

Shift Work and Cancer

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September 24, 2019

A partnership of:

 "la Caixa" Foundation

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Viral and Bacterial Infections



Malaria



Radiation



Maternal, Child and Reproductive Health

Outline

- Night shift work
- Mistimed eating and sleep patterns
- Sleep
- Light at night
- OMEGA-NET
- EPHOR

Incidence of breast cancer in Norwegian female radio and telegraph operators

Tore Tynes, Merete Hannevik, Aage Andersen, Arnt Inge Vistnes, and Tor Haldorsen

- Cohort of 2,619 female radio and telegraph operators at sea, certified from 1920–1980
- Shift work categories (0,1,2,3) classified for each ship
- Potential exposure to light at night, radiofrequency fields, extremely low frequency fields
- Linkage to Cancer Registry 1961–1991

Exposure categories	No. of cases/deaths	OR or RR (extreme group versus referent)	Adjustment for potential confounders
<i>Shiftwork in women age < 50</i>			Age, duration of employment, parity, and age at first birth
None	12	1.0 (ref)	
<3.1 yrs.	5	0.3 (0.1–1.2)	
>3.1 yrs	12	0.9 (0.3–2.9)	
<i>P</i> for trend		0.97	
<i>Aged 50+</i>			
None	3	1.0 (ref)	
<3.1 yrs.	6	3.2 (0.6–17.3)	
>3.1 yrs	12	4.3 (0.7–26.0)	
<i>P</i> for trend		0.13	

- Future epidemiological studies should address the possible relationship between chronological disturbances and breast cancer
- Environmental factors, such as shift work in combination with light at night or EMF, are of particular interest

WORLD HEALTH ORGANIZATION
INTERNATIONAL AGENCY FOR RESEARCH ON CANCER



*IARC Monographs on the Evaluation of
Carcinogenic Risks to Humans*

VOLUME 98

Painting, Firefighting, and
Shiftwork



LYON, FRANCE
2010

Shiftwork that involves circadian
disruption is **probably**
carcinogenic to humans
(**Group 2A**)

Sufficient evidence in
experimental animals for the
carcinogenicity of light during the
daily dark period (biological night)

Limited evidence in humans for the
carcinogenicity of shift-work that
involves night work (breast cancer)

Animal Carcinogenicity Data

- Major patterns of light–dark environments that have an impact on cancer development and/or growth:
 - constant light exposure (two + of three studies, five + of six initiation–promotion studies, five + of five tumour growth studies)
 - dim light during darkness (five + of five studies)
 - experimental chronic jet lag (two + of two studies)
 - circadian timing of carcinogens (four + of four studies)
 - no association in light pulse during the dark period (two of two studies), and constant darkness (two of two studies)

Human Carcinogenicity Data

- Evidence for an association with breast cancer consistent in studies designed to address this question (six + of eight studies, particularly in long-term night shiftworkers)
- Studies of cabin crews provided additional support
- Questions remaining:
 - Limited number of studies
 - Most focused on a single profession, i.e. nurses
 - Some potential for confounding by unknown risk factors
 - Inconsistent and inaccurate exposure assessments of shiftwork
 - Potential detection bias among female cabin crew, potential confounding by reproductive factors and cosmic radiation
 - Few studies at other cancer sites

Considerations of circadian impact for defining 'shift work' in cancer studies: IARC Working Group Report

Richard G Stevens,¹ Johnni Hansen,² Giovanni Costa,³ Erhard Haus,⁴ Timo Kauppinen,⁵ Kristan J Aronson,⁶ Gemma Castaño-Vinyals,⁷ Scott Davis,⁸ Monique H W Frings-Dresen,⁹ Lin Fritschi,¹⁰ Manolis Kogevinas,¹¹ Kazutaka Kogi,¹² Jenny-Anne Lie,¹³ Arne Lowden,¹⁴ Beata Peplonska,¹⁵ Beate Pesch,¹⁶ Eero Pukkala,¹⁷ Eva Schernhammer,¹⁸ Ruth C Travis,¹⁹ Roel Vermeulen,²⁰ Tongzhang Zheng,²¹ Vincent Cogliano,²² Kurt Stratif²²

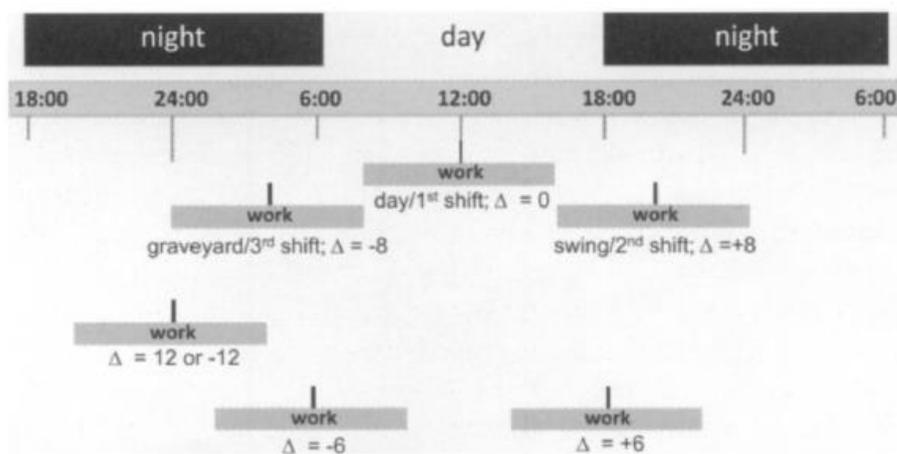


Figure 1 Displacement of various shifts from solar noon; Δ =(midpoint work shift minus noon).

Table 3 Domains for capture in epidemiological studies.

Domain	Variable	Circadian impact
Working time	Work hours/week	
Night work (non-day shift work)	At least 3 h of work between midnight and 05:00	Required to estimate phase shift and sleep perturbation
Duration	Years employed in non-day shift work	Duration of non-day shift work
Intensity	No of non-day shifts per month/year	Recovery time off between work periods
Cumulative exposure	Duration times intensity over the work history	Dose (burden) of non-day shift work
Permanent night shift (not rotating)	No of consecutive days of night work, followed by number of days off	Permanent night work is less disruptive only if phase shift is maintained also on days off
Rotating type	Continuous (365 days/year) or discontinuous (interruption on weekend)	Different rotating shift schedules have a different impact on phase shift and adjustment
Direction of rotation	Forward (morning → afternoon/evening → night) backward (afternoon/evening → morning → night)	Forward rotating shift schedules are less disruptive than backward ones
Rate of rotation	Daily change, 2–3–4 day change, weekly, fortnightly change, etc	Rate of rotating shift schedules (fewer nights in a row) may have different impact on circadian disruption
Morning shift	No of consecutive days of early morning shift (before 06:00)	The earlier the morning shift starts, the more disruptive it is
Start and end time of shifts	Defines displacement from solar day and duration of the working hours	May be relevant for phase shift, sleep deficit, and fatigue
Rest periods after shift	No of rest-days after night shifts	The shorter the rest period between shifts, the shorter the sleep and recovery
Jetlag	No of time zones crossed; eastward versus westward	Given the low prevalence in the general population, this is probably only needed in cohort studies of frequent trans-meridian travellers (eg, air crews), whereas jetlag studies should also include questions on shift work, since these often go hand in hand
Sleep	Sleep duration in relation to type of shift; naps; sleep quality; sleepiness; sleeping problems (circadian disruption); possibility to sleep on duty (night shifts)	Sleep/wake cycle and timing of sleep are important in phase shift and resetting, but they may also act as independent risk factors
Light at night	During sleep period, during night shift, at leisure time	Both timing and intensity are important on circadian phase shift
Characteristics of the individual	Diurnal type (morning person, evening person, neither)	It influences differently adjustment and tolerance to night and morning shifts

Night Shift Work

18-25% of the population works on shift-schedules including night
(♂ : 21.9% , ♀ : 10.7%)

