Healthy lifestyle could prevent almost 1 in 4 colorectal cancer cases

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A Danish study following over 55,000 men and women for a period of about 10 years found that those who had healthy lifestyles were able to substantially lower their risk of developing colorectal cancer. Activities monitored included physical activity, alcohol consumption, smoking, waist circumference and diet. The researchers estimate that if all of the individuals followed all of the healthy lifestyle recommendations, 23% of the colorectal cancer cases might have been prevented.

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