**The Diet, Cancer and Health study – a prospective cohort study** *The importance of record linkage in Cancer Epidemiology* 

> Anne Tjønneland ENCR, September 28th, 2018

### Danish Cancer Society Research Center

#### 250 researchers and technicians from all parts of the world

#### • Diet, Genes and Environment

- Virus, Lifestyle and Genes
- Cell Stress and Survival
- Cell Death and Metabolism
- Genome Integrity
- Survivorship
- Translational Cancer Research
- Statistics, Bioinformatics and Registry
- Danish Centre for Translational Breast Cancer Research





# Agenda

- Cohort description
- Record linkage examples
- Perspectives







# Diet, Cancer and Health cohort

- Baseline data collection 1993–1997
- Follow up questionnaires 1999-2002

#### 57,053 healthy participants, 50-64 y

- 27,178 men
- 29,875 women

#### Follow up for disease events (31/12 2016)

- 14,000 deaths, all causes
- 14,875 incident cancers
- 1,909 diagnosed colorectal cancer
- 2,495 diagnosed prostate cancer
- 2,311 diagnosed breast cancer

## Kost, kræft og helbred



# Diet, Cancer and Health cohort

#### Baselinedata:

- Food frequency questionnaires, 24HDR (subset)
- Lifestyle questionnaires
- Biological specimens
  - Blood
  - Urine
  - Adipose tissue
  - Toenail clippings
- Physical measurements
  - Weight, height, standing height, sitting height
  - waist circumference, hip circumference
  - blood pressure





# Key data sources for follow up



# Other registries:

- The Civil Registration System (from 1968)
- The National Diabetes Registry (from 2006-11)
- School Health Records Registry
- Birth Records
- The Danish Pension Fund Registry to individual employment history
- CPR and exposure modelling for air pollution, traffic noise etc.
- Statistics Denmark , incl. Danish Prescription Registry

Follow-up rate: 99.8 %

# EPIC collaboration

- European collaboration, EPIC, 10 countries, 500.000 participants.
- Continuous collaboration for more than 25 years among 25 research institutions in Europe
- Common EPIC database at IARC and Imperial College, London
- Working groups on cancer end points, and other chronic diseases
- Very productive collaboration with app. 100 publications pr. year
- Monthly telephone meetings, and 1-2 yearly faceto-face meetings
- Extended collaboration through i.e. Cohort Consortium



# 25 years of research

## > 1000 scientific papers:

- Hormone therapie during menopause increases the risk of breast cancer, ovarian cancer and endometrial cancer
- Alcohol intake increases the risk of breast cancer
- Whole grain intake protects against colorectal cancer
- High pre diagnostic blood levels of enterolactone improves survival after breast cancer
- Healthy Nordic diet reduce overall mortality
- Air pollution increases the risk of lung cancer





## Diet, Cancer and Health – Next Generations

#### Rationale and objectives

To extend the existing Diet, Cancer and Health (DCH) cohort by recruiting "next generations"

Overall aims:

 Enable trans-generational studies of the pathogenesis of multiple cancers and other diseases

•Valuable in the search for biomarkers and omics technologies for early detection and exposure





# Identification of "next generations"

- using The Danish Civil Registration System



## Recruitment process

#### Invitation letter



# DCH-NG homepage

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#### Webprofile (Web)

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# Questionnaires

#### Food frequency questionnaire

• 366 food items

#### Background and lifestyle questionnaire

- Socio-demographics
- Work conditions and environment
- Smoking habits and history
- Alcohol habits and history
- Physical activity
- Sleep pattern and quality
- Weight history
- Medication and medical history
- Family history of disease
- Female/male reproductive factors
- Quality of life (SF36)
- Family relations





### Baseline assessment at the study center

#### Physical measurements

Anthropometry	Height, weight, waist, hip
Bioimpedance	Body composition (e.g. fat and muscle mass)
Blood pressure	Pulse rate and blood pressure
Арр	Physical activity, steps

