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INFLUENCE OF LIFESTYLE FACTORS ON BREAST CANCER RISK: A CASE-CONTROL STUDY WITH A REPRESENTATIVE SAMPLE OF THE BRAZILIAN POPULATION

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Objective: To evaluate the influence of lifestyle factors on the chances of developing breast cancer in Brazilian women.

Methodology: A case-control study was conducted with 542 women, 197 diagnosed with breast cancer and 345 healthy controls. All analyzes were adjusted for age and BMI. The International Physical Activity Questionnaire – Short form was used to estimate the level of physical activity. A standardized questionnaire was used in order to evaluate whether the volunteers were following dietary recommendations, smoking, and alcohol-related habits. We also collected anthropometric variables: weight (kg), height (m), and waist circumference (cm). A multivariate logistic regression model was performed to estimate the odds ratios (OR) and 95% confidence intervals (CI) of the relative risk of breast cancer with lifestyle factors. **Results:** The mean age of the patients was 52±11 years. Not following dietary recommendation (OR 1.78, 95%CI 1.12–2.89), smoking habit (OR 1.68, 95%CI 1.12–2.46), alcoholic habit (OR 2.16, 95%CI 1.48–3.16), and sedentary lifestyle (OR 1.89; 95%CI 1.129–2.76) were associated with a greater chance of developing breast cancer, regardless of age and BMI.

Conclusions: The sedentary lifestyle, not following dietary recommendations, smoking, and consumption of alcoholic beverages increase the risk of developing breast cancer.