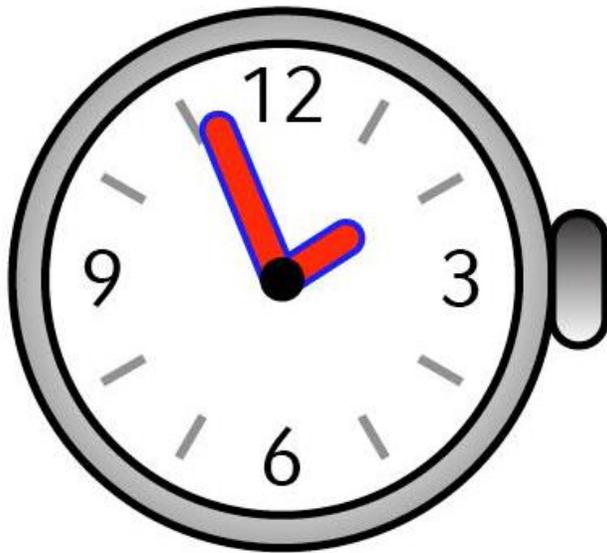
7% works permanently at night



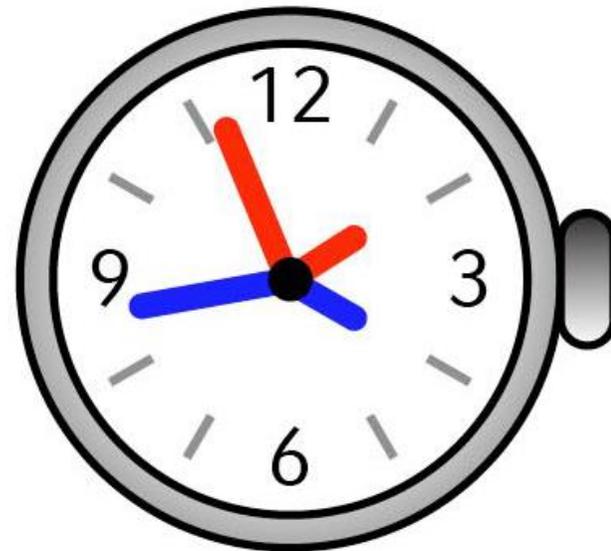
Circadian Misalignment

Shift work
Travel jetlag
Social jetlag

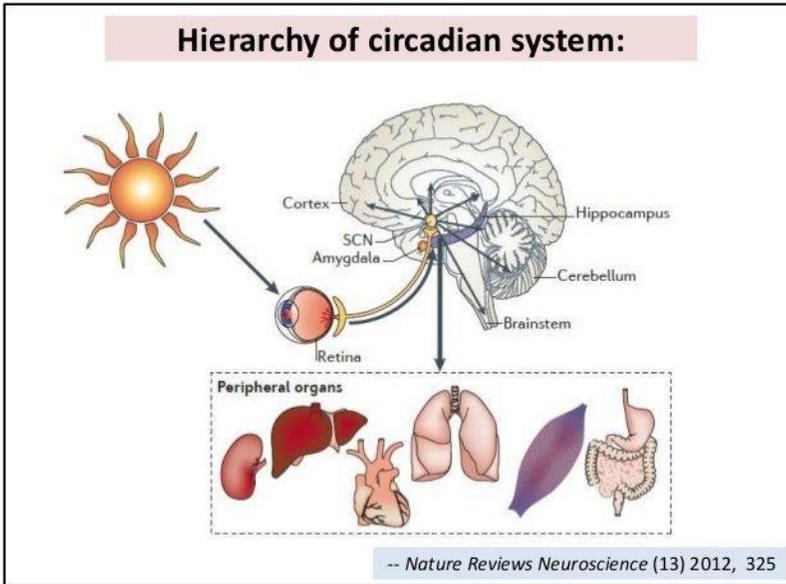
external time



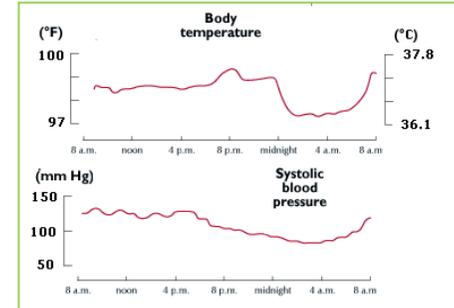
internal time



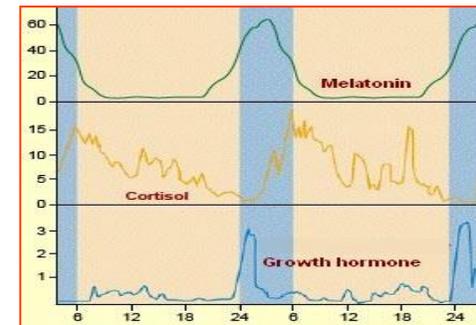
Circadian Rhythms



Autonomous processes

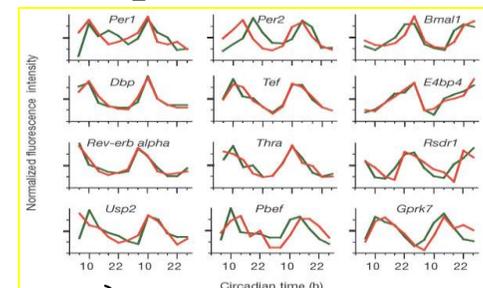


Hormone excretion



About 30% of genes have been shown to follow a circadian expression pattern

Gene expression



Bass et al. (2012); Kai-Florian Storch et al. (2002); Maury et al. (2010)

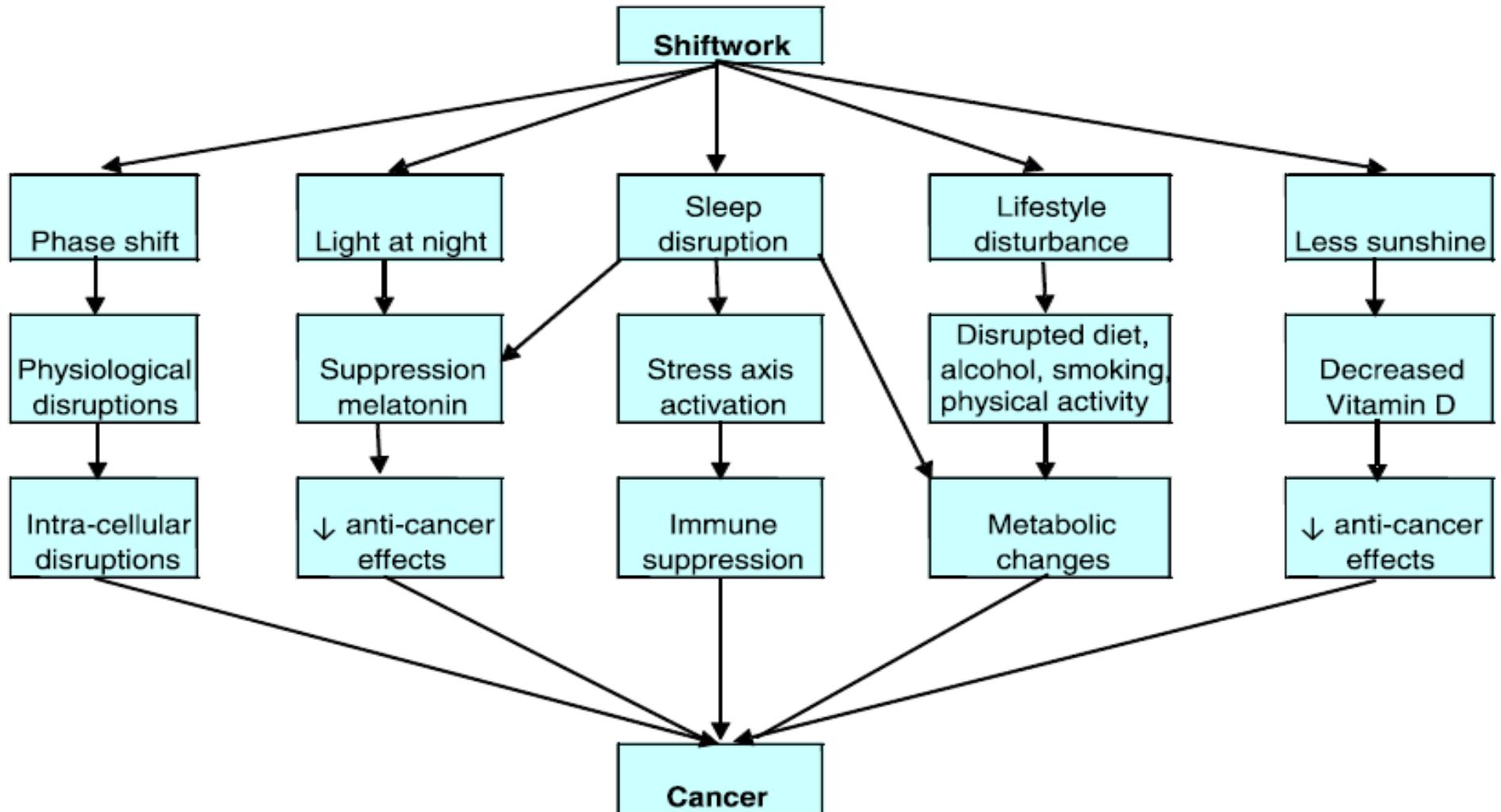


Fig. 1. Theoretical framework of possible mechanisms by which shiftwork might cause breast cancer.



