

PREVENTING ENDOMETRIAL CANCER

World Cancer Research Fund
American Institute for Cancer Research

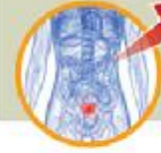
APPROXIMATELY **49,600** CASES OF ENDOMETRIAL CANCER ARE DIAGNOSED EACH YEAR IN THE UNITED STATES.¹



It is the most common cancer of the female reproductive organs.

More cases of endometrial cancer occur each year than ovarian cancer and cervical cancer combined.¹

THE ENDOMETRIUM IS THE MEMBRANE LINING THE UTERUS



EXCESS BODY WEIGHT INCREASES RISK²

BEING ACTIVE DECREASES RISK²



The American Institute for Cancer Research estimates that

59%

of U.S. endometrial cancer cases, or about

3 in 5



could be prevented by being at a healthy weight and being physically active.²

That's roughly **31,000** cases each year that never have to happen.

Yet TODAY...



Roughly 7 out of every 10

American women are overweight or obese.³



More than half of American women

do not get enough activity to protect themselves.⁴

¹ National Cancer Institute website, 2014 ² AICR/WCRF Continuous Update Project Endometrial Cancer 2012 Summary ³ Prevalence of Obesity in the United States, CDC ⁴ Division of Nutrition, Physical Activity and Obesity, National Center for Chronic Disease Prevention and Health Promotion

The evidence is the latest from the AICR/WCRF Continuous Update Project (CUP) which systematically updates and reviews the research conducted worldwide into cancer risk related to diet, physical activity and body weight. All the evidence gathered is then assessed by a panel of independent scientists who make recommendations for cancer prevention.