

عنوان مقاله:

A review of the relationship between nutrients intake and the risk of breast cancer

محل انتشار:

یازدهمین کنگره بین المللی سرطان پستان (سال: 1394)

تعداد صفحات اصل مقاله: 1

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خلاصه مقاله:

One of the factors that play a role in the risk of breast cancer is diets composing of different nutrients and individual, selection. The aim of the present study is a review of studies conducted in the field of nutrients associated with the risk of breast cancer. We searched PubMed and Scopus for related publications using appropriate key words. We searched for papers that has been published between 2010 and 2015. A number of studies show no relationship between vitamin D and calcium intake and risk of breast cancer, but some studies have noted their effectiveness of prevention. folate from dietary sources has J- shaped relationship with the risk of breast cancer, that means too much folate intake increases risk of breast cancer. Antioxidant compounds such as vitamin C, vitamin E, carotenoids and flavonoids are effective in reducing the risk of the disease, especially in Alcoholic woman or women using hormon. The results of studies on the effects of fat intake and the risk of the disease are variable, but mostly emphasize on the importance of omega-3 fatty acids in reducing the risk and control of inflammatory eicosanoids deriving from omega-6 fatty acid metabolism. Selenium intake can also be effective in reducing mortality from the disease. Therefore, it seems, a diet rich in vitamins C, D and E, omega-3, calcium, carotenoids, folate, flavonoids and fiber is effective in .reducing breast cancer risk

کلمات کلیدی:

nutrient, breast cancer

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