IARC Monographs on the Identification of Carcinogenic Hazards to Humans
Volume 124, Night Shift Work, Lyon, France, 4–11 June 2019



27 scientists from 16 countries

Carcinogenicity of night shift work

In June, 2019, a Working Group of 27 scientists from 16 countries met at the International Agency for Research on Cancer (IARC) in Lyon, France, to finalise their evaluation of the carcinogenicity of night shift work. This assessment will be published in volume 124 of the IARC Monographs.¹

Night shift work involves work, including transmeridian air travel, during the regular sleeping hours of the general population. The misalignment or disruption of circadian rhythms of normal physiology is the most pronounced effect of night shift work.

Night shift work is essential for guaranteeing round-the-clock production and activities. It is commonly found in health care, manufacturing, transport, retail, and services sectors. About 1 in 5 workers worldwide are engaged in night shift work; however, definitions, quality, and extent of data vary globally. Regulatory approaches for night shift work and their degree of implementation also differ across regions and employment sectors.

In 2007, shift work involving circadian disruption was classified as “probably carcinogenic to humans” (Group 2A), on the basis of sufficient evidence in experimental animals and limited evidence of breast cancer in humans. In this updated evaluation, the Working Group chose the name “night shift work” to better describe the exposure circumstances and to reflect the main evidence base for the human cancer studies. The re-evaluation was motivated by the large number of new, high-quality epidemiologic studies including additional cancer sites. However, the Working Group noted the considerable variability in the detail and quality of exposure information on night shift work reported in these studies. Exposure information was more detailed in case-control studies, including in those nested within cohorts, than in cohort studies. A number of occupational, individual,

lifestyle, and environmental factors might mediate, confound, or moderate potential cancer risk in night shift workers.

The Working Group concluded there was limited evidence that night shift work causes breast, prostate, and colorectal cancer. This evaluation was based on comprehensive searches of the literature, screening of the studies using established inclusion criteria, and evaluation of study quality, including a standardised review of exposure assessment. Greater weight was given to the most informative human cancer studies based on methodologic considerations, including study size, potential selection bias, night work assessment quality (most notably, potential for misclassification), and control for potential confounding factors. The largest number of informative studies examined breast cancer; several examined prostate and colorectal cancer, while fewer were done on other cancers.

Most cohort studies, including large cohorts within the general population² and among air crew, did not find a positive association with ever versus never working night shifts or by increasing duration of night shift work. The Nurses’ Health Study II, a large cohort study that evaluated breast cancer risk across a broad age range, found an elevated risk of breast cancer in long-duration night workers,³ which was also seen in a Swedish cohort study.

The strongest evidence regarding an association of night shift work and breast cancer is provided by cohort-based nested case-control studies and population-based case-control studies. The largest case-control study,⁴ including more than 6000 breast cancer cases and corresponding controls from five countries, incorporated an extensive exposure assessment protocol and evaluated detailed exposure metrics on both duration and intensity of exposure (eg, number of night shifts per week). This study

provided evidence for positive associations between night shift work and breast cancer risk, particularly among premenopausal women. The associations were strongest for high-intensity, long-duration night shift work. The variation in findings between studies could be attributed to differences in exposure assessment quality or the inclusion of mainly older post-employment women in some cohort studies, such that they might not be able to determine an effect in younger women. A small minority viewpoint was that evidence for breast cancer was inadequate, with studies of sufficient quality available in humans but with inconsistent results. Overall, the Working Group concluded that a positive association has been observed regarding night shift work and breast cancer; however, given the variability in findings between studies, bias could not be excluded as an explanation with reasonable confidence.

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The Working Group found that there is sufficient evidence in experimental animals for the carcinogenicity of alteration in the light-dark schedule.



Lancet Oncol 2019

Published Online
July 4, 2019
[http://dx.doi.org/10.1016/S1473-3099\(19\)30455-3](http://dx.doi.org/10.1016/S1473-3099(19)30455-3)

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F Bartsch (Canada), P Cross (Italy),
G Costa (Italy), D C Sorman (USA),
L Fu (USA), A H Garte (Denmark),
P Galois (France), J Hansen (Denmark), M H Hämälä (Finland),
K Kawachi (Japan), S A Kishi (Russia), A Knutson (Sweden),
F Liivi (UK), C R C Momo (Brazil)

S Pukkala (Finland [unable to attend]), S S Schottenbauer (Austria and USA), C C Tzou (UK),
M A Wiloski (USA),
M G Yatsukawa (Russia),
H Zaid (Germany), Y Zou (USA),
S Zverkov (Norway)

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None

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Night shiftwork is probably carcinogenic to humans (Group 2A)

Sufficient evidence of cancer in experimental animals

Limited evidence of cancer in humans (breast cancer, prostate cancer, colorectal cancer)



Night shift work and breast cancer: a pooled analysis of population-based case–control studies with complete work history

Emilie Cordina-Duverger¹ · Florence Menegaux¹ · Alexandru Popa¹ · Sylvia Rabstein² · Volker Harth³ · Beate Pesch² · Thomas Brüning² · Lin Fritschi⁴ · Deborah C. Glass⁵ · Jane S. Heyworth⁶ · Thomas C. Erren⁷ · Gemma Castaño-Vinyals^{8,9,10,11} · Kyriaki Papantoniou^{8,10,11,12} · Ana Espinosa^{8,9,10,11} · Manolis Kogevinas^{8,9,10,11} · Anne Grundy^{13,14} · John J. Spinelli^{15,16} · Kristan J. Aronson¹⁷ · Pascal Guénel¹

Largest case-control study, >6,000 cases from 5 countries

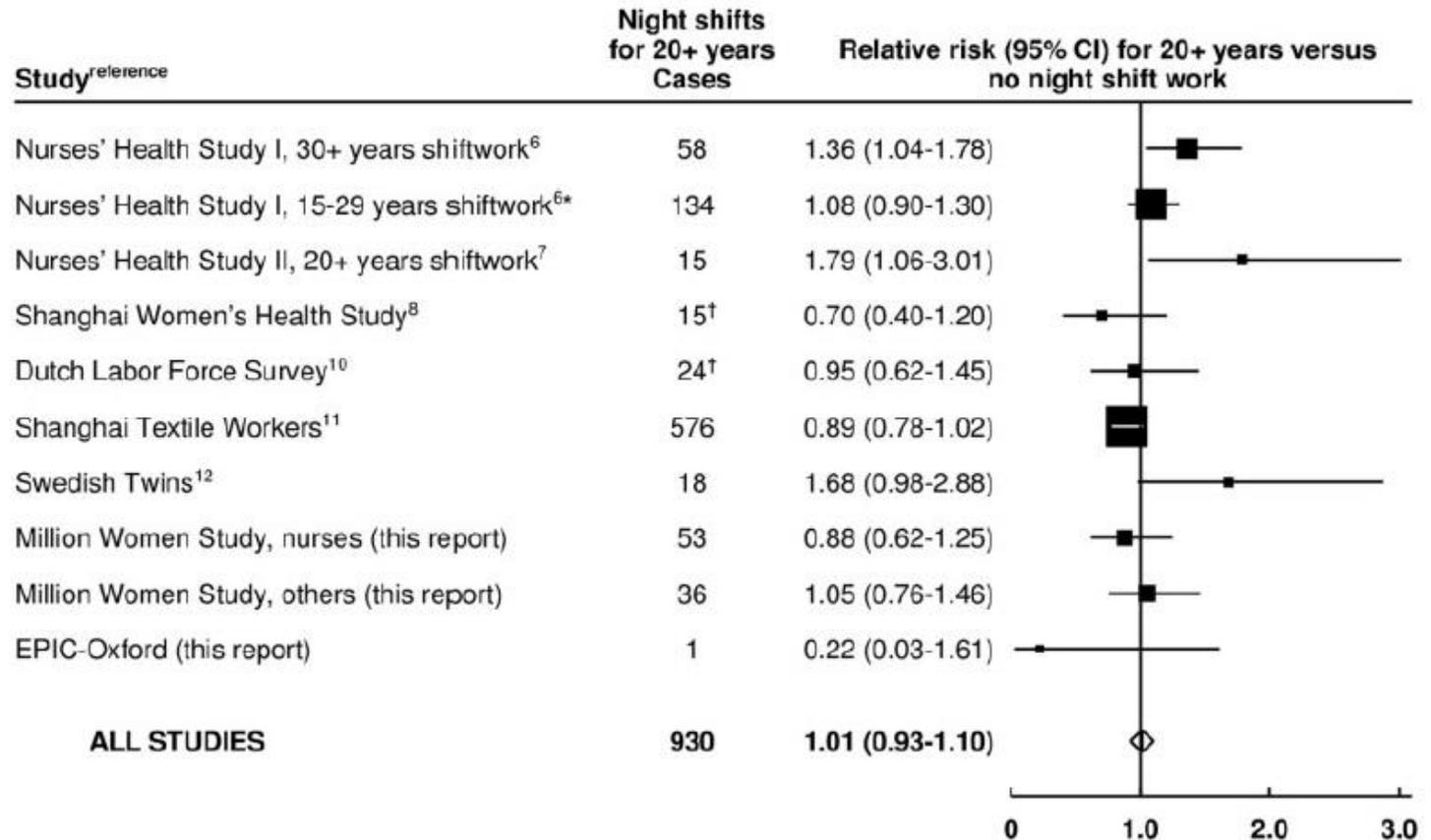
Table 4 Odds ratios for breast cancer combining night work intensity with night work duration, length of shifts and time since last night shift, based on four studies with information on number of nights per week (Canada, France, Germany and Spain)^a

