

عنوان مقاله:

Build a breast cancer-fighting diet; A review of last cohort studies

محل انتشار:

نهمین کنگره بین المللی سرطان پستان (سال: 1392)

تعداد صفحات اصل مقاله: 1

نویسنده:

Mohammad Bagher Maljaie - Food Security Research Center, Isfahan University of Medical Sciences, Isfahan, Iran

خلاصه مقاله:

Background: Cancers are an interaction between genetics and environments causes. Nutrition is one of important environments causes. Healthy diet can prevention of chronic disease include cancer. The target of this review article is introduction of last guidelines for prevention and treatment of breast cancer. Method: This article wrote by searching in PUBMED and SCOPUS database with keywords GRAIN , FRUIT AND VEGETABLE , PROTEIN , LIPID AND OIL , MEAT AND ANIMAL PRODUCT , DAIRY and BREAST CANCER between 1995 to 2014. Finally 67 articles investigated. Results: Healthy diet can prevent and control of breast cancer. This diet is including: Carbohydrate and Grain: there was an inverse association between dietary fiber intake and breast cancer risk. Calculation of cohort studies were shown chronically high-Glycemic Index/Glycemic Load diets may be expected to influence breast cancer risk. High GI incremental blood glucose accumulations and evidence of higher insulin secretion. Hyperinsulinemia may act in several ways to increase breast cancer risk including stimulation of estrogen, which binds to estrogen receptors. Also high intake in fiber and whole grain may reduce breast cancer risk. Fruits and Vegetables: Fruits and vegetables contain anti-oxidant including carotenoids, anthocyanin and polyphenols. High intakes of fruits and vegetables are association with Estrogen Receptor Negative (ER-) even in sisters of patient with breast cancer. Proteins, Meat and Animal Products: Investigation of last studies are show that processed meat and red meat intake was associated with a possible increased risk of breast cancer. There was no significant association between consumption poultry, fish, or egg with breast cancer risk. Lipids and Oils: Intake of trans fat and saturated fat are associated with increases of breast cancer risk but mono unsaturated fatty acids and poly unsaturated fatty acids can reduces breast cancer risk. Genes expression of breast cancer can reduce with PUFA include omega-3 fatty acids. Dairy : Intake of high-fat dairy is associated with high risk of breast cancer and high mortality after breast cancer .diagnosis. Conclusion: Have a good diet like Mediterranean Diet can prevent of breast cancer and improve this

کلمات کلیدی:

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