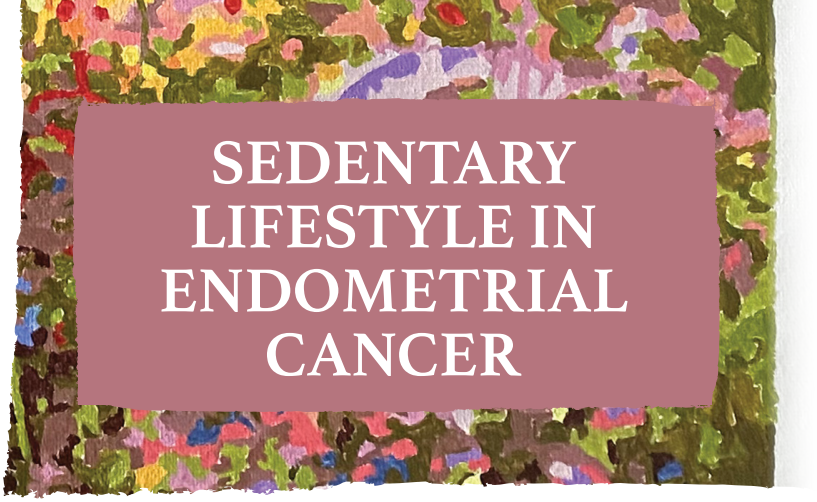
Healing Cancer at the Root
HYPERION
Functional Medicine



SEDENTARY LIFESTYLE IN ENDOMETRIAL CANCER

In developed countries such as United States, Endometrial cancer (EC) is the most common gynecological cancer, with annual rates continuing to increase. It is estimated that more than 60,000 new EC diagnoses and 11,000 deaths from the disease occur in the United States alone every year[1].

Studies have examined the relationship between physical activity and the risk of endometrial cancer, cancer of the lining of the uterus. In 2015, Analysis of 33 studies revealed highly physically active women had a 20% lower risk of endometrial cancer than women with low levels of physical activity[2]. There is some evidence physical activity would have to reduce obesity for the benefits to be observed because obesity increases endometrial cancer risk.

Obesity is a strong risk factor for endometrial cancer. Obesity, having a BMI at 30 or higher, is a risk factor because fat tissue can increase estrogen levels. As the BMI increases, the risk for endometrial cancer increases. Having more fat tissue can increase a woman's estrogen levels, which increases her endometrial cancer risk. It is also associated with a higher risk of mortality from endometrial cancer[3].

A patient centered exercise and nutrition plan targeting weight loss, if needed, is a part of all Hyperion Functional Medicine cancer treatment protocols.

In hormone driven cancers, a detailed study on estrogen toxicity is offered to our patients.

A sedentary lifestyle leads to hyperinsulinemia and insulin resistance, both are risk factors for endometrial cancer. The physiological effects of elevated insulin levels can lead to cancer development. All endometrial cancer patients should be assessed for elevated insulin and glucose levels. Endometrial cancer development is considered also to be regulated by environmental and lifestyle factors which can be reviewed under other cancer roots in the functional oncology tree. One of this cancer's risk factors is insulin resistance, common in metabolic disorders, including prediabetes, type 2 diabetes mellitus and metabolic syndrome, and polycystic ovary syndrome (PCOS). Patients who are insulin resistant have reduced sensitivity of tissues that are responsive to insulin leading to an increase in blood insulin and glucose concentrations[4]. Elevated glucose drives most types of cancer cell development and proliferation.

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Hyperion Functional Medicine orders detailed lab testing for all cancer patients in the functional oncology program to identify and treat insulin resistance, hyperinsulinemia, potentially resulting metabolic syndrome, and driving cancer causing inflammation.

CANCER ROOTS
Collaborating for a Cure

In partnership with healingstrong

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4 - Sidorkiewicz I, Jóźwik M, Niemira M, Krętowski A. Insulin Resistance and Endometrial Cancer: Emerging Role for microRNA. Cancers (Basel). 2020 Sep 8;12(9):2559. doi: 10.3390/cancers12092559. PMID: 32911852; PMCID: PMC7563767.