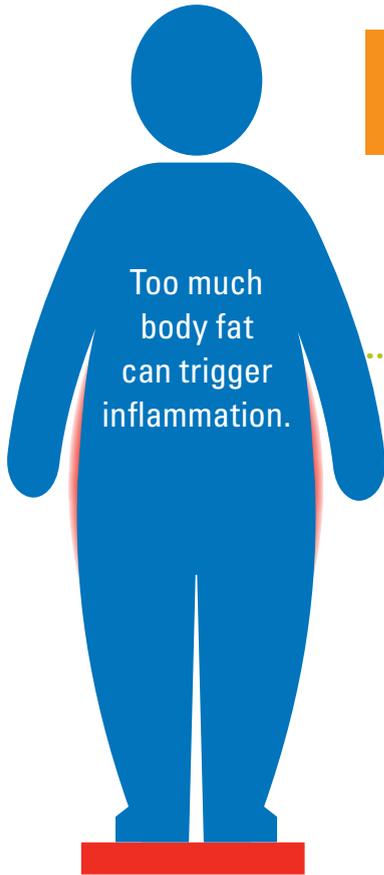# How excess body fat can cause cancer

Excess body fat increases the risk for certain types of cancer, including colorectal, esophageal, kidney, pancreatic, post-menopausal breast and endometrial cancers.

Too much body fat can trigger inflammation.

Inflammation causes the pancreas to produce more insulin.

Extra fat cells also make estrogen.

Too much insulin and estrogen cause cells to divide more than usual.
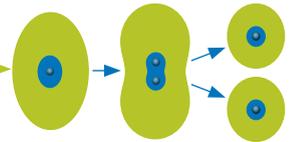
In some cases, these new cells can form cancerous tumors.