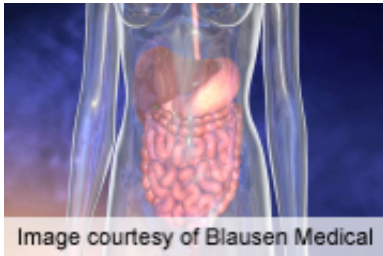


Physical activity cuts mortality in colorectal cancer survivors

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For patients with invasive, non-metastatic colorectal cancer, increased recreational physical activity is associated with reduced all-cause mortality, while prolonged sedentary time correlates with increased all-cause mortality, according to a study published online Jan. 22 in the *Journal of Clinical Oncology*.

(HealthDay)—For patients with invasive, non-metastatic colorectal cancer, increased recreational physical activity is associated with reduced all-cause mortality, while prolonged sedentary time correlates with increased all-cause mortality, according to a study published online Jan. 22 in the *Journal of Clinical Oncology*.

Peter T. Campbell, Ph.D., from the [American Cancer Society](#) National Home Office in Atlanta, and colleagues examined the correlation of pre-diagnosis and post-diagnosis recreational physical activity and sedentary leisure time with mortality among 2,293 adults diagnosed with invasive, non-[metastatic colorectal cancer](#) from a cohort of adults without colorectal cancer at baseline.

During a maximum follow-up of 16.1 years after colorectal [cancer diagnosis](#), the researchers found that 846 patients died—379 from colorectal cancer. Significantly lower all-cause mortality was seen for those who engaged in 8.75 or more metabolic equivalent (MET) hours per week of recreational activity versus less than 3.5 MET hours (relative risks for pre-diagnosis and post-diagnosis physical activity, 0.72 and 0.58, respectively). Higher all-

cause mortality was seen for those who spent six or more hours per day of leisure time sitting compared with fewer than three hours per day (relative risks for pre-diagnosis and post-diagnosis sitting time, 1.36 and 1.27, respectively).

"In conclusion, this study supports public health recommendations for recreational physical activity and the avoidance of sedentary time among colorectal cancer survivors," the authors write.

More information: [Abstract](#)
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