

Late-night eating may raise likelihood of breast cancer recurrence

A study published in JAMA Oncology found that women who have a shorter duration of overnight fasting may have a higher risk of breast cancer recurrence. Researchers found that out of 2,413 participants, the 1,595 women who did not fast for at least 13 hours overnight had a 36% increased risk of breast cancer recurrence compared with those with longer overnight fasting. Researchers also note that average blood sugar went down for each additional two hours of fasting, which may affect downstream risks.

[Reuters](#) (3/31)