

Influence of changing lifestyle factors due to urbanization on breast cancer risk



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Abstract

As per global cancer statistics GLOBOCAN 2020 breast cancer is number one diagnosed cancer among women across the globe. Public interest in treating and preventing breast cancer should be high. Several advancements in breast cancer treatment and cure have been made over the past decade, which has contributed to a significant increase in overall survival of breast cancer patients. On the other hand, preventing breast cancer has been an issue that has not been given adequate attention. This is surprising in comparison with other widespread diseases like cardiovascular and infectious diseases, prevention should be the first approach for treatment and reducing global burden of disease. When 2.3 million new breast cancer cases are diagnosed per year worldwide, the need for preventive strategies should be given completely new dimension. For the first time in GLOBOCAN 2020 statistics breast cancer has become most diagnosed cancer leaving behind lung cancer in low-and-middle income countries. As per Indian Council of Medical Research (ICMR), National Cancer Registry Programme Report 2020 incidence of breast cancer is 2 lakh (14.8%) of total cancer burden. Further evidence of changing lifestyle due to urbanization and its influence on incidence of breast cancer is increasing. Consequently, changing lifestyle factors are important to consider when developing a strategy for breast cancer prevention and reducing global burden of disease. In this research, I will analyse changing lifestyle factors arising due to urbanization and its association with breast cancer over the past years. This work is a small step towards framing preventive strategies for reduction of global burden of breast cancer.

Objective-The present study compared the lifestyle factors in women with and without breast cancer.

Result & Discussion-The present study compared changing lifestyle factors in women with and without breast cancer. According to the results of this study, the mean total scores of lifestyles in the two groups showed a significant difference. The mean scores of all dimensions of lifestyle were higher in the healthy group than the patient group. This difference was significant in the dimensions of alcohol and drug avoidance, consumption of healthy food, weight control and nutrition, reproductive health, and in the mean total lifestyle score ($P < 0.05$).

Conclusion-Considering the fact that lifestyle is an effective risk factor of breast cancer, and given the fact that lifestyle modification can increase breast cancer prevention. In fact, due to lifestyle differences, undertaking the same research in each part of the world seems necessary.

References

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