



# Kroppsvekt, vektøkning og kreftrisiko hos kvinner

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En del av forskningsgruppen

**Systemepidemiologi**



**OB\_S\_\_Y**  
is a cause of cancer



# Kroppsvekt - KMI (kg/m<sup>2</sup>)

## Vektstatus



Undervekt  
< 18.5



Normalvekt  
18.5 - 24.9



Overvekt  
25.0 - 29.9

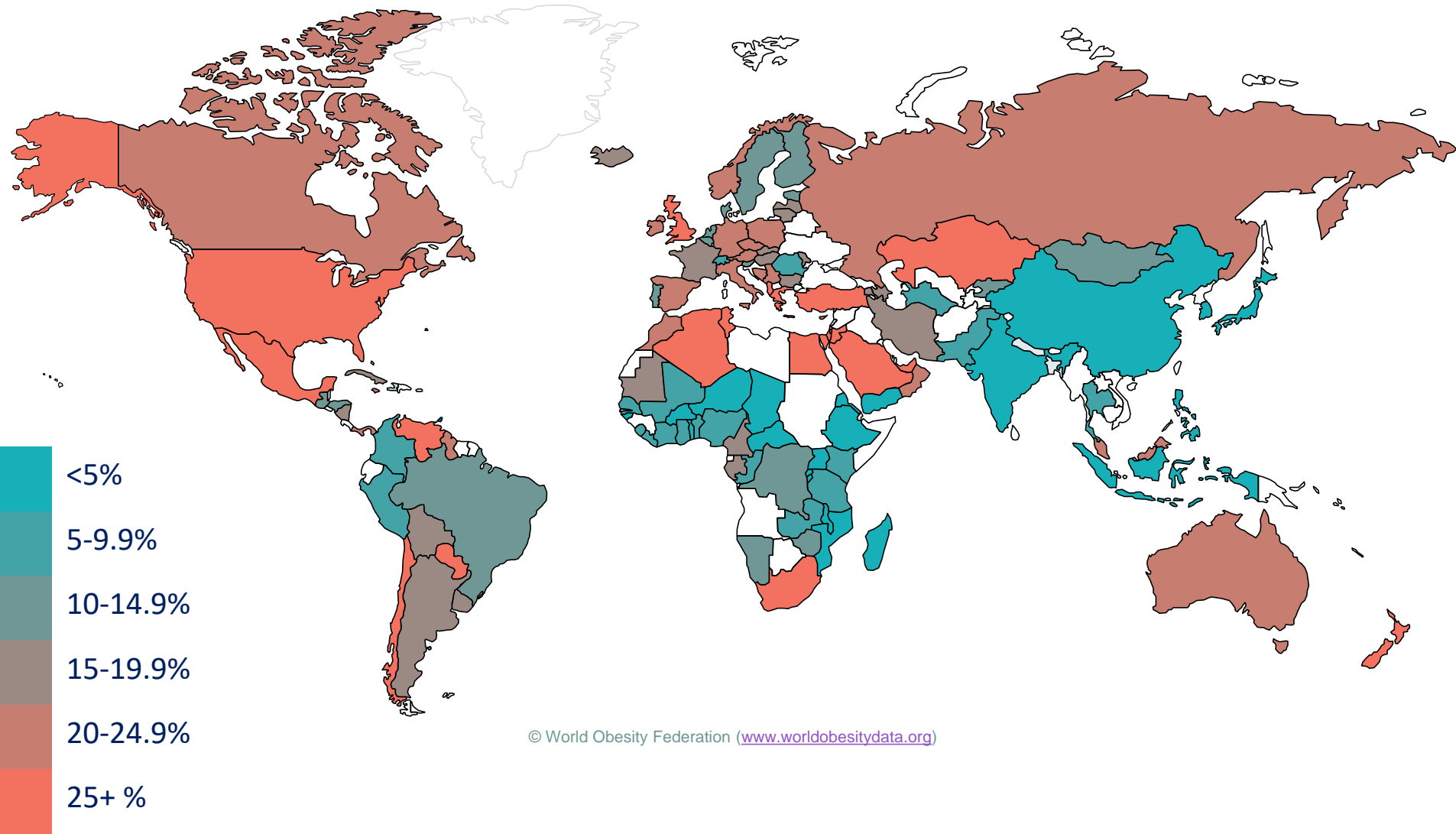


Fedme  
≥ 30

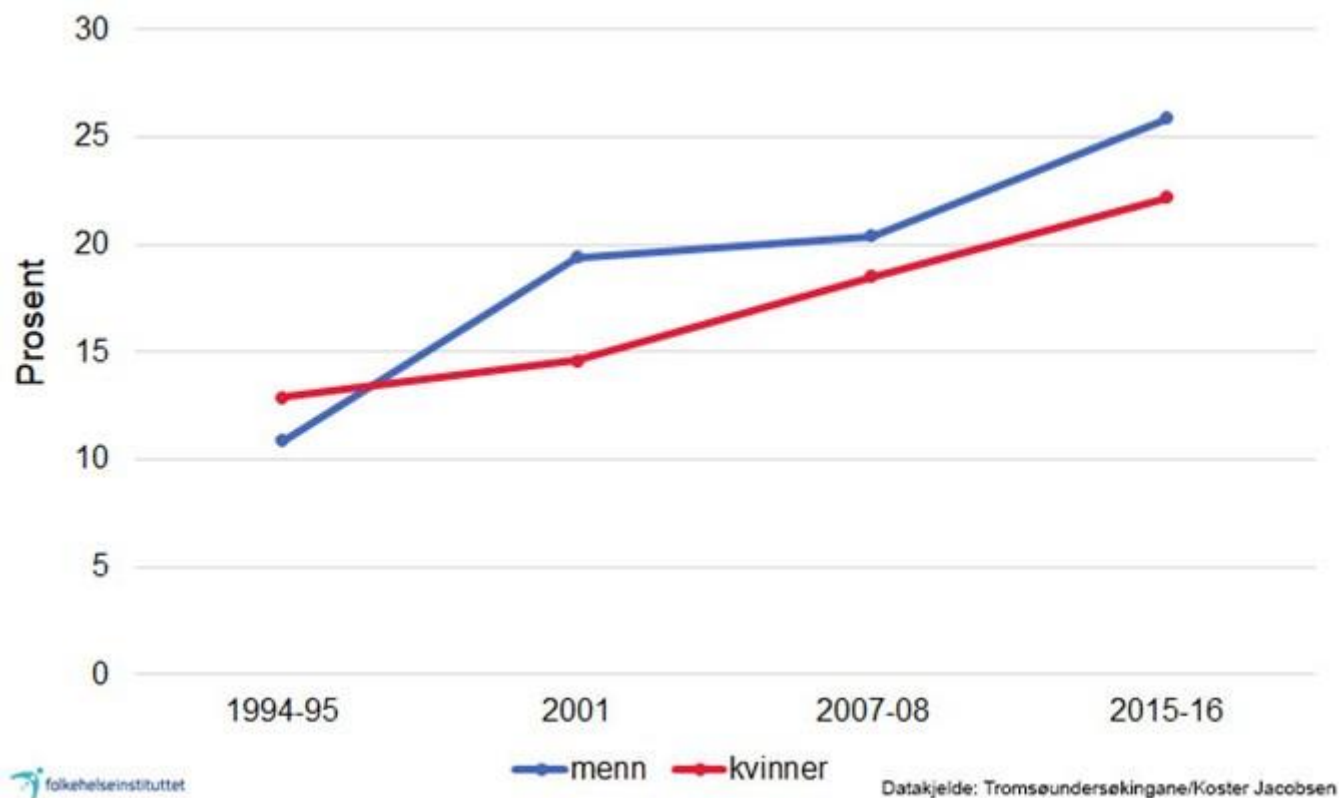


$$\frac{\text{vekt (kg)}}{\text{høyde (m) x høyde (m)}} = \text{KMI}$$

# Kvinner med fedme (KMI $\geq 30$ kg/m<sup>2</sup>) på