

## **Comparative study of nutritional and reproductive factors between breast cancer patients and healthy women in 2021 in Ardabil**

**Back ground:**Breast cancer is considered to be the most common female cancer in the world and it can affect the affected person, family and society from different dimensions and impose a significant economic burden on the health system and societies.

**Aim:** the present study examines nutritional and fertility factors in women with breast cancer who have entered the Persian cohort study.

**Research materials and methods:** In this cohort study, after approval and receiving the code of ethics and consent from the participants, it was conducted as a case control on 51 people with breast cancer and 199 healthy people. Their information including age, nutritional status and fertility factors were collected by checklist. Finally, the information was coded into spss software and analyzed.

**Results:** 51 patients (with breast cancer) with an average age of  $49.29 \pm 7.67$  and 199 control group with an average age of  $49.15 \pm 9.06$  participated in this study. Among the analyzed factors, total fat, age of menstruation, age of first pregnancy and duration of breastfeeding were statistically significant in 2 groups.

**Conclusion:** Considering the high prevalence of breast cancer and the effect of nutritional and fertility factors on its occurrence, it is necessary to investigate risk factors in different areas. In cases where there is a possibility of intervention, it is necessary to warn women from contracting this serious disease by making correct plans and informing the society about the factors affecting the disease and the methods of follow-up on them.

**Keywords:** breast cancer, nutritional factors, fertility factors