

Accepted Manuscript

Physical Activity And Weight Loss Reduce The Risk Of Breast Cancer: A Meta-Analysis Of 139 Prospective And Retrospective Studies

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PII: S1526-8209(16)30429-3

DOI: [10.1016/j.clbc.2017.10.010](https://doi.org/10.1016/j.clbc.2017.10.010)

Reference: CLBC 698

To appear in: *Clinical Breast Cancer*

Received Date: 1 November 2016

Revised Date: 21 September 2017

Accepted Date: 11 October 2017

Please cite this article as: Hardefeldt PJ, Penninkilampi R, Edirimanne S, Eslick GD, Physical Activity And Weight Loss Reduce The Risk Of Breast Cancer: A Meta-Analysis Of 139 Prospective And Retrospective Studies, *Clinical Breast Cancer* (2017), doi: 10.1016/j.clbc.2017.10.010.

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Microabstract:

The aim of this meta-analysis was assess the effect of both physical activity and weight loss on breast cancer incidence. 139 studies were included, involving 236,955 cases and 3,963,367 controls. Physical activity significantly reduced the risk of breast cancer (OR 0.78, $p < 0.001$). The effect size was similar in pre- and post-menopausal women. High intensity physical exercise was slightly more protective.

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