French National Cancer Institute report (2015)

"Nutrition and primary cancer prevention: updating the evidence"



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RF3-8

Track 1

Abstract presented before to the international community: No

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Mobilising Action Inspiring Change

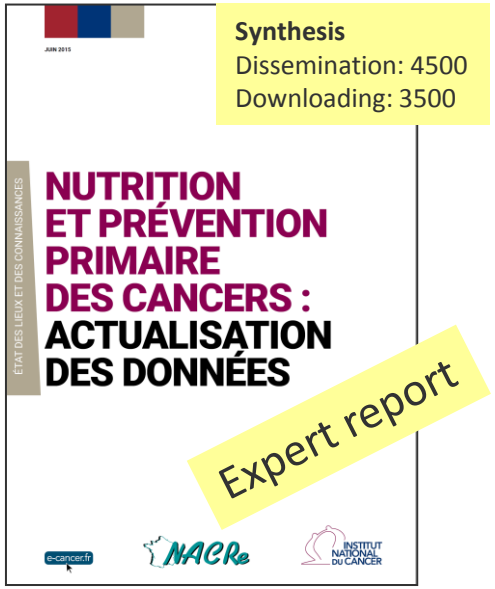
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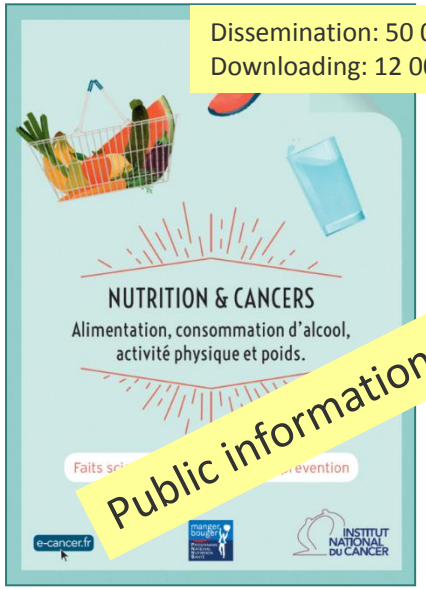
Process and deliverables

- WCRF/AICR: main report (2007), continuous project reports (2010-2017)
- New studies => reassessment of the level of evidence (3rd Cancer Plan 2014-2019)
- Coordination by the French National Cancer Institute (INCa)
- Experts from the NACRe network (cf. EPP45-4)
- 10 nutritional factors considered as relevant for France (developed countries)
- Search for meta-analyses, pooled analyses and intervention trials, published between January 2006 and February 2014, after the most recent WCRF/AICR reports



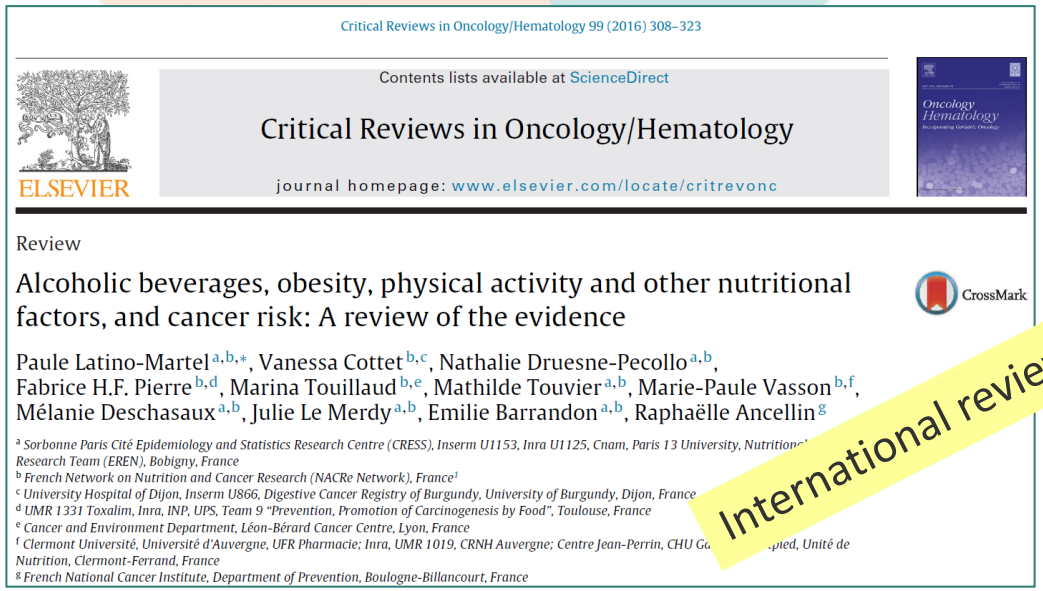
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Expert report



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Public information


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Review

Alcoholic beverages, obesity, physical activity and other nutritional factors, and cancer risk: A review of the evidence