verdensbasis



# Fedme (KMI $\geq 30$ kg/m<sup>2</sup>) i Norge



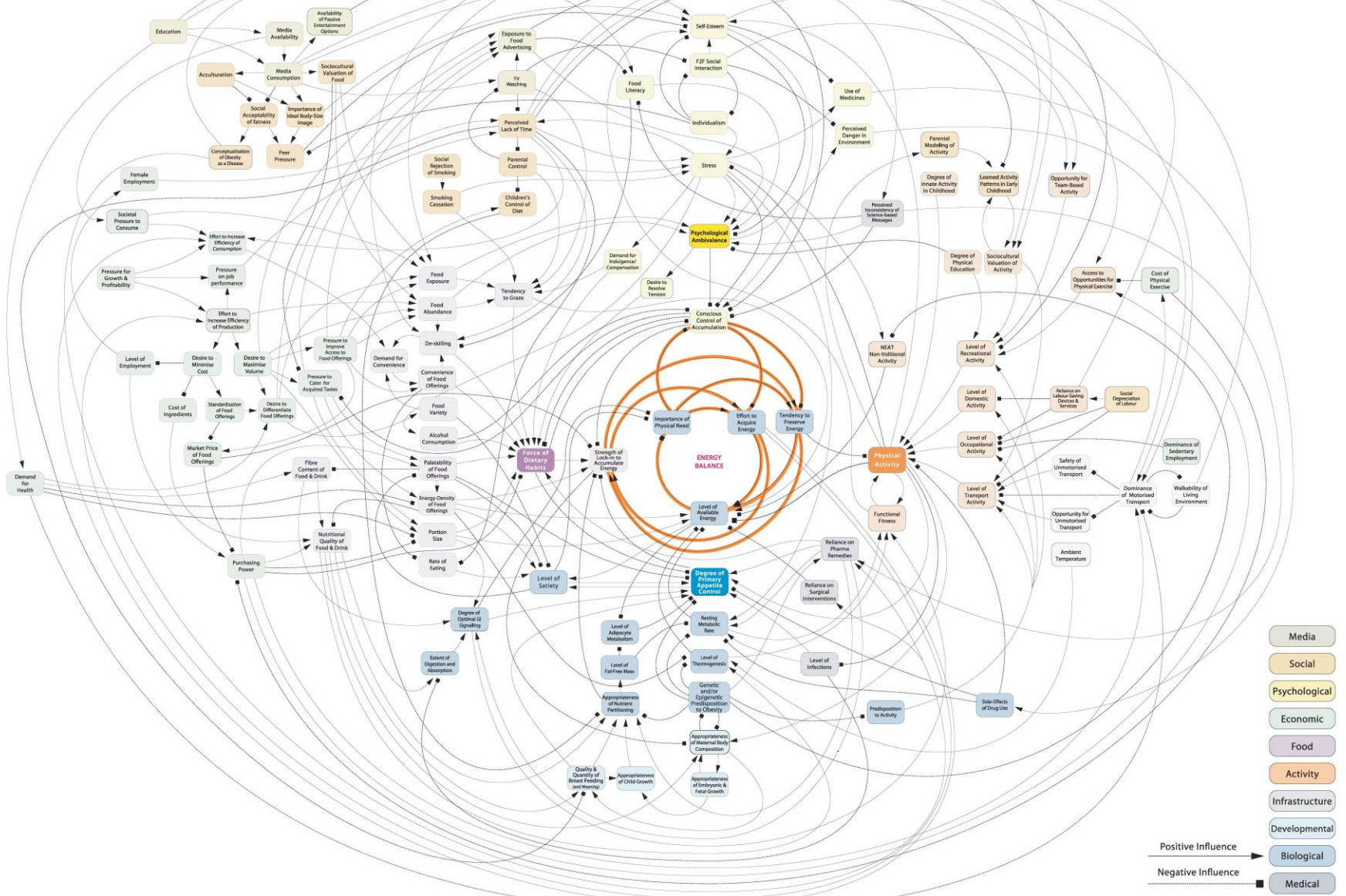
# Vektøkning





# Foresight

## Obesity System Map

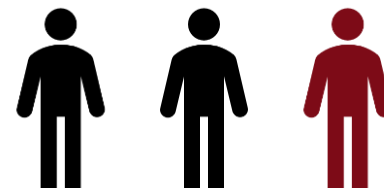


# Kreft øker i verden

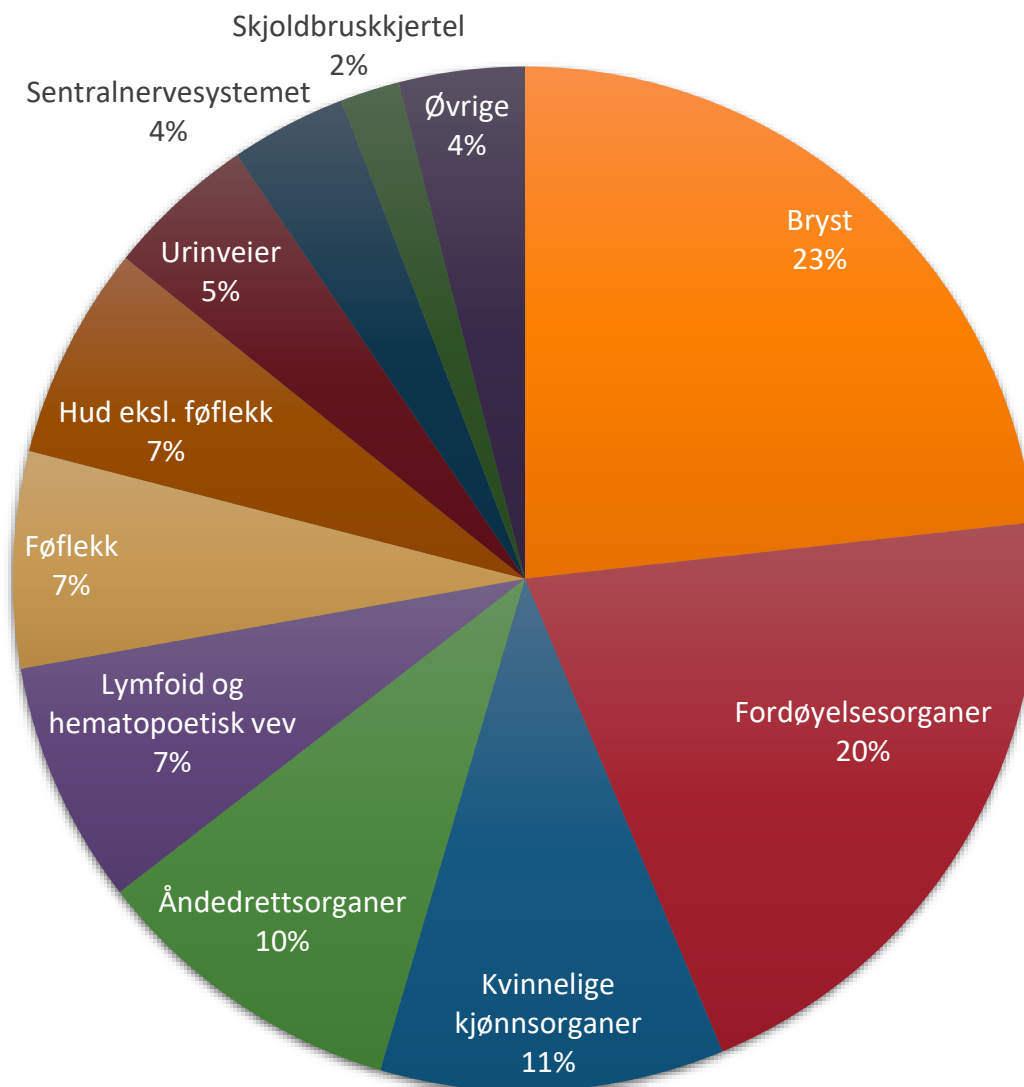


2005

