

Obesity and endometrial cancer: biological mechanisms, nutritional strategies, and clinical perspectives

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ABSTRACT

Obesity is a major modifiable risk factor for endometrial cancer, significantly increasing incidence and worsening clinical outcomes. The underlying biological mechanisms include chronic inflammation, insulin resistance, hormonal dysregulation, and microbiome alterations, all of which contribute to tumour development and progression. Nutritional strategies such as plant-based and Mediterranean diets, caloric restriction, and micronutrient-rich foods show promise in reducing cancer risk through improved metabolic health and hormonal balance. However, clinical challenges persist, including surgical complications, altered chemotherapy efficacy, and poorer long-term survival in obese patients. Personalised nutrition and multidisciplinary care integrating oncology, nutrition, and metabolic expertise are essential for improving treatment outcomes. Despite promising evidence, knowledge gaps remain in understanding microbiome interactions and the long-term efficacy of dietary interventions. Addressing these challenges through research and clinical innovation is crucial to mitigating the burden of obesity-related endometrial cancer and enhancing patient care.

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Obesity; Endometrial cancer; Nutrition; Chronic inflammation; Insulin resistance

1. Introduction

Endometrial cancer (EC) is a malignancy of the inner epithelial lining of the uterus (Makker et al., 2021). It is the most common gynecological cancer in high-income countries, and its incidence, along with disease-associated mortality, is rising globally

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