

عنوان مقاله:

The effect of lifestyle on the prevalence of ovarian cancer

محل انتشار:

دوازدهمین کنفرانس بین المللی بهداشت، درمان و ارتقای سلامت (سال: 1401)

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خلاصه مقاله:

Ovarian cancer is the fifth most important cause of death in women due to cancer. Ovarian cancer has the highest mortality rate among female cancers, i.e. cancer of the uterus, cervix and ovaries. In 2017, about 22,440 women are expected to be diagnosed with ovarian cancer, and about 14,080 people are expected to die from this disease. Having one of the risk factors for ovarian cancer or even a number of them means getting it. It is not a disease, and some people with it may have no known risk factors. A risk factor is anything that increases the likelihood of developing a disease such as cancer. Different cancers have different risk factors, some of which are modifiable, such as smoking, and others, such as a person's age or family history. Ovarian Cancer Risk Factors Aging: The risk of ovarian cancer in women under 40 is rare and increases with age. Most ovarian cancers occur after menopause, and half of ovarian cancers occur in women 63 years and older. Generally, ovarian cancer occurs when the cells inside or near the ovary undergo DNA mutation. DNA tells the cell what to do. If there is a change and mutation in the DNA, the cell is instructed to grow and multiply rapidly, eventually leading to a cancerous mass. Cancer cells can invade nearby tissues and spread to other parts of the body. Method: The current review by searching in reliable books and useful databases such as Scopus, Elsevier, PubMed, Science Direct, Google Scholar, Mag Iran, Iran Dog, Iran Medex in the years 2010 to 2023 with keywords such as lifestyle, nutrition, exercise and physical activity, smoking, pregnancy, history of cancer, women's cancers, ovarian cancer and tumors were done. Findings: The factors that increase the prevalence of ovarian cancer are: Overweight or obesity: Obesity is associated with an increased risk of many cancers. Obese women (with a body mass index [BMI] of at least 30) are likely to have a higher risk of developing ovarian cancer, but not necessarily the most aggressive type. A high degree of obesity may also negatively affect the overall survival of a woman with ovarian cancer. Late-term pregnancy or no full-term pregnancy: Women who have their first full-term pregnancy after age 35 or never have a full-term pregnancy have a higher risk of ovarian cancer. Use of hormone therapy after menopause: Women who use estrogen alone or with progesterone after menopause have a higher risk of developing ovarian cancer than women who have never used hormones. Having a family history of ovarian cancer, breast cancer, ... or colon cancer: Ovarian cancer can run in families. Your risk of developing ovarian

کلمات کلیدی:

Lifestyle, cancer, ovarian cancer

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