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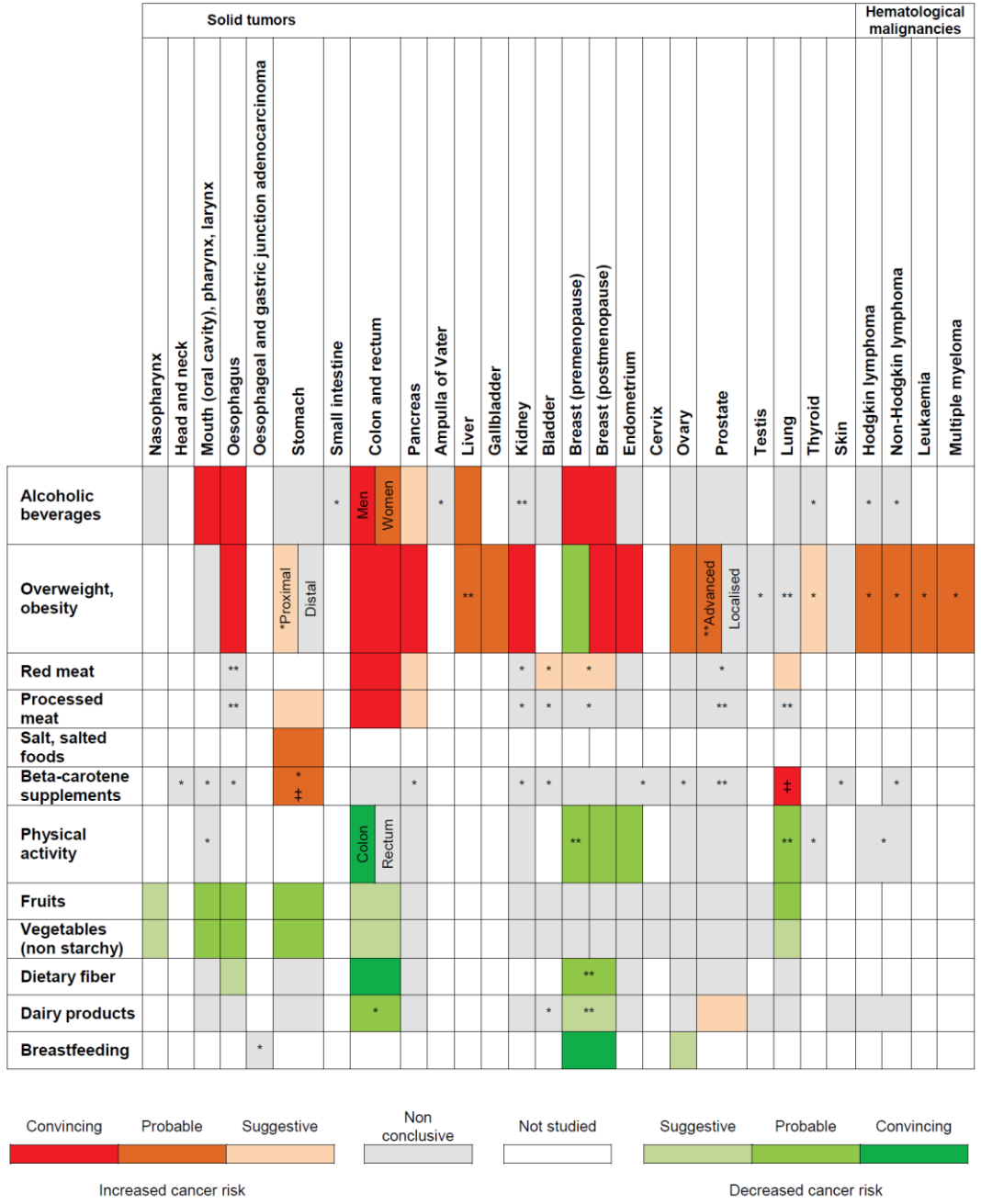
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International review

Results: Levels of evidence between nutritional factors and cancer risk

- More than 150 relationships evaluated
- In most cases, previous WCRF/AICR evaluations are confirmed
- New levels of evidence
  - *Newly evaluated:
    - example: excess bodyweight and hematological malignancies
  - **Revised:
    - example: fiber and breast cancer



‡Supplements containing high doses of beta-carotene, notably for smokers and asbestos-exposed subjects