2015

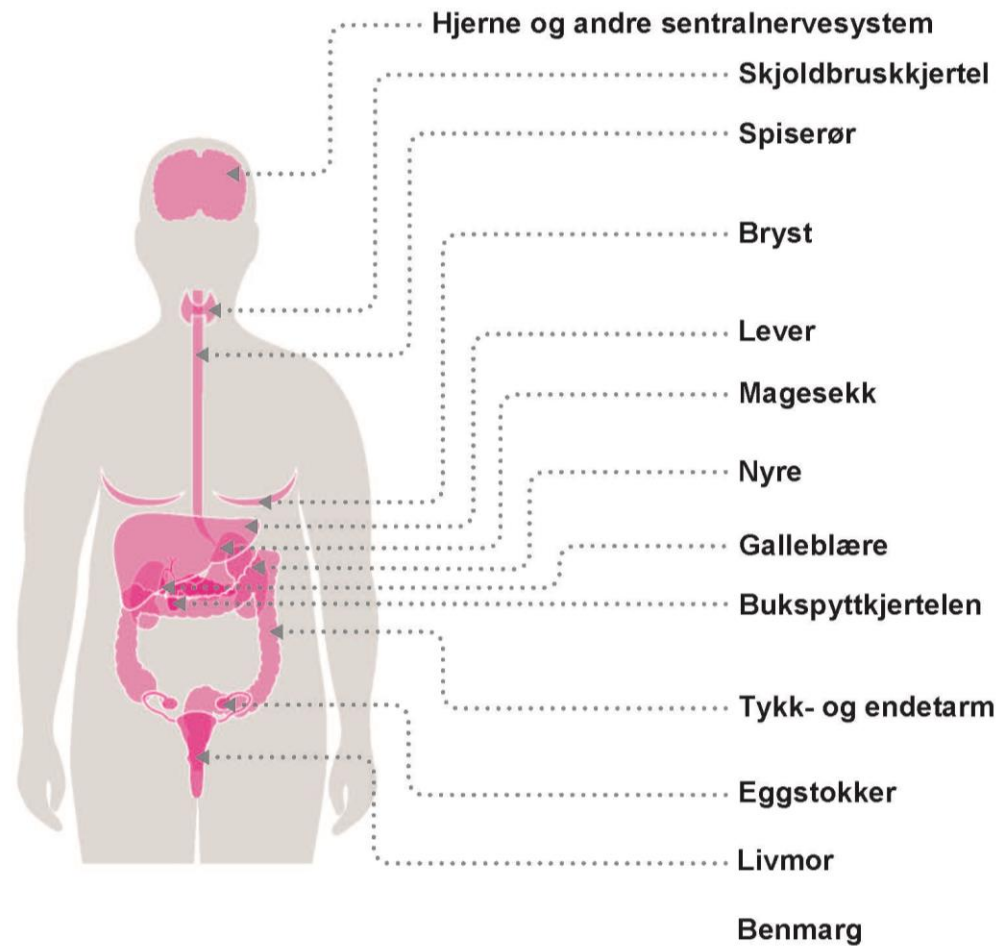


# Kreft oppdelt i hovedgrupper 2017

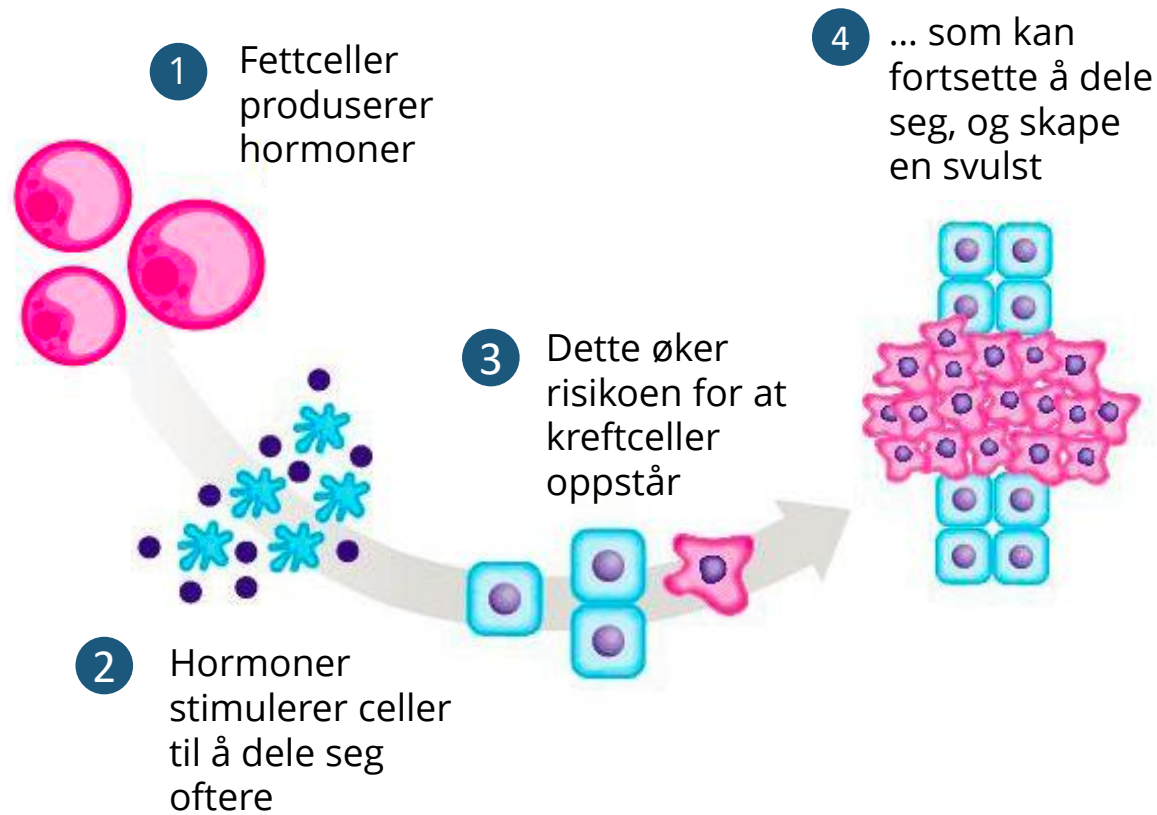


15 443

# 13 fedmerelaterte krefttyper

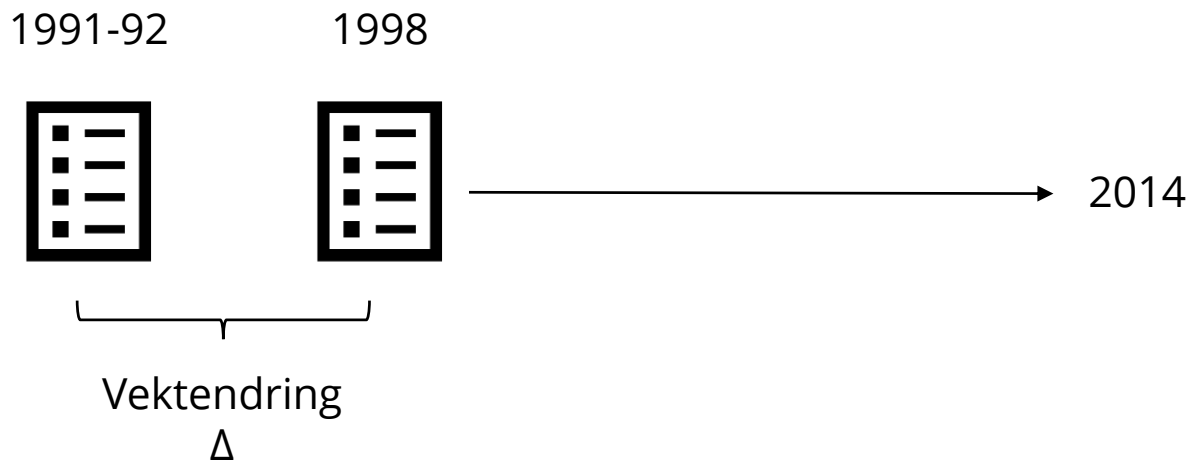


# Hvordan kan fedme forårsake kreft?

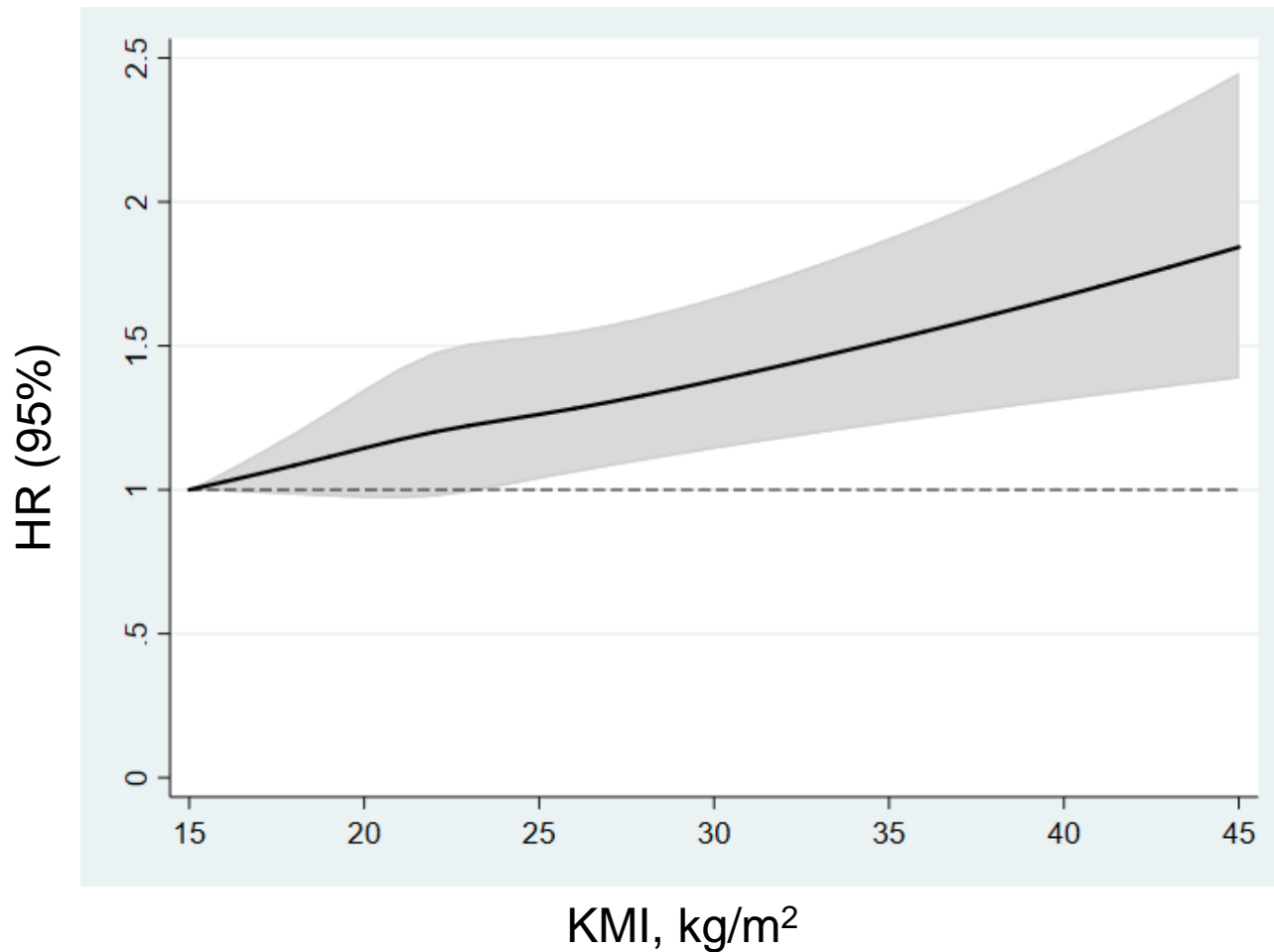


