

Diet and the prevention and treatment of breast cancer

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Background: Breast cancer is the second most common cancer in the world and the most common cancer among women. About one third of cancers have generally been thought to be related to dietary factors. Diet is thought to account for about 25% of cancers in developed countries. It is well documented that the risks associated with both the breast cancer itself and its treatments are important for women previously treated for breast cancer.

Methods: This study was a comprehensive literature review performed through searches in databases such as Medline, PubMed, Science Direct, Scopus, and Google Scholar using the terms " Breast Cancer, Diet, Prevention, Nutrition, Cancer treatment ".

Findings: According to the results of many studies higher serum levels of estrogen have been linked with risk of breast cancer. Dietary fat, insecticide residues, and alcohol result in higher estrogen activity. A variety of plant nutrients have estrogen-blocking activity. Thus a diet high in vegetables and fruit probably decreases breast cancer risk and that a diet high in total fat possibly increases risk. Incidence of breast cancer is lower in countries where the intake of phytoestrogens (e.g. soybean nuts) is high, implying that these compounds may reduce breast cancer risk, and possibly led to improvement in relapse-free survival.

Conclusions: Rregarded to undeniable effect of diet in prevention and control of breast cancer, it seems health care providers, through education and counseling , have an effective role in health promotion and nutritional habits of individuals at high risk of breast cancer and its survivors.

Key words: Breast Cancer, Diet, Prevention, Nutrition, Cancer treatment