Lifestyle interventions for four conditions: type 2 diabetes, metabolic syndrome, breast cancer, and prostate cancer

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Record Status
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Citation

Authors' objectives
To synthesize evidence from randomized controlled trials (RCTs) on the effectiveness of lifestyle interventions to control progression of type 2 diabetes, progression to diabetes from metabolic syndrome, or recurrence of breast cancer and prostate cancer. Lifestyle interventions were defined as interventions that included exercise, diet, and at least one other component (e.g., counseling, stress management, smoking cessation).

Authors' conclusions
Comprehensive lifestyle interventions that include exercise, dietary changes and at least one other component are effective in decreasing the incidence of type 2 diabetes mellitus in high risk patients and the benefit extends beyond the active intervention phase. In patients who have already been diagnosed with type 2 diabetes, there is some evidence to suggest long-term benefit on microvascular and macrovascular outcomes, although the evidence is from one trial of high risk diabetes patients and included pharmacotherapy. The evidence for lifestyle interventions to prevent cancer recurrence is insufficient to draw conclusions.

Comprehensive lifestyle interventions appear to have a positive impact on behavioral outcomes including exercise and dietary intake, as well as a number of metabolic variables, at least in the short-term in all populations addressed in this report.

Project page URL

Final publication URL

Indexing Status
Subject indexing assigned by CRD

MeSH
Breast Neoplasms; Diabetes Mellitus, Type 2s; Life Style; Metabolic Syndrome X; Prostatic Neoplasms

Language Published
English

Country of organisation
United States

Address for correspondence
Health Technology Assessment (HTA) database
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Page: 1 / 2
AccessionNumber
32010001646

Date abstract record published
15/12/2010