

## Kate Middleton's cancer disclosure underscores troubling rise of disease in younger adults

Just this month, two young, high-profile public figures announced that they have cancer. First, Olivia Munn, 43, disclosed that [she was treated for breast cancer](#) after catching it early. Days later, Kate Middleton, 42, announced she has been [receiving treatment for an unspecified form of cancer](#).

Their diagnoses spotlight a troubling trend: both in the U.S. and around the world, cancer diagnoses are growing more common among adults younger than 50. By 2030, [one recent study estimated](#), the number of these early-onset cancer diagnoses could increase by roughly 30% worldwide—and the number of people who die from their conditions could rise by about 20%.

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[Dr. Matthew Triplette, a pulmonologist at Fred Hutch Cancer Center in Seattle] says he doubts there's "some new, very dangerous cancer risk factor out there that's causing tons of excessive cases in younger folks."

Cancer is a complex disease influenced by a mixture of genetics, lifestyle choices, and environmental exposures, so it's unlikely that there's a single explanation for the data.

Instead, it's likely a mix of things. [Eating lots of processed foods](#), [not getting enough exercise](#), and [drinking too much alcohol](#) are all risk factors for cancer, and all of those issues are widespread in modern life.

[\*\*This is an excerpt. Read the full article here\*\*](#)