

Endometrial cancer and physical activity

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ABSTRACT

Physical activity (PA) is an important modifiable risk factor for endometrial cancer (EC). PA has been studied using diverse measures including metabolic equivalent of task MET, duration, frequency and subjective levels, but for practical reasons most of epidemiological studies use questionnaires rather than objective measures to

document PA. Moderate-intense daily PA has a protective effect and have a 20-40% reduced risk of EC. In this review complex and variable behaviour, and the ability of epidemiological studies to determine the relationship between PA and EC has been discussed.

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