	All women				Premenopausal women				Postmenopausal women			
	Cases	Controls	OR	95% CI	Cases	Controls	OR	95% CI	Cases	Controls	OR	95% CI
<i>Intensity × duration of night work</i>												
Never worked at night	4373	4634	1	Ref.	1393	1437	1	Ref.	2979	3196	1	Ref.
< 3 nights/week and < 10 years	201	218	0.99	[0.81–1.21]	106	99	1.19	[0.89–1.60]	95	119	0.84	[0.63–1.11]
< 3 nights/week and ≥ 10 years	175	180	0.99	[0.79–1.23]	64	72	1.01	[0.71–1.45]	111	108	0.98	[0.74–1.30]
≥ 3 nights/week and < 10 years	92	80	1.23	[0.90–1.67]	52	34	1.66	[1.05–2.60]	40	46	0.88	[0.57–1.37]
≥ 3 nights/week and ≥ 10 years	40	32	1.34	[0.83–2.15]	16	7	2.55	[1.03–6.30]	24	25	1.00	[0.56–1.77]

ARTICLE

Night Shift Work and Breast Cancer Incidence: Three Prospective Studies and Meta-analysis of Published Studies

Ruth C. Travis, Angela Balkwill, Georgina K. Fensom, Paul N. Appleby, Gillian K. Reeves, Xiao-Si Wang, Andrew W. Roddam, Toral Gathani, Richard Peto, Jane Green, Timothy J. Key, Valerie Beral



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Lennox Oncol 2019

Published Online
July 4, 2019
<http://dx.doi.org/10.1016/j.annonc.2019.05.013>

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K Kawachi (Japan); S A Kishi (Thailand);

A Knutson (Sweden); F Levi (UK); C R C Menni (Brazil);

S Pukkala (Finland) (unable to attend);

S S Schottenbauer (Australia and USA); R C Travis (UK);

M A Wiloski (USA); M G Yabluchovskaya (Russia);

H Zand (Germany); Y Zhai (USA);

S Zverevskiy (Norway)

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Limited evidence of cancer humans:

Breast cancer

- Inconsistent findings
- Differences in exposure assessment quality
- Inclusion of mainly post-menopausal women in cohort studies

Prostate and colorectal cancer

- Few studies
- Inconsistent findings

Mechanistic evidence **limited** in exposed humans

Hormonit Study

- Objective: To evaluate the effects of circadian disruption due to night shift work on the production and timing of sex steroid hormones, the transcriptional pattern and genetic variates in candidate genes and systemic adaptation to night shift work
- To provide evidence on molecular and hormonal mechanisms to explain the increase of cancer in night shift workers



Within Subjects Study on Shift Work (Barcelona - Major Car Factory)

- 50 male rotating workers, sampled twice (all workers are rotating so we are comparing each worker to himself)
 - end of 3 weeks night shift,
 - end of 3 weeks day shift
- Blood samples before and after work, 4 samples per person, total approx. 200 samples: immune response and RNAseq
- All urine voids 24 hr (approx. 750 samples): melatonin, steroid hormones and metabolites



Personal light measurements (HOBOT), actigraph, ELF-EMF (EMDEX-II), questionnaires, chronotype, diaries (sleepiness)

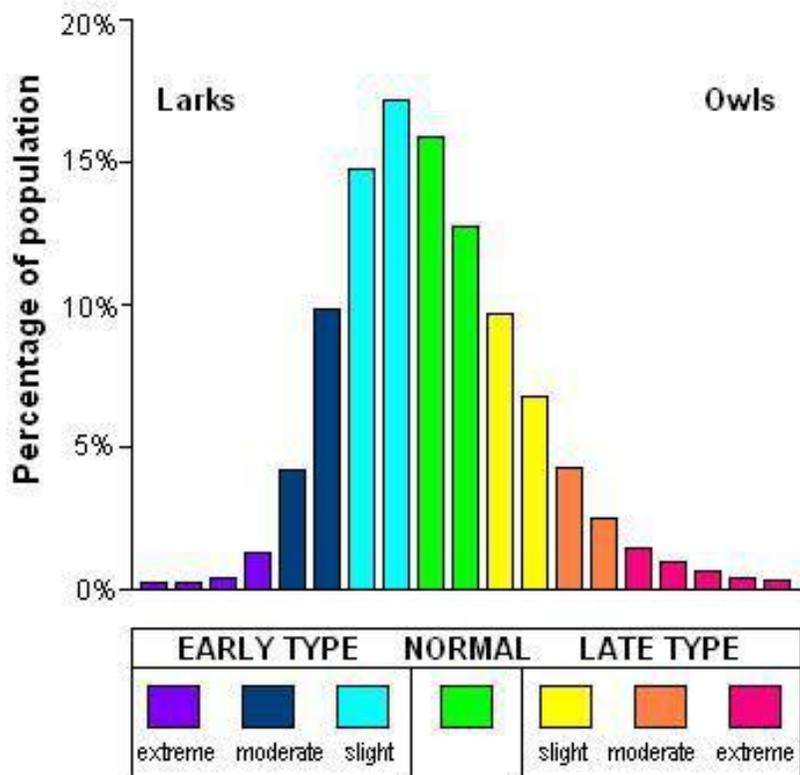
Slide with results of sleep shown.

Melatonin at end of 3 weeks night shift and end of 3 weeks day shift. Cosinor model

Slide with results of melatonin shown.

Steroid hormones (51 hormones/metabolites) in night vs day shift (same worker comparison) in 50 workers.
Difference in peak levels (acrophase).

Slide with results of steroid hormones shown.



Individual chronotype is a human attribute with genetic basis that reflects the circadian phase of entrainment

Ludwig-Maximilians-Universität München

Institut für Medizinische Psychologie
Goethestr. 31 D-80336 München

Work Days

① I go to bed at : o'clock.

② Note that some people stay awake for some time when in bed!

③ I actually get ready to fall asleep at : o'clock.

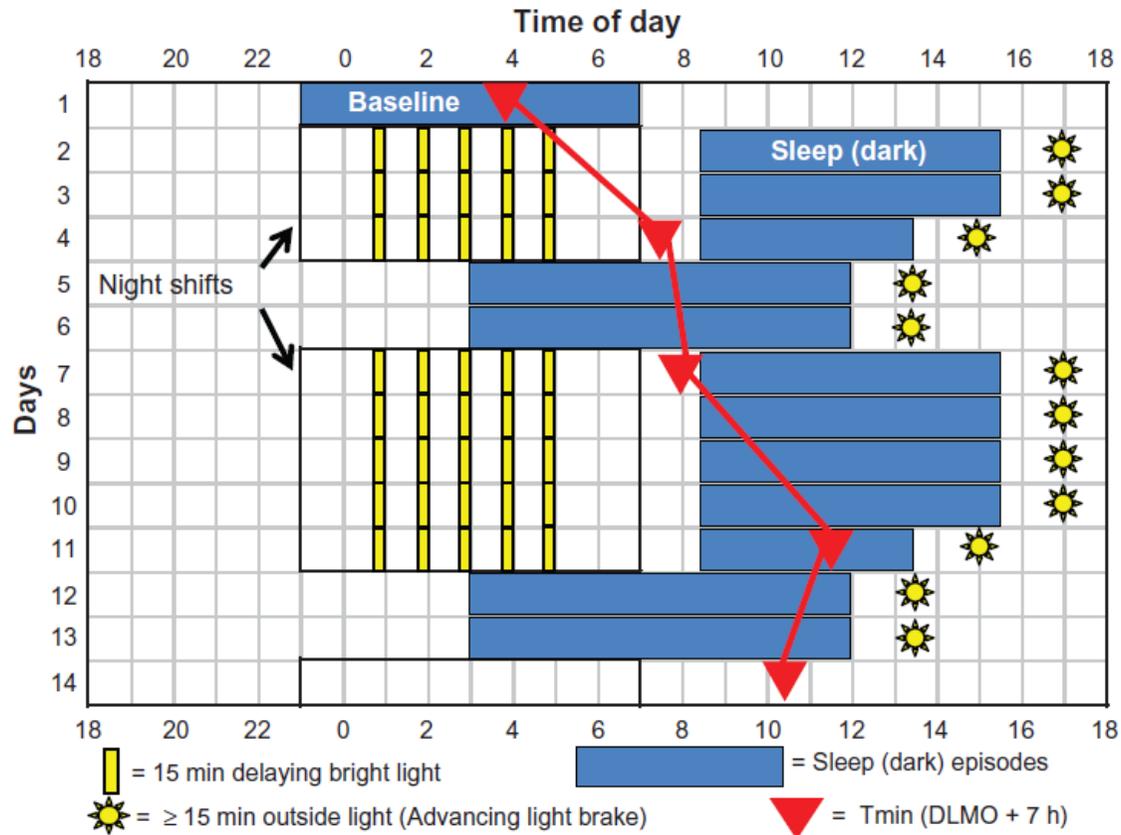
④ I need minutes to fall asleep.

