

### Transcript Details

This is a transcript of an educational program accessible on the ReachMD network. Details about the program and additional media formats for the program are accessible by visiting: <https://reachmd.com/programs/what-your-patients-are-talking-about/cancer-risk-of-sitting-down/7016/>

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Cancer Risk of Sitting Down

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The newest cancer risk factor could be sitting down. That's according to a report in the American Association for Cancer Research. Now what they are saying in this report is the results of a study of seventeen hundred and thirty men and women who previously had colorectal adenomas. They found that men who spent more than eleven point three eight hours a day in sedentary behaviors, that's writing, typing, working on a computer or reading, were forty five percent more likely to experience reoccurrence of colorectal adenomas compared with men who spent fewer than six point nine hours in sedentary activities per day. The results are significant. As they suggest that lowering your sedentary time. In other words, basically standing up can reduce your risk of developing precancerous lesions.