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Metabolic syndrome in breast cancer patients: An observational study

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The present study was undertaken to study the incidence of metabolic syndrome in patients with breast cancer and find any correlation between metabolic syndrome and the risk factors and prognostic factors for breast cancer. In a prospective study from 1 August, 2016 to 31 July, 2017 patients with biopsy proven breast cancer were assessed for the presence of metabolic syndrome. Risk factors and standard clinicopathologic factors were correlated with the presence of metabolic syndrome. Chi-square test and student's t-test were used to calculate the p value. Of the 305 patients, 191 had metabolic syndrome (Group-1; 62.6%) and 114 (37.4%) did not have metabolic syndrome (Group-2). Mean age of the patients was 52.3 ± 11.4 years in Group-1 and 48.1 ± 13.6 years in Group-2 ($p=0.004$). There were no significant differences observed in age at menarche, age at first child birth, ACR grading for breast density, family history of breast cancer, clinical stage, type of tumour and tumour grade. There was no significant difference between ER, PR, Ki67 and molecular subgroups between the two groups. Although not statistically significant, there was a trend towards nulliparity in Group-2 (10.71%) versus 4.18% in Group-1, $p=0.088$). There was a trend towards higher distant metastasis in Group-2 (13.16%) versus 6.8% in Group-1, $p=0.063$). Significant differences were observed in the non practice of breast feeding (12.28% in Group-2 versus 5.76% in Group-1; $p=0.045$) and HER2 positivity (23.68% in Group-2 versus 14.13% in Group-1; $p=0.035$).

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