⑤ I wake up at : o'clock.,
 with an alarm clock
 without an alarm clock

⑥ After minutes, I get up.

https://www.bioinfo.mpg.de/mctq/core_work_life/core/core.jsp?language=eng

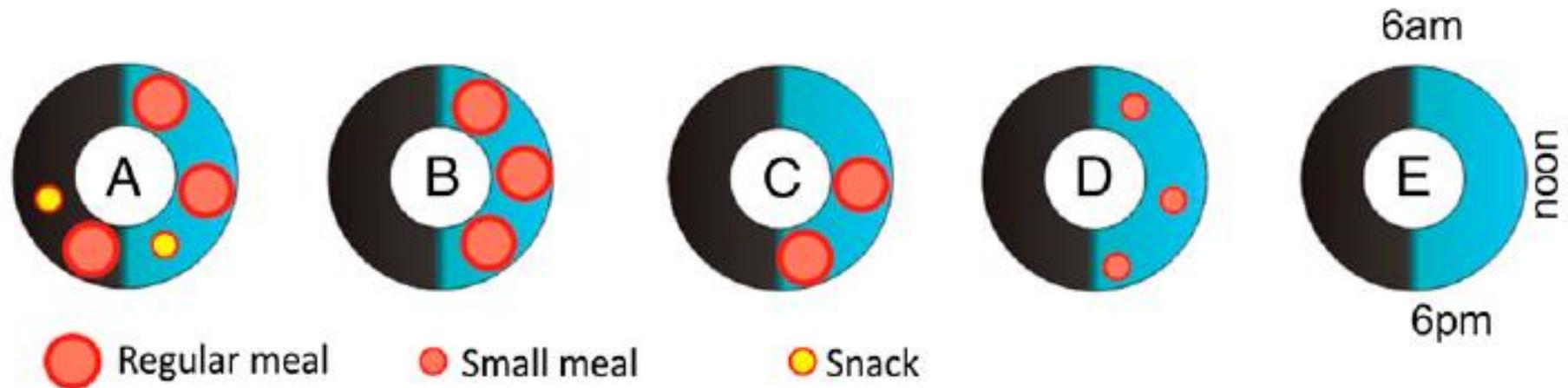
Sleep-and-light schedule for night-shift work to align circadian rhythms with the sleep schedule enough to move the temperature minimum (T_{min} red triangles) to within sleep



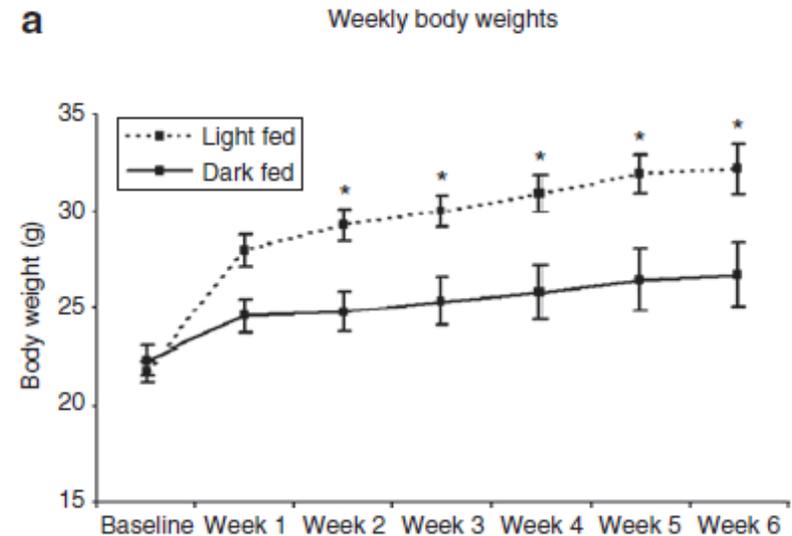
Other Recommendations

- Rapidly rotating shifts including both night and day shifts
 - very common but should be avoided
 - very difficult to reduce circadian misalignment
 - associated with various performance, safety, and health problems
- Slowly rotating three-shift system in the delaying direction (eg, 2 weeks days, 2 weeks evenings, 2 weeks nights, ...)
 - circadian misalignment could be practically eliminated

Patterns of Daily Food Consumption

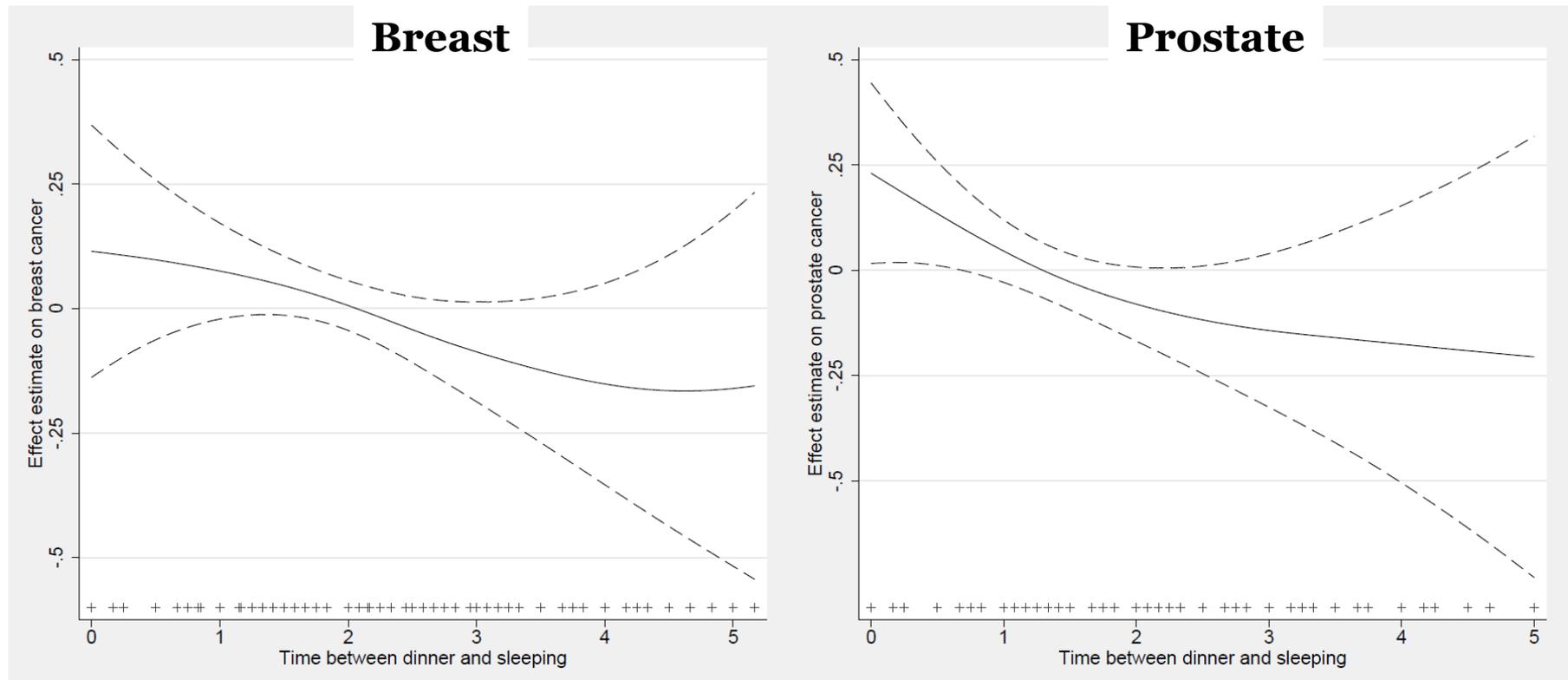


- A. 3 meals and snacks
- B. 3 meals consumed during the day
- C. 2 meals no breakfast
- D. 3 small meals
- E. Complete fast



Mattson et al. (2014), Abele et al. (2009)

Effect of mistimed eating on breast and prostate cancer risk. Association with time between dinner (last main meal) and sleep. MCC-Spain.



