

عنوان مقاله:

Lifestyle affect the risk of Breast Cancer

محل انتشار:

نهمین کنگره بین المللی سرطان پستان (سال: 1392)

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خلاصه مقاله:

Breast cancer is the commonest cause of cancer death in women worldwide. People Lifestyles, Exposure to some environmental toxins and air pollution, stress, increasing pregnancy age, increased consumption of cosmetics, and decrease in women's willingness to breast-feeding are reduced the risk age of breast cancer and increased its incidence. In recent years, there is a great increase in breast cancer in women below 35 years old when they did not expect it at all. use of hormonal substances in food (including full -fat dairy products, chips, crisps and pizza), cosmetics and foreign creams, prepared foods or fast food, lack of labor, lack of breastfeeding and lack of exercise (Because physical activity may affect hormonal concentrations and energy balance), and any type of cancer the family are among the most important risk factors for breast cancer in women. Many types of fats increases estrogen levels in the body by their role in estrogen construction and estrogen stimulates the growth and development of cancer. According to recent researches, unsaturated oils such as olive oil, cannula and omega 3 fatty acids found in salmon and sardines fishes reduce the risk of breast cancer. Investigations indicate that Women who exercised at least four hours a week are less likely to be diagnosed with breast cancer compared with those who have no physical activities; as exercise burns calories and fat and stops the production of estrogen subsequently. Studies revealed that if women with breast cancer familial history consume 10 units or more of vitamin E daily in their diet, has protected themselves against the risk of breast cancer up to eighty percent. Among all cancers, breast cancer with at least two major factors, namely gender and underlying disease, accounted for the highest percentage of sleep disorders. Obesity is associated with a twofold increase in the risk of breast cancer in postmenopausal women whereas among premenopausal women it is associated with a reduced incidence. Mutations in certain genes greatly increase breast cancer risk, but these account for a minority of cases. Current use of oral contraceptives (OCs) has been reported to increase breast cancer risk slightly. Ionizing radiation also increases risk later in life, particularly when exposure is during rapid breast formation. Nutritional and lifestyle modifications reduce breast cancer risk in women. In addition to a reduced fat intake, the dietary regimen might involve a reduced n-6/n-3 ratio of polyunsaturated fatty acids and ... should be associated with avoidance of obesity and regular physica

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