ORIGINAL ARTICLE

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Prevalence of risk factors for breast cancer in 20 to 69 years old women

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Abstract

Background: Breast cancer is the most common malignancy in women worldwide, as 30% of all cancers and 15% of cancer deaths among women is related to that. Breast cancer is a multifactorial disease that many factors are involved in creating. The aim of this study is determined the prevalence of risk factors for breast cancer in 20 to 69 years old women for planning appropriate interventions to prevention and control of this cancer.

Methods: It was a cross – sectional study in dehaghan city during 1391 .1495 women aged 20-69 selected through simple random sampling. 23 risk factors of breast cancer were evaluated by trained midwife .Descriptive statistics and chi2, fisher exact test were used to analyze the data by SPSS 17.

Results: From 1495 women, who participated in the study, 1086 cases (72.64%) lived in rural areas and 409 cases (27.36%) lived in urban areas. The mean of age in rural cases was 38.28(12.28) and in urban cases was 39.23(12.34). Approximate 78.79% (1178 Cases) of participants had at least one risk factor for breast cancer. Among the 23 factors examined, erratic physical activity was the most common risk factor .That's about 75.98 percent of participated women, had no regular physical activity. Prevalence of contact with a smoker at home with 27.55% and BMI of 30 or greater with 17.32% was in the second and third ranks, respectively.

Conclusion: The results of this study showed that most of high prevalence risk factors for breast cancer in 20 to 69 years old women is related with women's lifestyle that can train and provide suitable conditions that modified.

Keywords: 20 to 69 years old women, Breast cancer, erratic physical activity, Cancer, Prevalence, Risk factor.