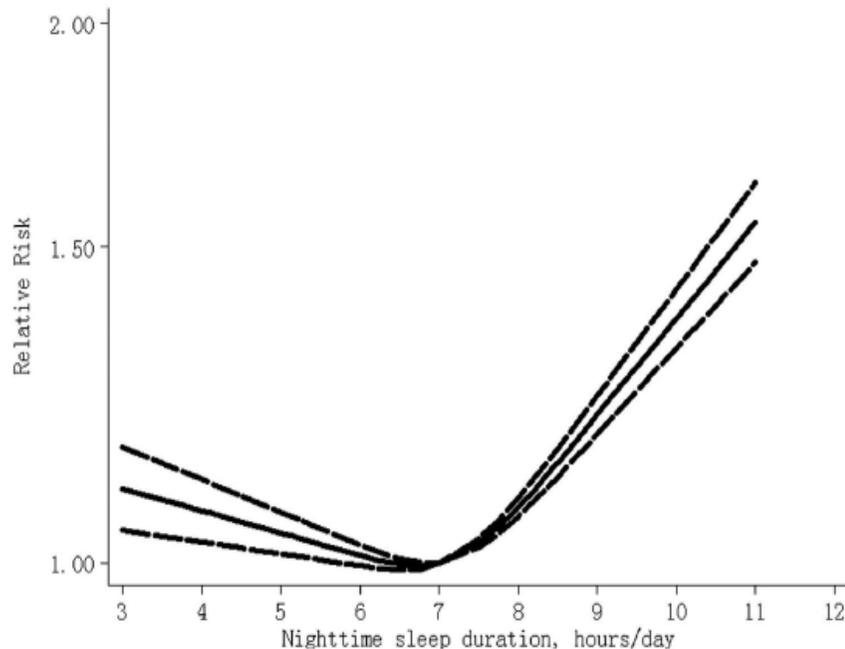
Kogevinas et al. (2018)

Sleep and Cancer – Epidemiological Studies

OPEN Nighttime sleep duration, 24-hour sleep duration and risk of all-cause mortality among adults: a meta-analysis of prospective cohort studies

Received: 13 October 2015
Accepted: 25 January 2016
Published: 22 February 2016

Xiaoli Shen^{*}, Yili Wu^{*} & Dongfeng Zhang



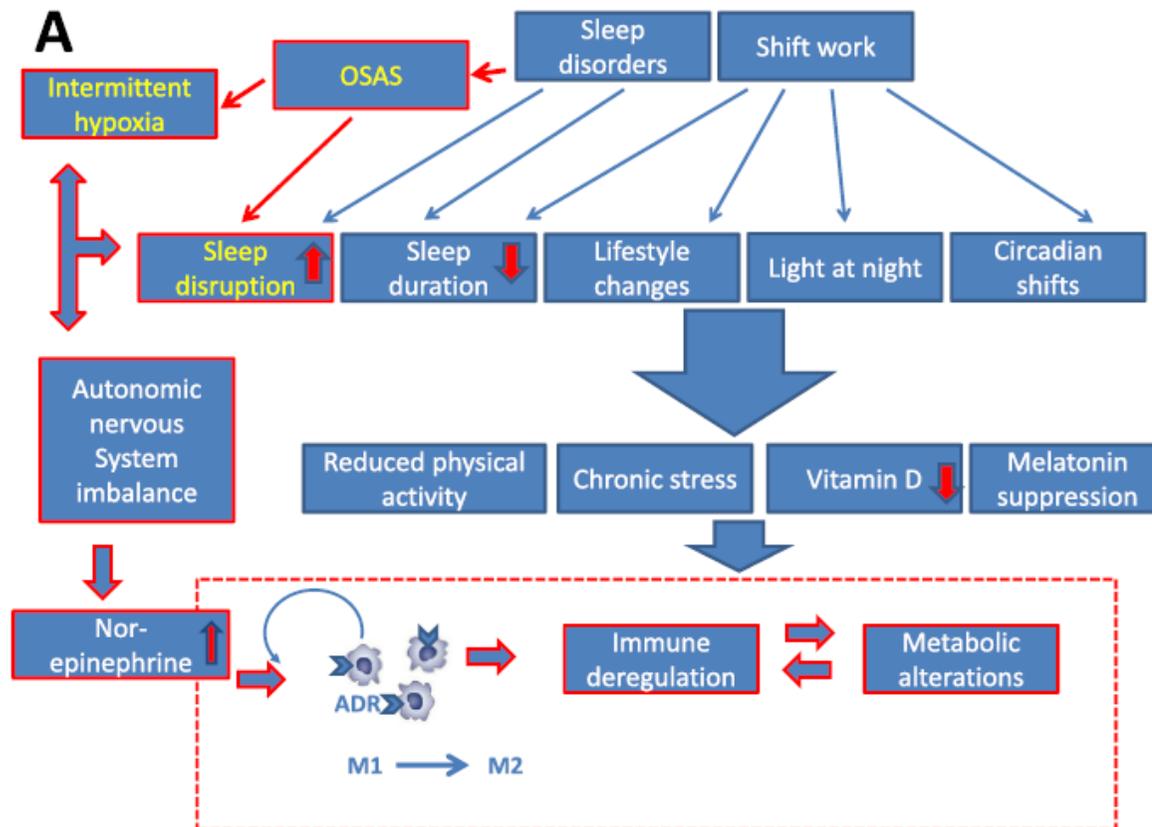
- Twelve studies on sleep and breast cancer - Mixed results
- Six studies on sleep and prostate cancer - Mixed results
- Limitations:
 - Exposure assessment (limited information on sleep, usually a single question on duration)
 - Lack of information on sleep medication use

Samuelsson et al. (2018); Wendeu-Foyet et al. (2017)



FOCUS REVIEW

Obstructive sleep apnea and cancer: Epidemiologic links and theoretical biological constructs

David Gozal ^{a,*}, Ramon Farré ^{b,c}, F. Javier Nieto ^d

Fragmented sleep and intermittent hypoxia may promote changes in multiple signalosomes and transcription factors that can not only **initiate malignant transformation**, but will also alter the tumor microenvironment, disrupt immunosurveillance, and thus hasten **tumor proliferation** and **increase local and metastatic invasion**.





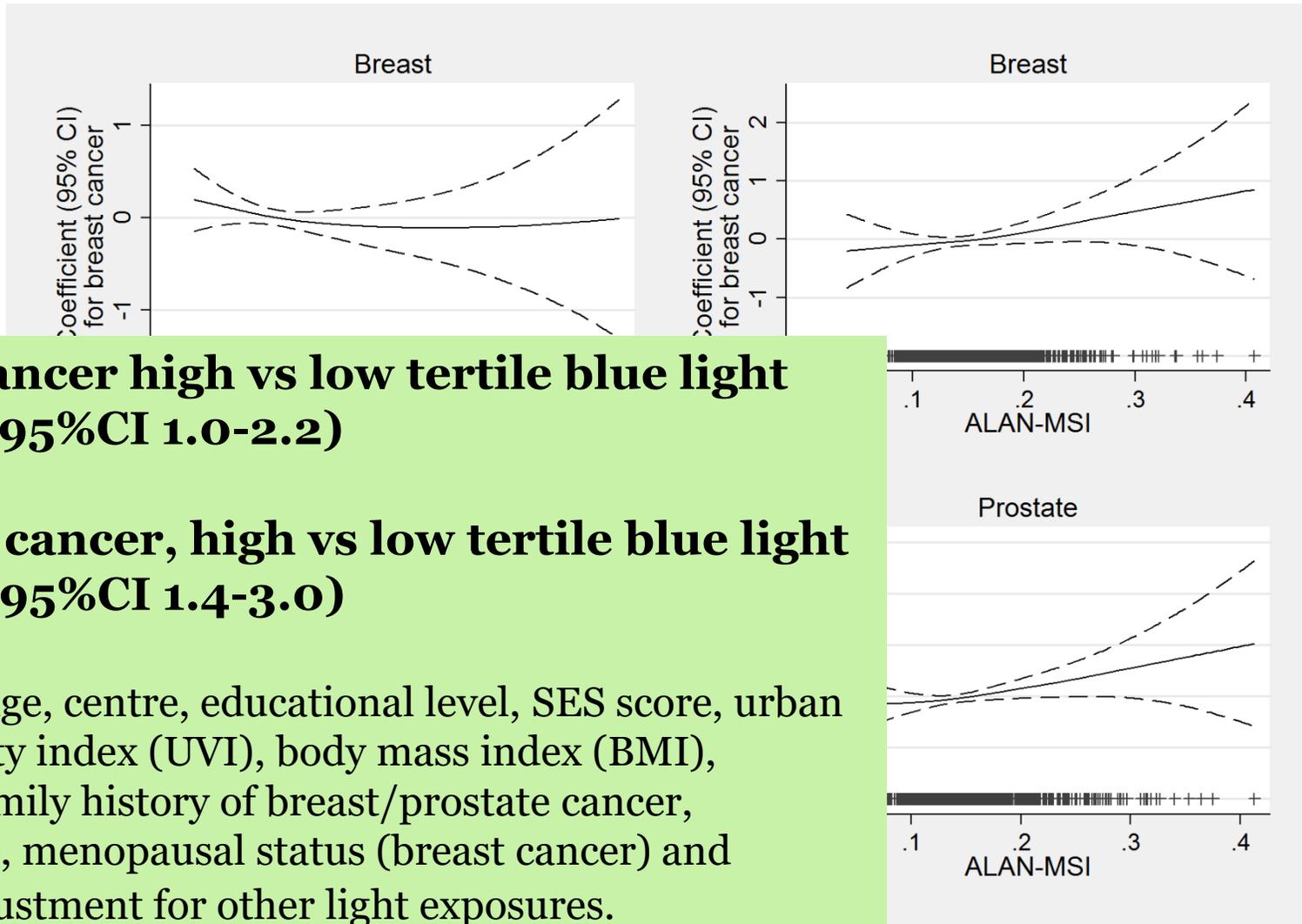
Slide with results of sleep shown.

