

عنوان مقاله:

Impact of Diet on Breast Cancer Risk: A Review study

محل انتشار:

دهمین کنگره بین المللی سرطان پستان (سال: 1393)

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خلاصه مقاله:

Breast cancer is the most common neoplasm and major cause of cancer-related deaths in women, worldwide. Breast cancer is caused by the interaction of genetic and environmental factors. Among the latter, since diet is a modifiable risk factor, it offers an opportunity to design preventive strategies. Regarding the increasing incidence of breast cancer worldwide, the aim of this paper was to review the studies regarding diet and breast cancer prevention. Methods: Eligible studies were identified by searching the following databases: PubMed, Google scholar, Science direct and Scopus. The search terms used are Diet.Nutrition.Breast Cancer ,Chemoprevention. Findings: Initial scientific evidence suggesting that diet might play a crucial role in breast cancer development. Although the nature of the relationship between specific nutrient exposures and breast cancer risk is unclear, the optimal intake of micronutrients may lower the risk of breast cancer. Deficiencies in the consumption of such compounds could account, for the known relationship between those diets traditionally poorest in fruits and vegetables and breast cancer incidence. These chemopreventive agents influence through modulating the expression and activity of relevant proteins, for example chemopreventive agents in fruits and vegetable exert their effects by modulating transcription factors - NF-kB, green tea by the blocking of antiapoptotic proteins such as Bcl-2 and Bcl-XL and curcumin stimulates the apoptotic intrinsic pathway via cytochrome C release from the mitochondria. Conclusion: overall, the evidences indicate that diet plays a crucial role in breast cancer risk. Future research are needed to provide more clarity regarding the type, intensity, and timing of activity that relate to breast cancer risk reduction and the effects of physical activity on proposed biomarkers to breast cancer risk. Research into gene-nutrients interactions will provide more clarity regarding the involved mechanisms in breast cancer prevention, and offering an opportunity to develop effective recommendations for prevention and new treatments against breast cancer

کلمات کلیدی:

Diet.Nutrition.Breast Cancer ,Chemoprevention

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