ORIGINAL ARTICLE

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Prevalence of risk factors for breast cancer in women (20 to 69 Years old) in Isfahan 2012-2013

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Abstract

Background: Breast cancer is the most common cause of due to cancer death in women worldwide and also is the case in Iran. Differences in breast cancer incidence in different areas and the diversity of factors which impact on cancer show, more investigation are needed to clarify the role of risk factors in various situations. This study has been aimed to determine the prevalence of risk factors for breast cancer in women.

Methods: In this descriptive study was used questionnaire for data collection which is completed by using the information retrieved in women 20-69 years old, referred to urban health centers.

Results: Out of 13,781 completed questionnaires, the most common risk factors were related to: Irregular physical activity or inactivity with frequency of nearly 4734 (34.4%), breast feeding Children less than two years, with 2268 cases (16.5%), body mass index (BMI) 30 or more in 1247 cases (9.1%) and history of contact with a smoker in the house, with 1,205 case\s (8.8 percent).

Conclusion: The results of the present investigation show that along with education of particular topics such as physical activity and healthy lifestyles prevention of overweight obesity and promote good breastfeeding; screening for breast cancer in women susceptible of risks should be planned and executed.

Key words: Risk Factors, Breast Cancer, Health of women.