Detailed sleep questionnaire: Sleep duration, sleep problems, problems to fall asleep, problems to wake up, sleep medication use, changes in sleep patterns, siesta

International Space Station Night Image (<https://eol.jsc.nasa.gov>) of Barcelona 2013



Evaluating the Association between Artificial Light-at-Night Exposure and Breast and Prostate Cancer Risk in Spain (MCC-Spain Study)



**Breast cancer high vs low tertile blue light
OR=1.5 (95%CI 1.0-2.2)**

**Prostate cancer, high vs low tertile blue light
OR=2.1 (95%CI 1.4-3.0)**

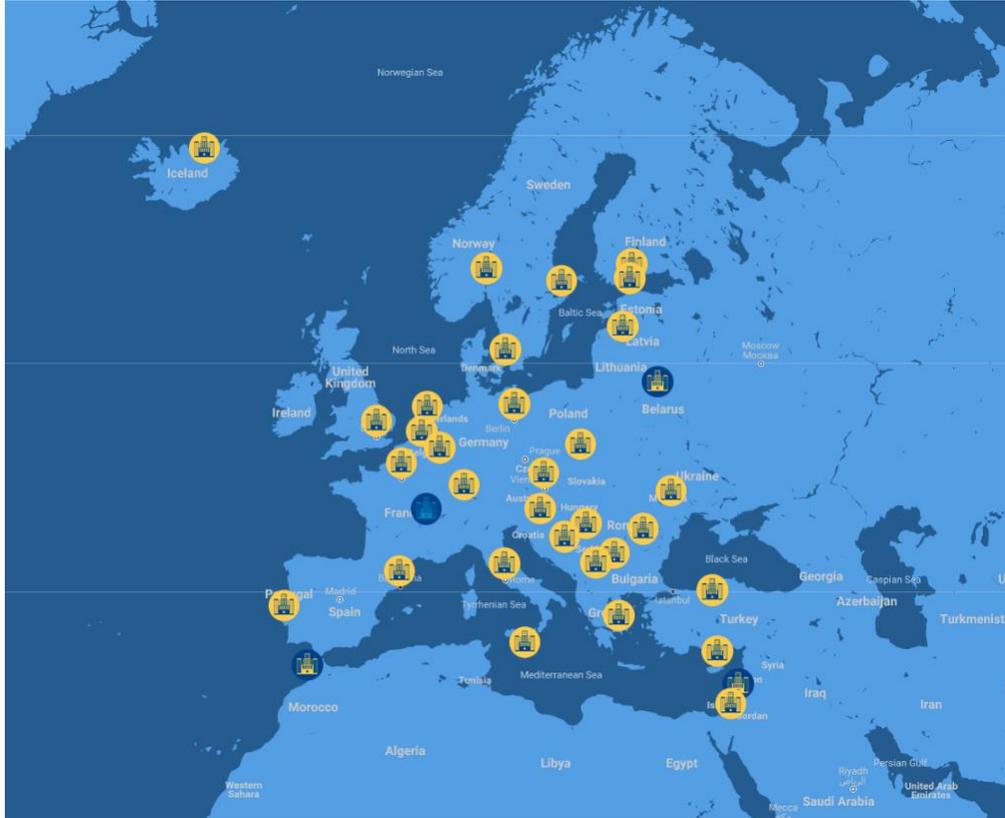
Adjusted: age, centre, educational level, SES score, urban vulnerability index (UVI), body mass index (BMI), tobacco, family history of breast/prostate cancer, chronotype, menopausal status (breast cancer) and mutual adjustment for other light exposures.

Network on the Coordination and Harmonisation of European Occupational Cohorts (OMEGA-NET)

- Goal: To create a **network** to optimize the coordination and use of occupational, industrial, and population **cohorts** at the European level to inform evidence-based interventions and policy
- Timeframe: October 2017-October 2021
- Funding: EU Framework Programme Horizon 2020 European Cooperation in Science and Technology (COST Action)
- Budget: 520,000+€ for networking tools



OMEGA-NET Countries



- >150 participants from 37 countries
- 32 COST countries and COST cooperating states
- Near Neighbour Countries (NNC)
 - Belarus, Morocco, the Palestinian Authority
- International Partner Countries (IPC)
 - Australia, the United States
- International Organisations
 - the International Agency for Research on Cancer (IARC)



Dr Ingrid Sivesind Mehlum
Chair



Dr Michelle Turner
Vice Chair



Dr Gemma Castaño
Grant Holder Manager Administrator



Prof Damien McElvenny
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Working Group 1 Leader



Prof Roel Vermeulen
Working Group 2 Leader



Prof Maria Albin
Working Group 3 Leader



Prof Alex Burdorf
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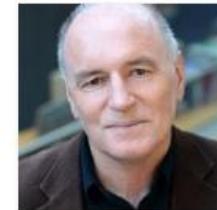
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Prof Neil Pearce
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Administration Officer

Working Groups

- **WG1. Inventory of Occupational Cohorts**
- WG2. Harmonisation of Existing Occupational Exposure and Outcome Information
- WG3. Standardised Protocols for New Occupational Data Collection
 - Task 3.1 Healthy ageing and work participation
 - **Task 3.2 Working hours**
 - Task 3.3 Employment patterns in the young including young employed mothers
 - Task 3.4 Occupational skin diseases
 - Task 3.5 Work-related psychosocial determinants on mental health
 - Task 3.6 Precarious work
- WG4. Science Communications, Dissemination and Training

Welcome to Birthcohorts.net

In recent years, a variety of birth cohorts have been established worldwide, and more are in progress. An impetus for this development is the increasing awareness of the long-term health effects of intrauterine and early life combined with a renewed attention to the life-course approach in epidemiology.

The aim of Birthcohorts.net is to facilitate the exchange of knowledge and collaboration between cohorts and researchers. In addition, we would like to provide administrators, policy makers and other stakeholders with information about available cohort data on health and its determinants.

[Read more about the background for this website here.](#)

You will find the list of birth cohorts that have provided information to this website in the Inventory of Birth Cohorts together with key information such as number of participants and contact persons. If you click on the cohort name you will learn more about design and data. You can also use the search feature in order to search for cohorts with information on specific exposures, outcomes, biological samples, or health and development.

The inventory is not complete. Principal investigators of birth cohorts not yet included in the inventory are encouraged to register their birth cohort.

www.birthcohorts.net

Which cohorts can be included?

- Cohorts started before or during pregnancy or latest at birth
- Cohorts with at least one year of follow-up
- Cohorts with at least 300 mother-child pairs

[Register / edit cohort](#)

To be able to register or edit a cohort, you must login.

