

عنوان مقاله:

Risk Factors of Breast Cancer in Iranian Women

محل انتشار:

یازدهمین کنگره بین المللی سرطان پستان (سال: 1394)

تعداد صفحات اصل مقاله: 2

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خلاصه مقاله:

Introduction: In Iran, like many other developing countries, breast cancer is the most prevalent sort of cancer among women and is considered as an important issue for women's health and treatment. Due to the high prevalence and consequences of physical, psychological, social and economical of this disease, it is necessary to evaluate the risk factors. So, we came to this conclusion to conduct an investigation to study the risk factors of breast cancer among Iranian women. Method: This research is a review study that has been prepared by using the published articles in books and valid internet sites. 40 original articles and 10 abstracts obtained at various sites in this field in the past 10 years that their findings were according to the goals of present study. Results: According to the results the most common causes of breast cancer in Iranian women was reported age, family history, history of benign breast disease, menopausal status, history of abortion and birth control pills. Of the other causes can be noted high BMI and smoking. Discussion and conclusion: Considering that some factors are controllable, it is necessary health authorities aware the women from the risk factors of this serious disease. Training classes on awareness of risk factors and changing lifestyles, learning the correct way to perform breast self-examination and regular checkups, especially in those with a positive family history of breast cancer, and follow-up of patients who have a history of benign breast disease, as well as, screening tests like mammography, such are effective solutions.

کلمات کلیدی:

Risk factors, Breast cancer, Women

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