#### **Biological samples (non-fasting)**

Urine	Spot urine
Saliva	Pure saliva, saliva with added RNAlater
Feacal sample	Imidiately frozen and preserved for DNA extraction
Blood, storage	Plasma, serum, buffy coat, erythrocytes, RNA extraction tube
Blood, up-front	Triglycerides, total, HDL and LDL cholesterol, HbA1c, hs-CRP, creatinine







# DCH-NG MAX n=500

Blood

Urine

Saliva

Faeces

#### Data collection

- Height
- Weight
- Bioimpedance
- Blood pressure
- Waist circumference
- Hip circumference
- Food frequency questionnaire
- Lifestyle questionnaire
- 24-hour dietary recall







HbA1c, triglyceriders, total cholesterol, LDL cholesterol, HDL cholesterol, creatinin, hs-CRP



Untargeted **metabolomics** using LC-QTOF-MS



**Gut microbiota** analysed by 16S rRNA and whole genome sequensing



**GWAS** incl.cardio metabolic traits (lipids, lipoproteins, BMI, waist) and diseases (cardiovascular and Type 2 diabetes)

# Diet, Cancer and Health – Next generation status

>51,000 participants have registered (response rate ~26%)

>42,000 participants visited the study center (300-350 visits/week)

Data collection is almost complete: 99.5-100% for all measurements including anthropometry, blood pressure and blood, urine and saliva samples

~24,000 fecal samples will be available for future research

Datacollection to end in 2018





## Courses of Death Registry Statistics Denmark

## Participation and mortality among 80,996 men and 79,729 women invited to the DCH study.

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# Overall Mortality (log MRR) participants/nonparticipants in DCH study



**Fig. 2** Log rate ratio of overall mortality (*logMRR*) between participants and non-participants in the prospective Danish "Diet, Cancer and Health" Study stratified by sex

# Mortality rate ratios for participants and non participants in DCH study (1993-2008), men

Socioeconomic indicator	Men							
	Participa	ints	Non-participants					
	MRR	95 % CI	MRR	95 % CI				
Total	1.00	(Reference)	2.06	(1.99–2.14)				
Education								
Basic/high school	1.89	(1.72-2.07)	3.68	(3.41-3.98)				
Vocational training	1.40	(1.29–1.53)	2.76	(2.56–2.98)				
Higher education	1.00	(Reference)	1.77	(1.63–1.94)				
Income (quartile)								
1 st	2.94	(2.66–3.24)	5.46	(5.03-5.92)				
2nd	1.77	(1.60–1.95)	3.07	(2.82-3.34)				
3rd	1.20	(1.08–1.33)	2.12	(1.94–2.32)				
4th	1.00	(Reference)	1.61	(1.46–1.76)				

## Conclusion:

- Mortality differs within social strata
- Self selection is based both on health at enrolement and also on a lifestyle keeping you healthier throughout the course of the study
- Mortality rates differed, even after accounting for differences in SEP between participants and non-participants

#### DIET, NUTRITION, PHYSICAL ACTIVITY AND BREAST CANCER SURVIVAL (BY OUTCOME)

	Outcome	ALL CAUSE MORTALITY			BREAST CANCER MORTALITY				SECOND PRIMARY BREAST CANCER				
		DECREA	SED RISK	INCRE	INCREASED RISK		DECREASED RISK		INCREASED RISK		DECREASED RISK		ASED RISK
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STRONG	Convincing												
EVIDENCE	Probable												
	Limited- suggestive	Physical activity	Before diagnosis ≥12 months after	Body fatness	Before diagnosis <12 months after diagnosis	Physical activity	Before diagnosis	Body fatness <sup>1</sup>	Before diagnosis <12 months after diagnosis			Body fatness	Before diagnosis <12 months after diagnosis
LIMITED EVIDENCE		Foods containing fibre	Before diagnosis ≥12 months after diagnosis	otal fat	≥12 months after diagnosis Before diagnosis		9		Ū				ulugilosis
		Foods containing soy	≥12 months after diagnosis	aturateo itty acid	d Before s diagno:	Z	R						
STRONG EVIDENCE	Substantial effect on risk unlikely				R	5	<u>ye</u>				J.		

