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Obesity and Breast Cancer Linked

by Art Writ, October 19th, 2011



The risk of developing breast cancer, as one of the most common neoplasm that affects women, is heightened by the condition of being obese, most especially those women who are already in morbid obesity, according to a new research.

The research was done in order to determine if there is a link between being obese and the risk of developing breast cancer even at earlier years of life. The University of Granada researcher group CTS 367 foreruns the study in coordination with Professor María José Aguilar Cordero, of the Nursery Department. The study is published recently in an article in the Spanish journal Nutrición Hospitalaria. The study population that is used in the study is composed of about five hundred twenty-four (524) women who are diagnosed of having breast cancer.

Health issues on being overweight and obese are long-decade issues that the whole world, most specifically the developed countries are struggling to eliminate. Concern and widespread awareness are now being push through in an attempt to make the people aware about various health risks of obesity and being overweight can bring, one of which are multiple malignancies such as having breast cancer.

Findings of the study reveal that those women who started to menstruate at an early age or to have an early menarche, which is between the age bracket of nine (9) or ten (10) years old, developed breast cancer at a younger age. In addition, women who are having the condition of being overweight and obese can develop breast cancer at the earlier stage of their life. What's more about this finding is that, women who are morbidly obese are as well in much greater

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women who do not have a family history. These women had more than one year of treatment for the said disease which started from January of 2009 until September of 2010 in one of the hospitals in Granada, the university hospital San Cecilio. Various procedures were conducted at the age of their diagnosis in order gather enough base line data such as health assessment of the nutritional status of the 524 women which is based on three categories: normal weight, obese, and morbid obese.

With the conclusions made by the researchers, making obesity as a great risk factor of developing breast cancer at an earlier stage, it calls for the public's attention to watch out their health more specifically their diet and lifestyle which puts a greater bearing on how healthy their body will become.

According to the Breastcancer.org website, about 1 in 8 women in the United States (12%) will develop invasive breast cancer over the course of her lifetime. In 2010, an estimated 207,090 new cases of invasive breast cancer were expected to be diagnosed in women in the U.S., along with 54,010 new cases of non-invasive (in situ) breast cancer. About 1,970 new cases of invasive breast cancer were expected to be diagnosed in men in 2010. Less than 1% of all new breast cancer cases occur in men.

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