**Where do YOU fit in? Women with a higher waist-to-hip ratio INCREASE their cancer risk by more than a fifth**

* **World Cancer Research Fund studied link between waist size and uterine cancer**
* **Found each 0.1 unit increase heightened the risk of womb cancer risk 21%**
* **Women calculate the ratio by dividing waist circumference by hip measurement**

By [James Draper For Mailonline](http://www.dailymail.co.uk/home/search.html?s=&authornamef=James+Draper+For+Mailonline)

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Women with higher waist-to-hip ratios increase their [**cancer**](http://www.dailymail.co.uk/news/cancer/index.html) risk by more than a fifth.

That's the result of a detailed study into women's reproductive health which re-asserts the connection between weight gain and incidence rates.

Worryingly, experts at the World Cancer Research Fund discovered that even a slight ratio increase of 0.1 can heighten the danger by 21 per cent.

Danger zone: Experts found each 0.1 unit increase heightened the risk of womb cancer risk 21%

The study, published in the British Medical Journal on Wednesday, also found connections between bowel and pancreatic cancer.

Currently, women calculate their waist-to-hip ratio by dividing waist size by their hip measurement.

For women, having a ratio that's greater than 0.85 is an indicator of obesity, while the figure is 0.90 for men.

These results demonstrate how important it is for women to make sure they maintain a healthy weight in order to reduce their cancer risk,' says Prof Konstantinos Tsilidis, of Imperial College London, who co-authored the research.

'More evidence on the associations between body fat and different cancer types could allow for individuals to be targeted for personalised cancer prevention interventions, such as weight loss programmes.'

Common: Ovarian cancer is the UK's sixth most-diagnosed among the female population

There were around 7,400 new cases of ovarian cancer in the UK in 2014, that’s 20 cases diagnosed every day.

**THE STATISTICS**

53% of ovarian cancer cases in the UK each year are diagnosed in females aged 65 and over

UK incidence rates for ovarian cancer are highest in females aged 75-79

Incidence rates for ovarian cancer are projected to rise by 15% in the UK between 2014 and 2035, to 32 cases per 100,000 females by 2035

1 in 52 women will be diagnosed with ovarian cancer during their lifetime

SOURCE: Cancer Research UK

According to Cancer Research UK, that number is projected to rise by 15 per cent in the UK between 2014 and 2035, to 32 cases per 100,000 females by 2035.

Dr Panagiota Mitrou, director of research funding at the WCRF, said: 'We know that extra weight around the waist increases the risk of a range of health conditions, such as diabetes, but this important study is helping us shine a light on how body fat around the waist could affect cancer risk.

'It is incredibly important that people are aware of the dangers of excess body fat, particularly around their waist.

'After not smoking, maintaining a healthy weight is the best thing people can do to help prevent cancer.'

Read more: <http://www.dailymail.co.uk/health/article-4338442/Women-higher-waist-hip-ratio-INCREASE-cancer-risk.html#ixzz4eL3fvhRR>   
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