

WCRF Continuous Update Project – updates and recent work



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About WCRF Global Network

Our vision

The World Cancer Research Fund global network helps people make choices that reduce their chances of developing cancer

Our mission

- Funding research on the relationship of nutrition, physical activity and weight management to cancer risk
- Interpreting the accumulated scientific literature in the field
- Educating people about choices they can make to reduce their chances of developing cancer

Continuous Update Project: CUP

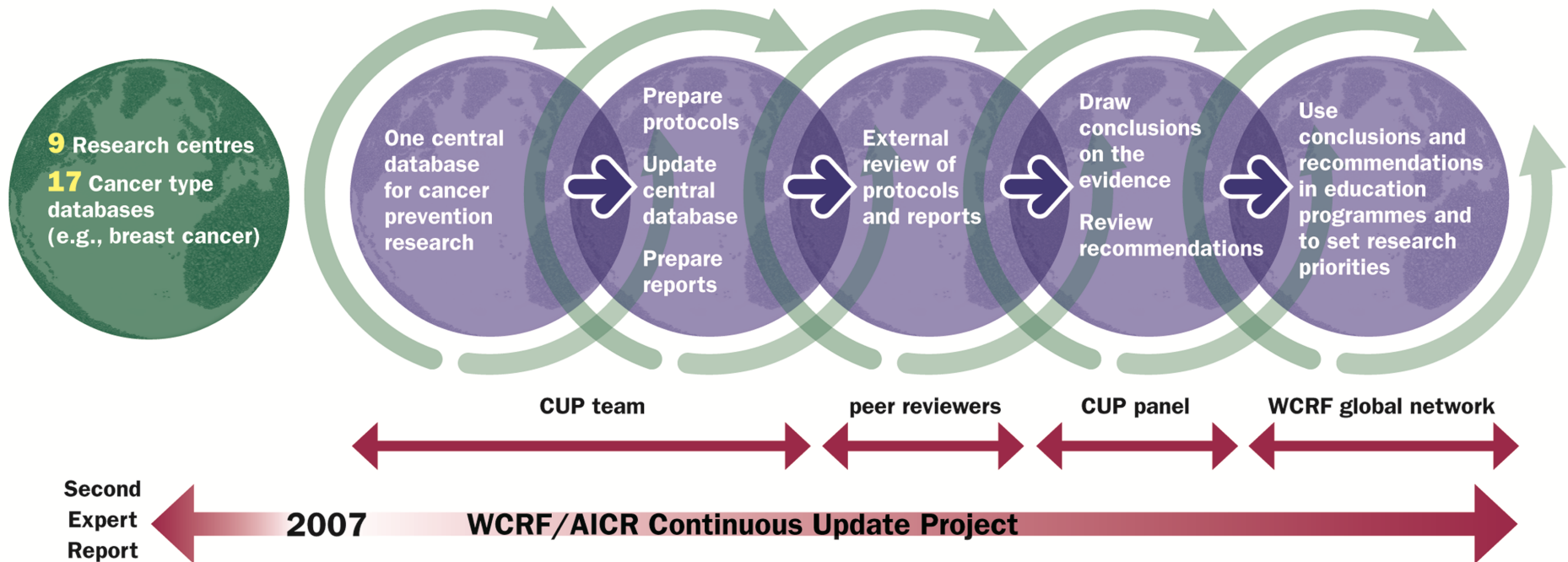
- ❑ Continuous review of evidence on food, nutrition, physical activity, body fatness and cancer
- ❑ Researchers at Imperial College London
 - Update CUP database of research
 - Systematically review the evidence
- ❑ Expert Panel
 - Draw conclusions
 - Make Recommendations

Plan of work

- ❑ Until 2015 - Rolling programme of updates
- ❑ 2015 – CUP database updated for all cancers
- ❑ 2015-2017 – Panel review evidence for all cancers
- ❑ 2017 – Statement to be published on evidence
- ❑ From 2017 – continue to update and review evidence

