight or obesity was linked to cancer, despite it being linked to 12 types of cancer."

"This report provides the robust and reliable scientific evidence to support individuals to make effective changes to their lifestyle, health professionals to advise their patients, and governments to implement policies that make healthier choices more accessible and affordable," he said.

"We call on governments to prioritize cancer prevention through the development and implementation of effective policies in order to address the rising burden of cancer in the US," he added.

People should take the 10 recommendations for cancer prevention seriously. Dr Roman Chlebowski

Rowan Chlebowski, MD, PhD, chief, Division of Medical Oncology and Hematology; City of Hope National Medical Center, Duarte, California, agreed. "I believe that the evidence is strong enough to make a compelling case that people should take the 10 recommendations for cancer prevention seriously," he said in a statement. "A good number of scientific studies support the concept that cancer can be prevented with diet, nutrition, weight management, and physical activity."

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Cite this article: WCRF Blueprint for Lifestyle Changes to Prevent Cancer - *Medscape* - May 23, 2018.