# Kvinner og kreft

- Spørreskjema fra 170 000 kvinner i Norge
- Kreftregisteret

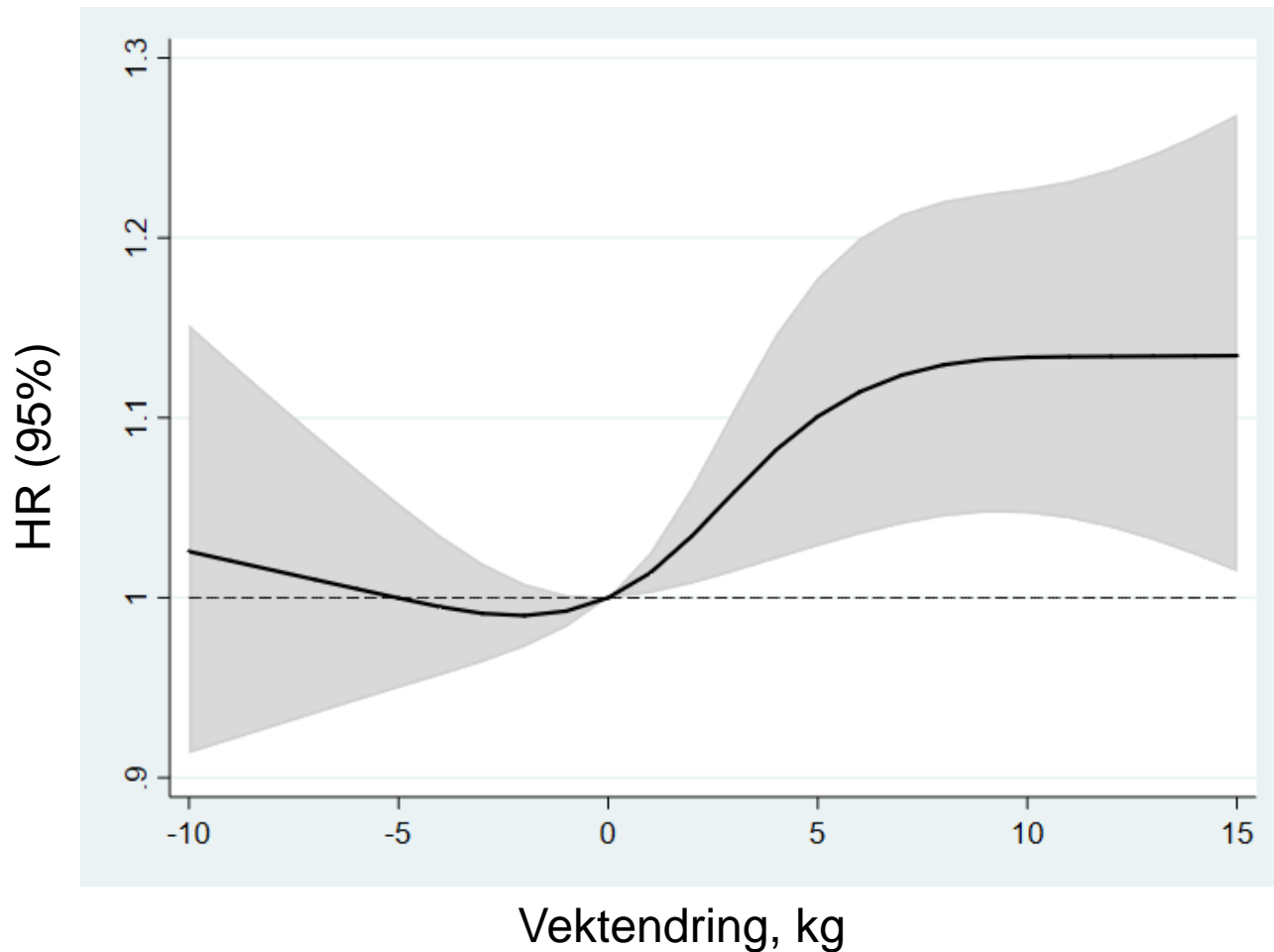


# KMI og fedmerelatert kreft



da Silva M, Weiderpass E, Licaj I, Lissner L, Rylander C. Excess body weight, weight gain and obesity-related