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Bamboo shoot consumption lowers the risk of breast cancer: A case-control study from North East Region, India

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In India the incidence of breast cancer (BC) in female is second after cervical cancer. Epidemiological studies revealed demographic factors; hormone receptor status and food habits are significantly associated with the increased risk of BC. However, several dietary habits like consumption of green tea, vegetables, fruits, and soya products are significantly protective in the risk of BC in females. Population based cancer registry data showed a high incidence of BC in North Eastern Region (N.E.R), India. Moreover, molecular epidemiological studies revealed that physiological status and food habits are significantly associated with the risk of BC in females from N.E.R, India. But till date no studies were performed to investigate the protective effects of any food habits to reduce the risk of BC in this particular geographical region. Studies showed in N.E.R, both men and women consume bamboo shoots in their local cuisine, either regularly or occasionally, in various forms, like vegetable, pickle, soup, salad, vinegar, fermented product, bamboo beer, bamboo cookies etc. Epidemiological studies reported that bamboo shoots were used to relieve hypertension, sweating, paralysis, cardiovascular disease and cancer in many south Asian countries. But till date no studies were performed from N.E.R, India to investigate the role of bamboo shoots with the risk of BC in females. The present case-control study was performed to investigate the association of bamboo shoots with the risk of BC in females from N.E.R, India. Our study revealed that bamboo shoots consumption is significantly protective to reduce the risk of BC in females in both univariate and age adjusted multivariate logistic regression analysis. Moreover, we found that regular consumption of bamboo shoots is significantly protective in BC in comparison to non consumers or who consumed occasionally. In future, phytochemical screening and molecular studies in this field may be helpful for pharmacological research from a translational point of view.

Biography

K Rekha Devi has completed her PhD from Kochi Medical School, Kochi University, Japan in 2012. She is the Scientist "E" and Deputy Director of Regional Medical Research Centre, Dibrugarh, Indian Council of Medical Research, North East Region, India. She has published 22 research papers in reputed journals and an expert in the field of microbiology, parasitology and genomics. Her study is focused on "paragonimiasis, tuberculosis, cancer and new animal model development for preclinical research".

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