**STRONG**: Evidence strong enough to support a judgement of a convincing or probable causal relationship and generally justify making recommendations **LIMITED**: Evidence that is too limited to justify making specific recommendations



**1** Post menopause only

### Lignans – prognosis after breastcancer

Published in final edited form as: Breast Cancer Res Treat. 2010 July; 122(1): 229–235. doi:10.1007/s10549-009-0681-x.

Dietary lignan intakes in relation to survival among women with

breast cancer: the Western New York Exposures and Breast

#### Cancer (WEB) Study

Susan E. McCann<sup>1</sup>, Lilian U. Thompson<sup>2</sup>, Jing Nie<sup>3</sup>, Joan Dorn<sup>3</sup>, Maurizio Trevisan<sup>4</sup>, Peter G. Shields<sup>5</sup>, Christine B. Ambrosone<sup>1</sup>, Stephen B. Edge<sup>6</sup>, Hsin-Fang Li<sup>1</sup>, Christina Kasprzak<sup>1</sup>, and Jo L. Freudenheim<sup>3</sup>

Susan E. McCann: susan.mccann@roswellpark.org

Postmenopausal (n = 807)

All cause mortality		
<155	33	1.00
155-227	33	0.91 (0.55-1.52)
227-318	29	0.78 (0.46-1.33)
>318	21	0.49 (0.26-0.91)
P for trend		0.02
Breast cancer mortality		
<155	18	1.00
155-227	20	0.94 (0.48-1.87)
227-318	11	0.51 (0.23-1.15)
>318	7	0.29 (0.11-0.76)
P for trend		0.01

Cox proportional hazards adjusting for age, race, total energy, stage at diagnosis, body mass index, and education





Lignans is convertet/fermented by the gut microbiota by to enterolactone.

Enterolactone is a weak estrogen.

Estrogen dependent mechanisms include agonist and antagonist effects on the estrogen receptor, depended on the level of estrogen exposures.

In vitro studies have found, enterolactone to inhibit metastasis and reduce cell proliferation.

Enterolactone may improve prognosis among post menopausal women with breast cancer.



## Mortality and prediagnostic level of enterolactone



Olsen, A., et al. (2011). Breast Cancer Res Treat 128(3): 883-889.



## Enterolacton and breast cancer metaanalyses *a* All-cause mortality



#### b Breast cancer-specific mortality

Study	Source	Category	Hazard Ratio	HR	95% CI
Guglielmini 2012	Blood	>= vs. <10 nmol/L	-•±	0.32	[0.15;0.66]
Olsen 2012	Blood	> vs. <=20.5 nmol/L		0.56	[0.36;0.87]
This study	Blood	>45.1 vs. <=8.5 nmol/L	-	0.59	[0.37;0.94]
Fink 2007	Dietary	>=9 vs. <=2.2 mg/d	÷••-	0.87	[0.49,1.55]
McCann 2010	Dietary	>318 vs. <155 µg/d		0.29	[0.11;0.76]
Pooled estimate			÷	0.54	[0.39;0.75]
Neterogeneity: I-squi	ared=36.1%	i, tau-squared=0.0502, p=0	1802		
			0.20.51 2 5		

Int. J. Cancer: 135, 923-933 (2014)

Figure 1. Meta-analysis: Association between lignan exposure and breast cancer prognosis in postmenopausal women. Results for allcause mortality (a) and breast cancer-specific mortality (b) are pre-



## Enterolactone and the **Danish Prescription** Registry

Flaxseed,	Lignans	Enterolactone og
whole grains,		enterodiol
vegetables,		
berries etc.		



