Results

- Obesity, overweight, and weight gain after breast cancer (BC): a prospective clinical study

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Exclusion criteria: No BC diagnosis; No consent to study withdrawn; No BC survivors; N=5098

Stage I vs II/III BC was assessed using logistic regression. Data were considered statistically significant at p-values <0.05. Values indicate significance of the interaction (p-value).

Conclusions

This large prospective epidemiologic study, almost half of BC survivors were already overweight or obese at the time of BC diagnosis, and had an increased risk of metabolic syndrome and diabetes later on.

In line with other studies, overweight and obesity, and weight gain after BC are in the setting of unmet need in an area of urgent need of improvements. Our data will inform dedicated and pragmatic weight control and weight loss interventions targeting BC survivors.

Publication data from 2012 to 2014 were used to define BC risk factors and trajectories.

In a sample of European BC survivors, overweight or obesity was associated with increased odds of BC and higher BC mortality risk. The pattern of body mass index (BMI) increase was not significantly different between women with 

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