# Cardio Could Hold Key to Cancer Cure

European Association for the Study of the Liver

Regular exercise has been proven to reduce the chance of developing liver cancer in a world-first mice study that carries hope for patients at risk from hepatocellular carcinoma (HCC).

The research announced at the International Liver Congress™ 2013 involved two groups of mice fed a control diet and a high fat diet then divided into separate exercise and sedentary groups. The exercise groups ran on a motorised treadmill for 60 minutes per day, five days a week.

After 32 weeks of regular exercise, 71% of mice on the controlled diet developed tumours larger than 10mm versus 100% in the sedentary group. The mean number and volume of HCC tumours per liver was also reduced in the exercise group compared to the sedentary group.

EASL's Educational Councillor Prof. Jean-Francois Dufour said the data showed the significant benefit of regular exercise on the development of HCC. Exercise decreased the level of non-alcoholic fatty liver disease in mice receiving a high-fat diet. He said: "We know that modern, unhealthy lifestyles predispose people to non-alcoholic fatty liver disease which may lead to liver cancer; however it's been previously unknown whether regular exercise reduces the risk of developing HCC. This research is significant because it opens the door for further studies to prove that regular exercise can reduce the chance of people developing HCC."

Prof. Jean-Francois Dufour added: "The results could eventually lead to some very tangible benefits for people staring down the barrel of liver cancer and I look forward to seeing human studies in this important area in the future. The prognosis for liver cancer patients is often bleak as only a proportion of patients are suitable for potentially curative treatments so any kind of positive news in this arena is warmly welcomed."

HCC is a cancer originating in liver cells and is one of the most common types of tumour. Worldwide, HCC accounts for approximately 5.4% of all cancers and causes 695,000 deaths per year, including 47,000 deaths in Europe per annum. It is the fifth most common cause of cancer in men and the eighth most common cause in women.

Disclaimer: the data referenced in this release is based on the submitted abstract. More recent data may be presented at the International Liver Congress™ 2013.

For more information, visit www.easl.ch [1].

**Source URL (retrieved on *12/08/2013 - 9:48pm*):**
http://www.mdtmag.com/news/2013/04/cardio-could-hold-key-cancer-cure

**Links:**
[1] http://www.easl.ch