2712

#### RESEARCH ARTICLE

#### Use of antibiotics is associated with lower enterolactone plasma concentration

Anne K. Bolvig<sup>1</sup>, Cecilie Kyrø<sup>2</sup>, Natalja P. Nørskov<sup>1</sup>, Anne K. Eriksen<sup>2</sup>, Jane Christensen<sup>2</sup>, Anne Tjønneland<sup>2</sup>, Knud E. Bach Knudsen<sup>1</sup> and Anja Olsen<sup>2</sup>

<sup>1</sup> Department of Animal Science, Aarhus University, Tiele, Denmark <sup>2</sup> Unit of Diet, Genes and Environment, Danish Cancer Society Research Center, Copenhagen, Denmark

Scope: High enterolactone levels may have health benefits in relation to risk of noncommunicable diseases. Enterolactone is produced by the colonic microbiota after intake of lignans and treatment with antimicrobials may result in altered enterolactone production. This study investigates the association between antibiotic use and enterolactone concentration.

Received: July 8, 2016 Revised: August 1, 2016 Accepted: August 2, 2016

Methods and results: Using LC-MS/MS, enterolactone concentrations were quantified in plasma samples from 2237 participants from the Diet, Cancer and Health cohort. The participants were healthy at enrollment, but were later diagnosed with cancer. At enrollment, participants had blood drawn and completed a food frequency questionnaire and lifestyle questionnaire. Antibiotic use was assessed as reimbursed antibiotic prescriptions up to 12 months before enrollment. Antibiotic use ≤3 months before enrollment was associated with a 41% (Acrode: -41; 95% CI: -52, -28) lower enterolactone concentration in women and 12% in men (Δcrude: -12; 95% CI: -31, 11), while antibiotic use > 3-12 months before enrollment was associated with 26% lower enterolactone in women ( $\Delta_{ende}$ : -26; 95% CI: -37, -14) and 14% in men (Δcrude: -14; 95% CI: -28, 1).

Conclusion: Use of antibiotics up to 12 months before enrollment was associated with lower plasma enterolactone levels, especially among women.

#### Keywords:

Antibiotics / Enterolactone / Epidemiology / Lignans / Microbiota



Additional supporting information may be found in the online version of this article at (see publisher's web-site

# Antibiotic treatment/reimbursed prescription and levels of enterolactone, women

 Table 2.
 Percentage difference in enterolactone plasma concentration and 95% Cl by most recent antibiotic use among 2237 participants included in the Diet, Cancer and Health cohort

		Female ( $n = 1106$ )											
		Crude model			Model-1 <sup>a)</sup>			Model-2 <sup>b)</sup>					
R <sup>2</sup>	( n	0.030 <b>A</b>	95%	CI	<i>p</i> -Value	0.075 Δ	95%	CI	<i>p</i> -Vlue	0.089 Δ	95%	CI	<i>p</i> -Value
No antibiotic treatment Antibiotic use 0–3 months Antibiotic use 3–12 months	731   132 - 243 -	Ref. -41 -26	 -52 -37	 -28 -14	_ <0.0001 0.0002	Ref. -39 -24	 -50 -35	 -25 -11	_ <0.0001 0.0007	Ref. -40 -23	 -50 -34	 -26 -10	_ <0.0001 0.0011

a) Model-1 is adjusted for smoking, schooling, alcohol consumption, and BMI.

b) Model-2 is adjusted for smoking, schooling, alcohol consumption, BMI, and whole-grain intake.

The percentage estimates were derived from regression with log-transformed values. The results presented are back-transformed log-values

*n*, number of participants; Ref., reference ( $\Delta = 0$ );  $R^2$ , fitness of model;  $\Delta$ , estimates reported as percentage change in enterolactone concentration.



 Level of enterolactone depends on the 'recent' intake of antibiotics

 This should be taken into account, when analysing the association between enterolactone and disease endpoints.



## Assessment of whole-grain intake



# Assessment of whole-grain intake

- Most cohort studies have no information on whole-grain intake
- In some cohorts, the whole-grain intake is very low
- Dietary assessment of whole-grain intake from questionnaires can especially be difficult
- Biomarkers of intake could overcome some of these problems





## Alkylresorcinols

- Biomarkers of whole-grain intake

- Phenolic lipids found in the bran part of rye and wheat
- Unaffected by food processing
- Validated (measured in plasma) both in intervention studies and in cohort studies
  - Questionnaire vs. biomarker: r=0.25– 0.57

но	R	`ОН		

Alkylresorcinol	Abbreviation	R	Molecular weight
	used		(g/mole)
5-n-Heptadecylresorcinol	(C17:0)	C17H35	348
5-n-Nonadecylresorcinol	(C19:0)	C19H39	376
5-n-Heneicosylresorcinol	(C21:0)	C21H43	404
5-n-Tricosylresorcinol	(C23:0)	C23H47	432
5-n-Pentacosylresorcinol	(C25:0)	C25H51	460

Figure 1. Structures of alkylresorcinols (ARs) commonly found in cereals.





