What’s the concern?
• People with type 2 diabetes are more likely to get cancer, even when adjusted for age.
• Diabetes is a risk factor for certain types of cancer.

What types of cancers are more common in people with diabetes?
• Post-menopausal women with diabetes have a 12% higher risk of breast cancer than those without diabetes.
• Colorectal, hepatobiliary (liver, bile ducts, gall bladder), bladder, and endometrial cancers occur more often in people with diabetes.
• People with diabetes also have higher risk of dying from liver, pancreatic, and colon cancer than those without diabetes.

What are the shared risk factors for the development of type 2 diabetes and cancer?
• Overweight/obesity
• Tobacco use
• Inactivity
• Hyperglycemia
• Hyperinsulinemia

What is the impact of the diabetes drug metformin on the development of cancer?
• Metformin may be protective against liver cancer.

How do you manage diabetes while undergoing cancer treatment?
• Cancer cells thrive on glucose, and hyperglycemia is linked to poor cancer outcomes, so glycemic control is key.
• Prevent hyperglycemia by proper meal planning, careful timing of meals.

What can you do to prevent the development of both diabetes and cancer?
• Avoid tobacco and secondhand smoke
• Healthy eating
• Regular physical activity

For further information on diabetes, see the State of Nebraska Diabetes Prevention and Control Program website: http://dhhs.ne.gov/PublicHealth/pages/diabetes_campaign.aspx

For information on cancer diagnosis and treatment, see the CDC recommendations for cancer screenings: http://www.cdc.gov/cancer/dcpc/prevention/screening.htm


For Further Reading:

- [American Diabetes Association Information on Cancer and Diabetes](#)
- [Nebraska DHHS Diabetes Prevention and Control Program](#)
- [National Cancer Institute](#)
- [In the News: MPR Special Report on Diabetes](#)
- [In the News: Physicians Develop Diabetes Prevention Guidelines for Children](#)