[Login](#)

[Register new cohort](#)



OMEGA-NET



www.omeganetcohorts.eu



@OMEGANET_COST

#OMEGANET



The screenshot shows the OMEGA-NET website homepage. At the top left is the OMEGA-NET logo, which consists of a stylized rainbow arch over the text 'OMEGA-NET'. To the right of the logo is a navigation menu with links for HOME, ABOUT, TRAINING, EVENTS, NEWS, and RESOURCES, followed by a search icon. Below the navigation is a large banner image of a modern office or laboratory setting with many people working at desks with laptops. Overlaid on the bottom of this image is a blue box with white text that reads 'Coordinating European Occupational Cohorts' and 'Network on the Coordination and Harmonisation of European Occupational Cohorts'. Below the banner is a section titled 'A EUROPEAN PROJECT' with a short paragraph of text. At the bottom right of this section are the logos for the European Union (a circle of yellow stars on a blue background) and COST (European Cooperation in Science and Technology).

OMEGA-NET

HOME ABOUT TRAINING EVENTS NEWS RESOURCES Q

Coordinating European Occupational Cohorts
Network on the Coordination and Harmonisation of European Occupational Cohorts

A EUROPEAN PROJECT

The overarching concept of OMEGA-NET is to create a network to optimize and integrate the occupational, industrial, and population cohorts at the European level, and to provide a foundation for an enhanced evidence base for the identification of health risks and gains related to occupation and employment to foster safe and healthy preventive strategies and policies.



Exposome Project for Health and Occupational Research (EPHOR)

- Goal: To **develop** the **working-life exposome**, defined as all **occupational** and related **non-occupational** exposure factors, to lay the groundwork for evidence-based and cost-effective preventive actions to improve working life health and reduce the burden of NCDs
- Timeframe: 2020-2024
- Funding: Horizon 2020 SC1-BHC-28-2019: The Human Exposome Project: a toolbox for assessing and addressing the impact of environment on health
- Budget: €11,981,860

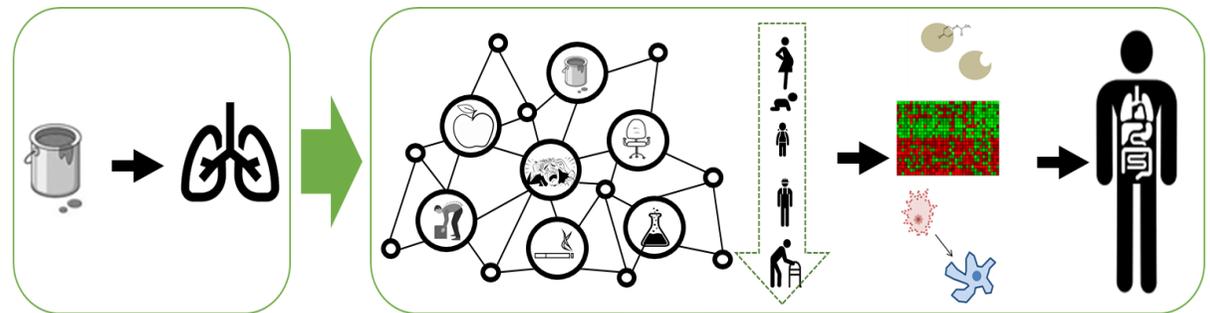
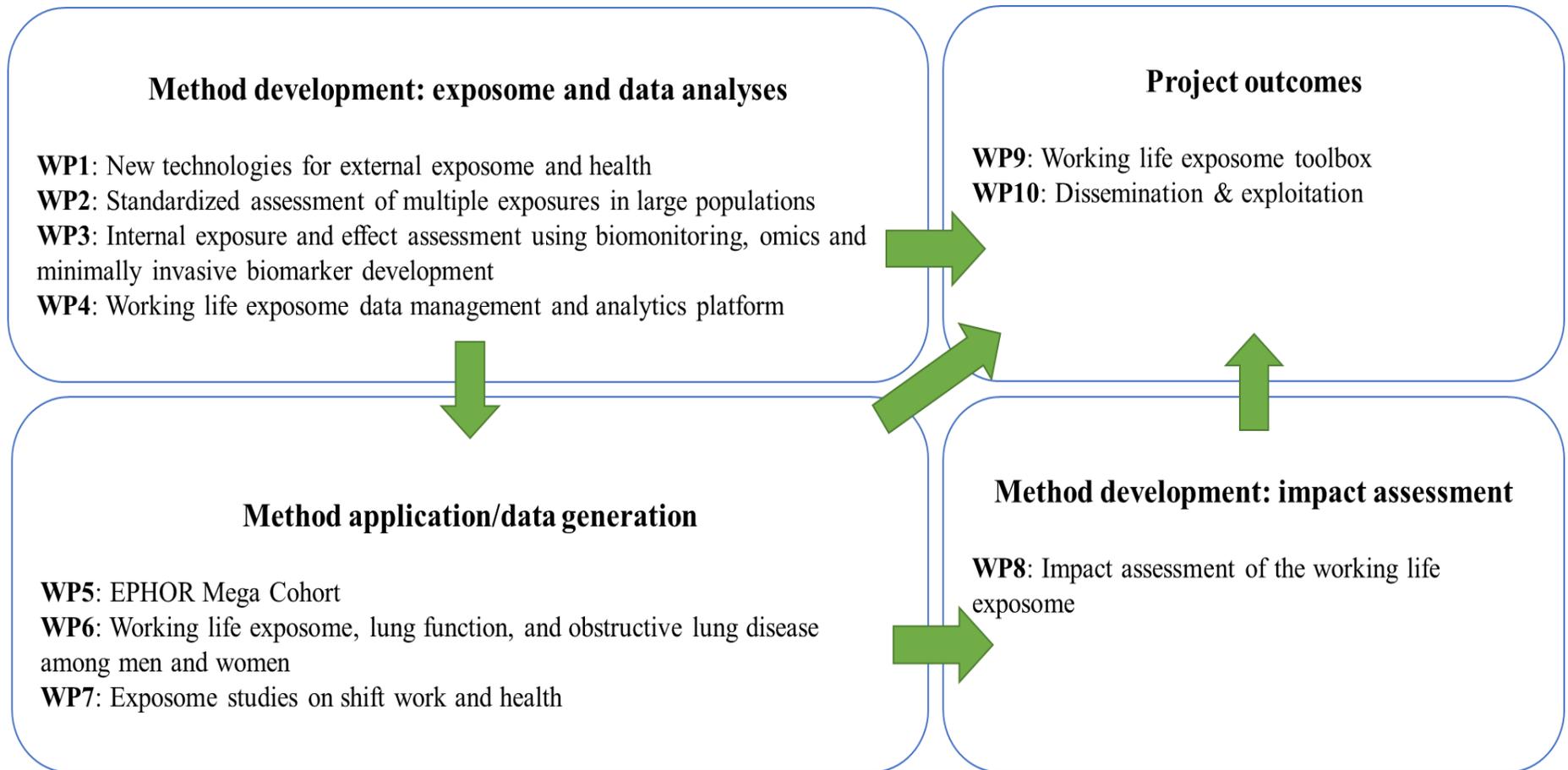


Figure 1.1.1: Taking an exposome approach to the working life: a fundamental shift from studying one occupational exposure in relation to one defined health effect, to mapping the complex picture of several interrelated exposures in relation to inherent biological pathways, key body functions and health, identifying also vulnerable individuals, groups or life stages.

EPHOR: Work Packages



Conclusions

- Circadian disruption and night shift work associated with acute and chronic health effects including cancer
- Few recommendations for better adaptation to circadian disruption due to night shift work are based on solid evidence
 - Importance of evaluating circadian rhythms in studies on diet and cancer (and developing recommendations for prevention not only focusing on type and quantity of food intake)
 - Importance of blue-light spectrum which has rapidly increased both in public and private places (massive use of LED, tablets, smartphones)

An aerial photograph of the Montreal skyline at sunset. The sun is low on the horizon, casting a warm orange and yellow glow over the city. The sky is filled with scattered clouds, some of which are illuminated from below. The city's architecture is a mix of modern glass skyscrapers and older, more traditional buildings. The foreground shows some greenery and lower-rise buildings.

Visit epicoh2020.org

Updates: epicoh2020@irsst.qc.ca

Montréal, Canada

28th International Symposium on Epidemiology in Occupational Health
EPICOH 2020

SAVE THE DATE

August 31st – September 3rd 2020

Acknowledgements

- the XV “OCCUPATION and HEALTH” Russian National Congress with International Participation (OHRNC-2019)
- the International Agency for Research on Cancer
 - Joachim Schuz, Ann Olsson, Mary Schubauer-Berigan, Kate Guyton
- the Barcelona Institute for Global Health (ISGlobal)
 - Manolis Kogevinas, Gemma Castano, Ariadna Garcia, Esther Garcia, Ana Espinosa
- Ramón y Cajal fellowship (RYC-2017-01892) from the Spanish Ministry of Science, Innovation and Universities and cofunded by the European Social Fund

Thank you!

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