# Research projects - methods

#### **Questionnaire data/ Record Linkage**

- Colorectal cancer (1100 cases)
- Myocardial infarction (2300 cases)
- Diabetes (7000 cases)
- Mortality (7800 deceased)

# Kost kræft og helbred Innannen

#### Biomarker

- Nested case-control design
- 1372 colorectal cases and 1372 matched controls
- The biomarker "Alkylresorcinols" analyzed using GC-MS





#### Plasma Alkylresorcinols, Biomarkers of Whole-Grain Wheat and Rye Intake, and Incidence of Colorectal Cancer

Cecilie Kyrø, Anja Olsen, Rikard Landberg, Guri Skeie, Steffen Loft, Per Åman, Max Leenders, Vincent K. Dik, Peter D. Siersema, Tobias Pischon, Jane Christensen, Kim Overvad, Marie-Christine Boutron-Ruault, Guy Fagherazzi, Vanessa Cottet, Tilman Kühn, Jenny Chang-Claude, Heiner Boeing, Antonia Trichopoulou, Christina Bamia, Dimitrios Trichopoulos, Domenico Palli, Vittorio Krogh, Rosario Tumino, Paolo Vineis, Salvatore Panico, Petra H. Peeters, Elisabete Weiderpass, Toril Bakken, Lene Angell Åsli, Marcial Argüelles, Paula Jakszyn, María-José Sánchez, Pilar Amiano, José María Huerta, Aurelio Barricarte, Ingrid Ljuslinder, Richard Palmqvist, Kay-Tee Khaw, Nick Wareham, Timothy J. Key, Ruth C. Travis, Pietro Ferrari, Heinz Freisling, Mazda Jenab, Marc J. Gunter, Neil Murphy, Eilo Riboli, Anne Tjønneland, H.B(as). Bueno-de-Mesquita

Manuscript received June 27, 2013; revised October 25, 2013; accepted October 29, 2013.

Correspondence to: Cecilie Kyrø, MSc, PhD, Danish Cancer Society Research Center, Strandboulevarden 49, 2100 Copenhagen Ø, Denmark (e-mail: ceciliek@cancer.dk).

- **Background** Few studies have investigated the association between whole-grain intake and colorectal cancer. Because wholegrain intake estimation might be prone to measurement errors, more objective measures (eg, biomarkers) could assist in investigating such associations.
  - Methods The association between alkylresorcinols, biomarkers of whole-grain rye and wheat intake, and colorectal cancer incidence were investigated using prediagnostic plasma samples from colorectal cancer case patients and matched control subjects nested within the European Prospective Investigation into Cancer and Nutrition. We included 1372 incident colorectal cancer case patients and 1372 individual matched control subjects and calculated the incidence rate ratios (IRRs) for overall and anatomical subsites of colorectal cancer using conditional logistic regression adjusted for potential confounders. Regional differences (Scandinavia, the Mediterranean, Central Europe) were also explored.

**Results** High plasma total alkylresorcinol concentration was associated with lower incidence of distal colon cancer; the adjusted incidence rate ratio of distal colon cancer for the highest vs lowest quartile of plasma total alkylresorcinols was 0.48 (95% confidence interval [CI] = 0.28 to 0.83). An inverse association between plasma total alkylresorcinol concentrations and colon cancer was found for Scandinavian participants (IRR per doubling = 0.83; 95% CI = 0.70 to 0.98). However, plasma total alkylresorcinol concentrations were not associated with overall colorectal cancer, proximal colon cancer, or rectal cancer. Plasma alkylresorcinols concentrations were associated with colon and distal colon cancer only in Central Europe and Scandinavia (ie, areas where alkylresorcinol levels were higher).