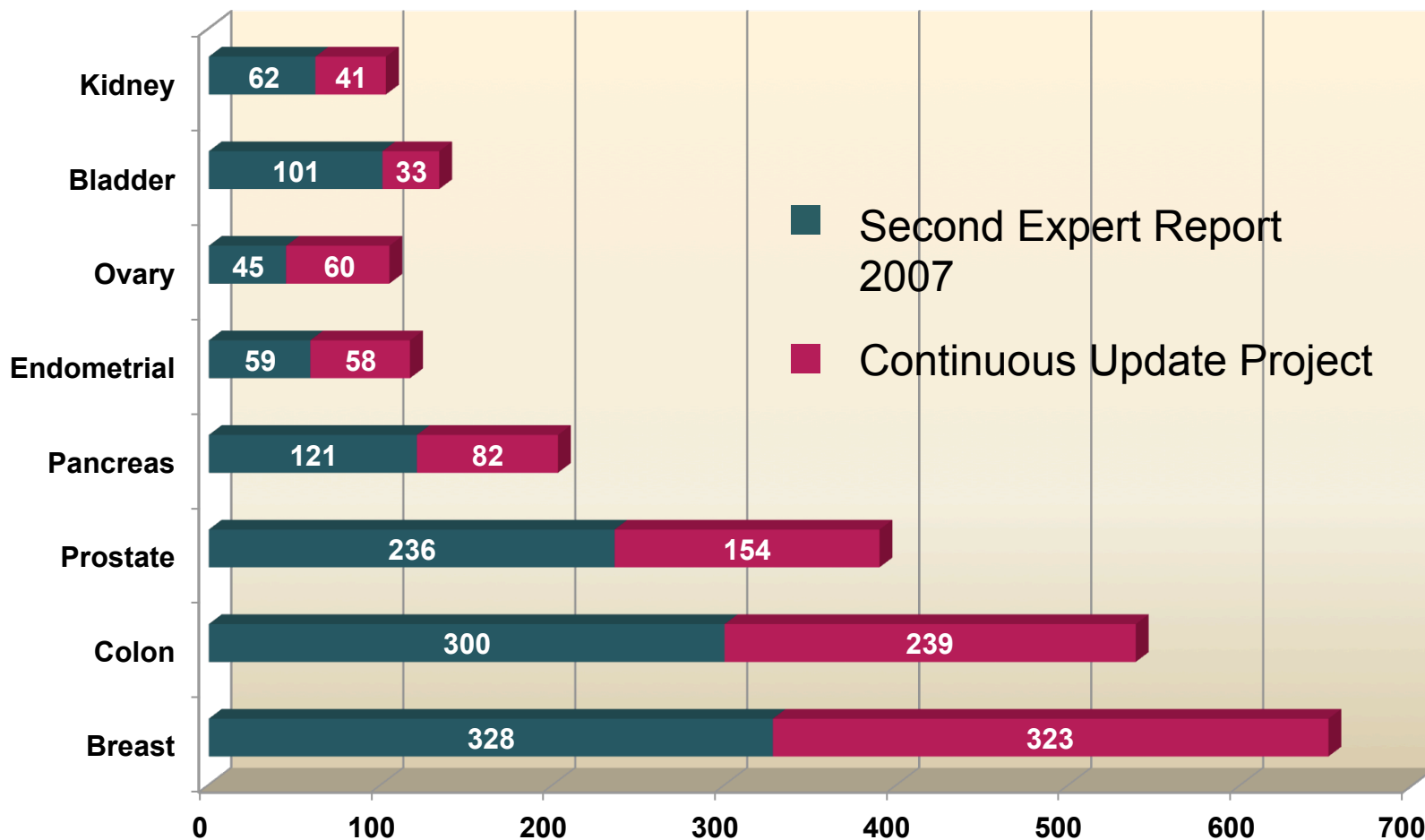
CUP process

The Continuous Update Project - process





Number of articles from cohort studies in CUP database for selected cancers



Breast cancer 2010

Evidence for all factors was consistent with the conclusions from the Second Expert Report

FOOD, NUTRITION, PHYSICAL ACTIVITY, AND CANCER OF THE BREAST (POSTMENOPAUSE)

	DECREASES RISK	INCREASES RISK
Convincing	Lactation	Alcoholic drinks Body fatness Adult attained height ¹
Probable	Physical activity ²	Abdominal fatness Adult weight gain

FOOD, NUTRITION, PHYSICAL ACTIVITY, AND CANCER OF THE BREAST (PREMENOPAUSE)

	DECREASES RISK	INCREASES RISK
Convincing	Lactation	Alcoholic drinks
Probable	Body fatness	Adult attained height ¹ Greater birth weight

Colorectal cancer 2011

FOOD, NUTRITION, PHYSICAL ACTIVITY, AND CANCERS OF THE COLON AND THE RECTUM		
	DECREASES RISK	INCREASES RISK
Convincing	Physical activity ^{1,2} Foods containing dietary fibre ³	Red meat ⁴ Processed meat ⁵ Alcoholic drinks (men) ⁶ Body fatness Abdominal fatness Adult attained height ⁷
Probable	Garlic Milk ⁸ Calcium ⁹	Alcoholic drinks (women) ⁶

- Foods containing dietary fibre upgraded from probable to convincing

Pancreatic cancer 2012

FOOD, NUTRITION, PHYSICAL ACTIVITY, AND PANCREATIC CANCER 2012

Foods containing folate downgraded from probable decreases risk

	DECREASES RISK	INCREASES RISK
Convincing		Body fatness ¹
Probable		Greater childhood growth ²
Substantial effect on risk unlikely	Coffee	

1 The Panel interpreted BMI, measures of abdominal girth, and adult weight gain as indicating interrelated aspects of body fatness as well as fat distribution

