

عنوان مقاله:

The Relation between Nutrition and Breast Cancer in Women: a review article

محل انتشار:

نهمین کنگره بین المللی سرطان پستان (سال: 1392)

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خلاصه مقاله:

Introduction: Breast cancer is the most common cancer in women and one out of every eight women will be diagnosed with breast cancer. Research in the area of breast cancer and nutrition is rapidly growing. The aim of this article is to investigate various nutrition factors in prevention of breast cancer. Method: Academic databases (e.g. Cochrane, Google Scholar, PubMed, Medlin, SID and Irandoc) were searched. Findings from 24 cross-sectional, case-control, cohort, and meta-analysis studies, until 2013, have been taken into account in this review. Findings: Findings from the current evidence suggest that the risk of Breast cancer decreases with high intake of fruits and vegetables for its carotenoid, fish for its omega 3, green tea, vitamin D, Milk for its conjugated Linoleic acid, bottle and olive oil and increases with the intake of fat, carbohydrate and alcohol. There is no clear evidence about the relationship between breast cancer and soya, folate and fiber. Discussion: Dietary modification to increase intake of fruits, vegetables, fish, unsaturated fatty acid and to reduce intake of fat, carbohydrates and alcohol represent an effective strategy in control and prevention of breast cancer. More research is required on the effect of some nutrition factors.

کلمات کلیدی:

Breast cancer, Prevention, Nutrition

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