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## A study on breast cancer risk factors in Pakistani population

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Breast cancer (BC) is the second most widespread and the highest conjoint cancer among world female population. This cross-sectional case control study aims not only BC profiling but also to determine the associated risk factors, and quantification of the BC risk in Pakistani women. 210 females were studied, including 105 confirmed BC patients and equal number of controls (healthy women). Demographic characteristics along with potential risk factors information were collected via well-structured questionnaire. Logistic regression, Pearson's Chi square/ Fisher's exact tests were applied. Among cases, the most frequent age at diagnosis was 31–50 years and 2<sup>nd</sup> stage observed as most frequent stage. The utmost common histology was unilateral IDC. Female with a positive family history were at higher risk for developing BC (OR = 1.23, 95% CI = 0.6 – 2.3). An early age at menarche, menopausal status and age at last pregnancy found as a strong risk factor for developing BC (P value <0.05) In multivariate models, Environmental area and exposure to X-Ray radiations were found significantly associated with BC risk (p = 0.012, 0.03). This study provides important background information for designing detailed studies that aim to improve our understanding of the epidemiology of breast cancer in the Pakistani population, including the gene interactions and environmental effect.

## Biography

Sajid Iqbal has completed his Pre-doctoral program in Biomedical Sciences from Department of Human Genetics, KU Leuven University, Belgium. Currently, he is working as Institution Research Manager with Emirates College of Technology, Abu Dhabi, UAE. Few of his publications are in international journals.

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