cancer risk in women in Norway: the Norwegian Women and Cancer study. Br J Cancer. 2018.

# Vektendring og fedmerelatert kreft

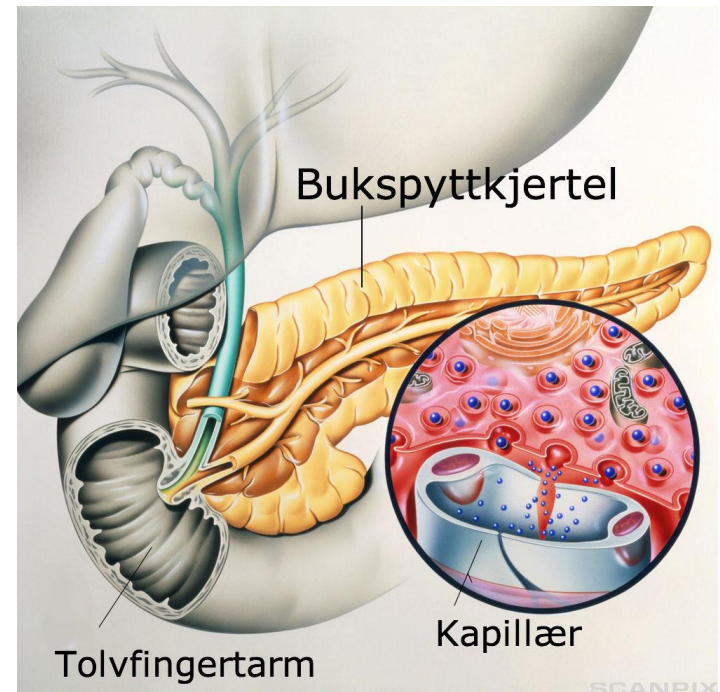


da Silva M, Weiderpass E, Licaj I, Lissner L, Rylander C. Excess body weight, weight gain and obesity-related cancer risk in women in Norway: the Norwegian Women and Cancer study. Br J Cancer. 2018.



# Viktig funn - Bukspyttkjertelkreft

- Vektøkning ( $\geq 10$  kg) øker risikoen med 91%
- Ikke belegg for at fedme øker eller minsker risikoen



<http://scanpix.no>

**END**  
**WEIGHT**  
**STIGMA**





# Noe å tenke på

- 1 Overvekt og fedme øker risikoen for kreft, men...
- 2 ... vektøkning øker også risikoen for kreft uansett utgangspunkt (KMI).



Mye er vunnet ved å holde en stabil vekt.



Spørsmål?

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