

# Cancer Prevention Europe Early Career Network Scientific Webinar Series

## Nutrition & Cancer: from prevention- through treatment - to prognosis

Nutrition plays an important role in the occurrence of several types of cancer. Based on the systematic literature review (SLR) of more than 15.000 observational epidemiologic studies, together with animal and human experimental evidence, the WCRF/AICR Second expert report estimated in 2018 that about one third of all frequently occurring cancers could be avoided by healthy food habits and an increase in physical activity.

Based on convincing and probable evidence from this SLR, WCRF/AICR formulated lifestyle guidelines for cancer prevention. Adherence to these guidelines is inversely associated with cancer risk in several prospective cohort studies. These studies are all conducted in high income countries while the incidence 'Western types' of cancer is increasing very rapidly in low and middle income countries.

In contrast to these 15.000 studies on cancer etiology, less than 1,000 high quality studies are conducted during and after cancer treatment.

During this webinar, current progress on the role of diet, nutrition and body composition after (colorectal) cancer diagnosis will be discussed. For cancer survivors in general, the cancer prevention guidelines are currently recommended. In 2024, more specific guidance for people living with or beyond colorectal or breast cancer was launched by WCRF.

Recommendations for further research on nutrition and cancer will be discussed.



**3 March 2025**

The European Network for Cancer Prevention

**12:00 - 13:00 (CET)**