2 Childhood growth incorporates both linear growth and acquisition of both lean and fat tissue in childhood and adolescence (marked by adult attained height and BMI at aged ~20 years)

Estimates of cancer preventability(%) by appropriate food, nutrition, physical activity and body fatness for UK

	Breast	Colorectum	Pancreas
Foods containing fibre		12	
Red meat		5	
Processed meat		10	
Alcoholic drinks	22	7	
Physical activity	12	12	
Body fatness	16	14	15
Total	42	47	15

Key message

- About a third of the most common cancers can be prevented by choosing a healthy diet, being physically active and maintaining a healthy weight

Novel Aspects of CUP/Future Work

- ❑ Breast cancer survivors
- ❑ Mechanisms



Breast Cancer Survivors

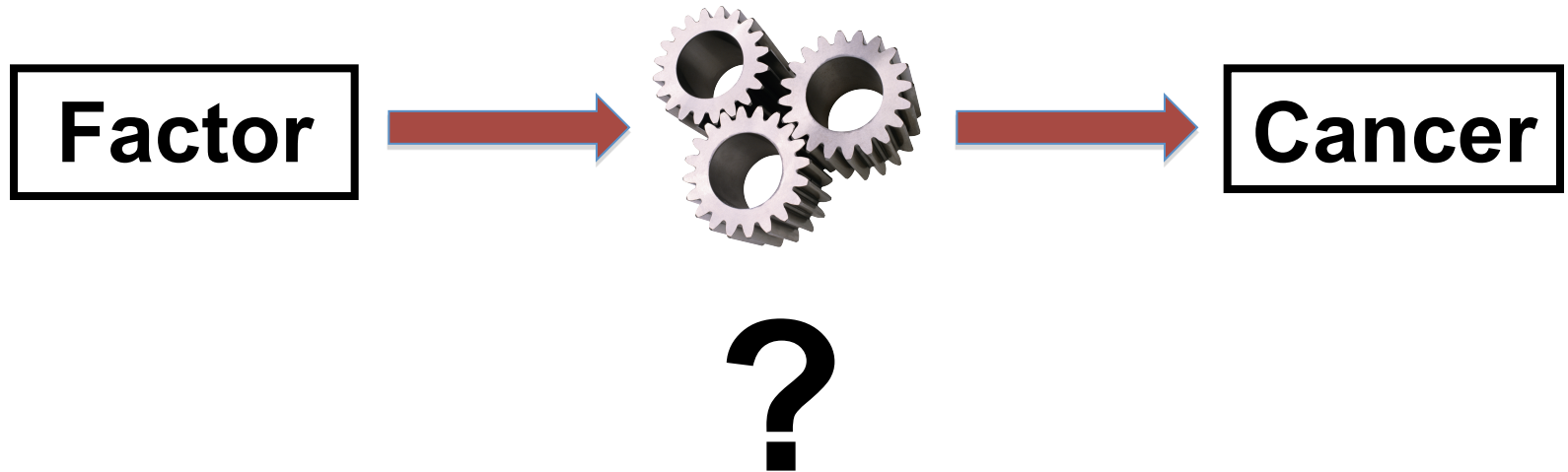
- ❑ Limited evidence on survivorship for Second Expert Report
 - No conclusions possible
- ❑ CUP Panel identified breast cancer survivors as special priority
- ❑ New protocol applicable to other cancer survivors
- ❑ Aim, provide evidence based guidance

Systematic literature review

- ❑ Survivors primary breast cancer
- ❑ Food, nutrition, physical activity, body fatness
- ❑ Randomised controlled trials/Observational studies
 - before diagnosis of primary breast cancer
 - at diagnosis
 - during therapy
 - after therapy
- ❑ Outcomes
 - total mortality
 - breast cancer mortality
 - breast cancer recurrence

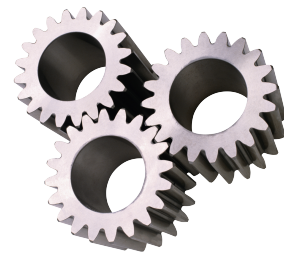
Mechanisms

For any exposure/outcome what is the mechanism that causes or protects from cancer ?



Biological/Cellular Pathway

Mechanisms - Criteria



- ❑ Reviews systematic
- ❑ Conducted by exposure
 - Where epi link probable/convincing
- ❑ Feasibility test of draft protocol (expertise in informatics, stats, cancer biology, nutrition)
- ❑ Panel's judgements to be based on mechanisms as well as epidemiology

CUP: Achievements

- ❑ Creation of more efficient merged database
- ❑ Database up to date for 8 cancers and breast cancer survivors
- ❑ Updated evidence reports published for breast, colorectum and pancreas
- ❑ 14 Journal papers
- ❑ In 2013 reports to be published on endometrium, ovary and breast cancer survivors

Thank You!
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