**Conclusions** High concentrations of plasma alkylresorcinols were associated with a lower incidence of distal colon cancer but not with overall colorectal cancer, proximal colon cancer, and rectal cancer.

JNCI J Natl Cancer Inst (2014) 106(1): djt352

## Mean plasma levels of alkylresorcinols



Wheat dominated diet

**Rye dominated diet** 

## Studies on colorectal cancer - MEN



Hansen L *et al*. Int J Cancer 2012 (HELGA cohort) Kyrø C *et al*. Cancer Causes Control 2013 (HELGA cohort) Kyrø C *et al*. J Natl Cancer Inst 2014 (EPIC cohort)



## Studies on colorectal cancer - WOMEN



Hansen L *et al*. Int J Cancer 2012 (HELGA cohort) Kyrø C *et al*. Cancer Causes Control 2013 (HELGA cohort) Kyrø C *et al*. J Natl Cancer Inst 2014 (EPIC cohort)



## Studies on other diseases - MEN



Johnsen NF et al. Br J Nutr 2015 (HELGA cohort) Helnaes et al., Am J Clin Nutr 2016 (Diet, Cancer and Health cohort) Whole grains and type 2 diabetes – in preparation! (Diet, Cancer and Health cohort)



## **Conclusions and perspectives**

- Whole grains associated with lower risk of colorectal cancer
- In new update of the WCRF/AICR report – recommendation for whole grains (2017)
- Also beneficial in relation to other non-communicable diseases and overall mortality!







5	017	DIET, NUTRITION, PHYSICAL ACTIVITY AND COLORECTAL CANCER 2017			
Ň			DECREASES RISK	INCREASES RISK	
	STRONG EVIDENCE	Convincing	Physical activity <sup>1,2</sup>	Processed meat <sup>3</sup> Alcoholic drinks <sup>4</sup> Body fatness <sup>5</sup> Adult attained height <sup>6</sup>	
		Probable	Wholegrains Foods containing dietary fibre <sup>7</sup> Dairy products <sup>8</sup> Calcium supplements <sup>9</sup>	Red meat <sup>10</sup>	
	LIMITED EVIDENCE	Limited – suggestive	Foods containing vitamin C <sup>11</sup> Fish Vitamin D <sup>12</sup> Multivitamin supplements <sup>13</sup>	Low intakes of non-starchy vegetables <sup>14</sup> Low intakes of fruits <sup>14</sup> Foods containing haem iron <sup>15</sup>	
		Limited – no conclusion	Cereals (grains) and their products; potatoes; animal fat; poultry; shellfish and other seafood; fatty acid composition; cholesterol; dietary n-3 fatty acid from fish; legumes; garlic; non-dairy sources of calcium; foods containing added sugars; sugar (sucrose); coffee; tea; caffeine; carbohydrate; total fat; starch; glycaemic load; glycaemic index; folate; vitamin A; vitamin B6; vitamin E; selenium; low fat; methionine; beta-carotene; alpha-carotene; lycopene; retinol; energy intake; meal frequency; dietary pattern		
	STRONG EVIDENCE	Substantial effect on risk unlikely			



## Conclusion – Use of Linkage data in cohort studies:

- More efficient data collection and lower participant burden, multiple outcome domains in the same cohort of individuals, at a low cost
- Collection of information that cannot be obtained by participants or biomarkers
- Increased information for correction of participant bias e.g. missing data, objective measures



## Overall conclusion:

- Follow up in Cohort studies is not possible without linkage to national registries
- Better identification of high risk groups, and improvement of personal prevention and treatment
- Challenges in relation to data storage and handling
- Ethical aspects, balance protection of participants info vs nature and constraints of the research, GDPR
- Important and necessary contribution to public health research

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- Katja Boll

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- Guri Skeie
   UiT, The Arctic University of Norway, Norway

A. P. Móller og Hustru Chastine Mc-Kinney Móllers Fond til almene Formaal









## Thank you for your attention

