Exercício regular e dormir sem sutiã diminuem o risco de câncer de mama

[Risk factors of breast cancer in women in Guangdong and the countermeasures].
[Article in Chinese]
Zhang AQ, Xia JH, Wang Q, Li WP, Xu J, Chen ZY, Yang JM.


Source
Guangdong Women and Children Hospital, Guangzhou 510010, China.
zhanganqin@gmail.com

Abstract

OBJECTIVE:
To screen high-risk population of breast cancer by analyzing the risk factors of breast cancer in Guangdong Province.

METHODS:
A case-control study was performed to identify the risk factors of breast cancer between premenopausal women and postmenopausal women. Chi-square test and unconditional logistic regression were used to analyze the data.

RESULTS:
In premenopausal women, prophylactic, family history of breast cancer, bad mood, bad life incidence and work load were the risk factors, and breast hyperplasia history, breast tissue examination history, regular exercise and sleeping without bra were the protective factors. In postmenopausal women, family history of breast cancer was the risk factor, and breast hyperplasia history and mood adjustment were the protective factors.

CONCLUSION:
The risk and protective factors of breast cancer differ between premenopausal and postmenopausal women, which highlights the importance of using different risk models to screen the high-risk populations.

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