



# Frequency of Lifestyle Risk Factors in Breast Cancer Females

Dr. Manar Atoum

The Hashemite University

Dept. of Medical laboratory Sciences



# Aims

- Explore the lifestyle risk factors for breast cancer.
- Approximate the frequency of each lifestyle risk factor.
- Underline the most prevalent lifestyle risk factors.



## Subjects and Methods

- Ninety women aged 25 – 90 years were participated in this study.
- Participants filled a lifestyle questionnaire characteristics including:
  1. Weight
  2. Height
  3. Physical activity,
  4. Smoking
  5. Caffeine and alcohol consumption
  6. Reproductive factors



## Subjects and Methods (continued)

- Body mass index was calculated
- Statistical analysis was performed using the Statistical Package for Social Sciences version 17.0 (SPSS Inc, Chicago, IL, USA)



## Results

Table 1: Reproductive characteristics of the subjects

Reproductive characteristics	Mean $\pm$ SD
Menarche in years	13.5 $\pm$ 1.5
Age at first delivery	20.4 $\pm$ 4.2
Duration of breast feeding in months	15.5 $\pm$ 7.7
Number of pregnancies	8 $\pm$ 4
Number of abortions	2 $\pm$ 1



Table 2: Anthropometric measurements of subjects

Anthropometric measurements	Mean $\pm$ SD
Height (cm)	160.2 $\pm$ 5.5
Weight (kg)	74.3 $\pm$ 16.8
Body mass index	
Normal	21.8 $\pm$ 1.6
Overweight	27.2 $\pm$ 1.3
Obese	34.7 $\pm$ 4.4





Table3: Risk factors for breast cancer

Risk factor	Percentage
Doing exercises on regular basis	17.0%
Not ever smoke cigarettes	88.0%
Have 2 cups of caffeine containing beverage on daily basis	50.0%
Never had alcohol	92.0%



# Conclusion

In conclusion, significant risk factors of breast cancer disclosed in this study include overweight/obesity and low physical activity





Thank You