



A MULTICENTRE OBSERVATIONAL STUDY ON RISK FACTORS FOR BREAST CANCER

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ABSTRACT

Background : Breast cancer is the most common malignancy in Indian women. There is scant data from Indian hospital based populations on the prevalence of risk factors of this disease. We performed this study to quantify and analyze various epidemiological risk factors in Indian breast cancer patients.

Keywords: breast cancer, risk factors, epidemiology

Methods : This was a multicenter collaborative study wherein breast cancer patients older than 18 years were served a structured questionnaire after informed consent. Patients or their relatives were required to fill out the questionnaire and those who were unable to read and write were excluded. Data were abstracted from case record forms and variables were descriptively analyzed.

Results : Between January 2015 and February 2016, 700 patients were screened, of whom 636 patients with a mean age of 50.13 years were enrolled in the study. The mean number of pregnancies was 2.75 (0–11), the number (percentage) of women who had breastfed for more than 6 months was 528 (85.3) and 306 (55.1%) patients were post-menopausal at the time of breast cancer diagnosis. Of the enrolled patients, 91 (12.8%) had history of exposure to passive smoke, 13 (1.8%) had partners who were heavy smokers, 27 (3.7%) had history of oral

contraceptive use, 4 (0.5%) had history of hormone replacement therapy, and 103 (14%) had undergone hysterectomy with oophorectomy.

Conclusion : Our study contributes to the descriptive prevalence of some known risk factors in Indian breast cancer patients.

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