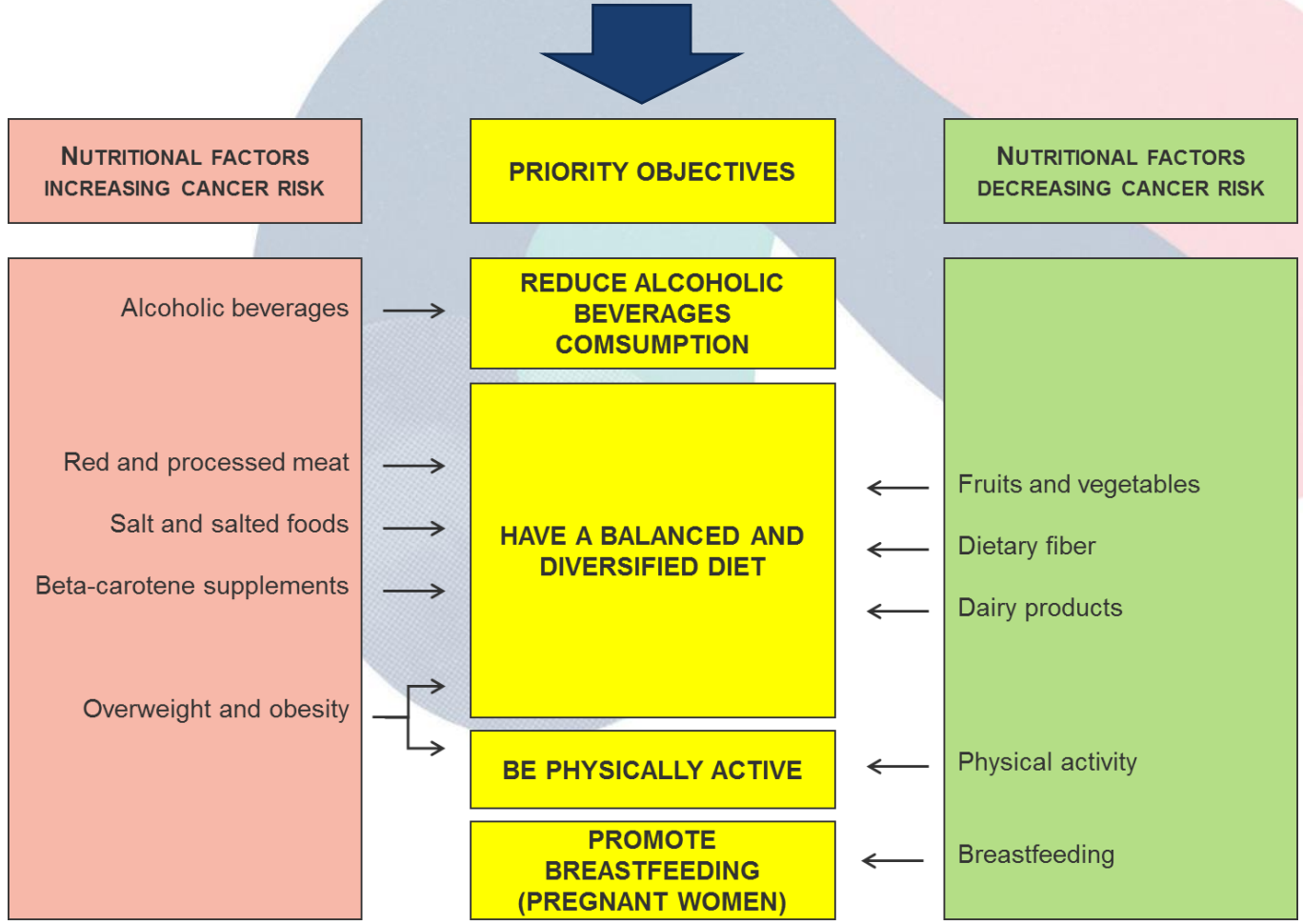
From nutritional factors to priority objectives

Convincing or probable level of evidence, as updated by the INCa expert group

Nutritional factors increasing cancer risk	Cancer sites	Nutritional factors reducing cancer risk	Cancer sites
Alcoholic beverages	Mouth Pharynx Larynx Œsophagus Colon and rectum Liver Breast	Physical activity	Colon Lung Breast Endometrium
Overweight and obesity	Œsophagus Pancreas Colon and rectum Breast (postmenopause) Kidney Gallbladder Endometrium Ovary Liver Prostate (advanced cancer) Hematological malignancies	Fruits and vegetables	Mouth Pharynx Larynx Œsophagus Stomach Lung (fruits)
Red meat and processed meat	Colon and rectum	Dietary fiber	Colon and rectum Breast
Salt and salted foods	Stomach	Dairy products	Colon and rectum
Beta-carotene supplements*	Lung Stomach	Breastfeeding	Breast

*Notably for smokers or asbestos-exposed subjects, and a dose >20 mg/d of beta-carotene

Translation in priority objectives



Conclusion

Addressing these priority objectives based on nutritional factors might help populations of developed countries to **reduce the burden of cancer and avoid about 30% of the most frequent cancers** (WCRF/AICR, 2009-2016)

Latino-Martel et al, Crit Rev Oncol Hematol. 2016 Mar;99:308-23.
See also www.e-cancer.fr and www.inra.fr/nacre



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