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Impact of Lifestyle Intervention on the Outcome of Colorectal Cancer after Curative Surgery

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Introduction: Lifestyle is a common and broad issue. From the epidemiological worldwide evidence, those are convincing that alcohol consumption, lack of exercise, high-fat diet and low-fiber diet are associated with increasing the incidence of colorectal cancer (CRC). Most previous data focused on the effect of incidence of CRC, however, little information can be found about what is correlated to tumor recurrence after curative resection. In this study, our aim is to test the hypothesis that lifestyle intervention can reduce the risk of developing recurrence of CRC after curative surgery.

Methods: From June 2014 to October 2017, totally 282 patients receiving curative surgery of CRC were recruited in this study. Lifestyle intervention, including diet, physical activity, smoking, and drinking were introduced to these patients. The status and clinical parameters of each patient were recorded according to postoperative follow-up protocol.

Results: Patients with at least moderate intensity of physical activity more than 18 MET were associated with a significantly lower rate of recurrence comparing to those did less than 18 MET. No statistically significant associations were seen if all intensity of physical activity were considered.

Discussion: The present study showed that through lifestyle intervention of at least moderate intensity physical activity seemed to be a good prognostic feature for patients with CRC after curative surgery. More patients and more long-term follow up are needed to illuminate the issue.