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Obesity as a civilization disease and risk factor for breast cancer

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Obesity belongs to civilization diseases and is a risk factor for the occurrence of a number of serious diseases, including colon and breast carcinoma. Clinical and epidemiological studies have identified many important breast cancer risk factors. Some of these factors are intangible or beyond our control; such as age or family history. However, several modifiable lifestyle factors have been associated with a higher risk of developing breast cancer. The aim of the minireview is summarization of the effect of endogenous estrogen on breast cancer and these clinically meaningful findings should motivate programs for obesity prevention from the view of the selected current studies. The authors whose names are listed in the title of the article certify that they have NO affiliations with or involvement in any organization or entity with any financial interest (such as honoraria; educational grants; participation in speakers' bureaus; membership, employment, consultancies, or other equity interest), or non-financial interest (such as personal or professional relationships, affiliations, knowledge or beliefs) in the subject matter or materials discussed in this manuscript. All over the world, breast cancer remains a major issue for public health. Increasing numbers of new cases and deaths are observed in both developed and less developed countries, only partially attributable to the increasing population age. In the 28 member states of the European Union, there were 361,608 new breast cancer cases in 2012 and these are estimated to have increased to 373,733 in 2015 (+3.4 %); deaths were 91,585 and 95,357, respectively (+4.1 %). No major differences in this trend can be appreciated across European countries. However, in 2006-2012 the mortality for larger tumours remained greater than that for smaller tumours, significantly for the comparison of T1c and T1a stage, and was independent from nodal status. Recent data demonstrate that the age-adjusted obesity (BMI ≥ 30.0 kg/m²) prevalence in USA is 34.9% among all adults age 20 years and older while that for overweight plus obesity (BMI ≥ 25.0 kg/m²) is 68.5%. More recently, the 2012 annual report to the Nation on Cancer concluded that overweight and obese women have a relative risk for postmenopausal breast cancer of 1.13 and 1.25, respectively vs. normal weight women.

Biography

Jana Slobodníková, MD pursued her studies from Faculty of Medicine at Charles University, Prague. She is a specialist in Radiology I and II. She pursued CSc/PhD from Institute of Experimental Oncology of Slovak Academy of Sciences. She served as an Assistant Professor at the University of Trnava; Professor Emeritus from St. Elizabeth High School. She has lectured at several universities - Prague, Trenčín, Trnava and Bratislava. She is the author of teaching script and university textbooks. She lead workshops, organize international congresses and workshops. She has published more than 90 scientific papers, from then 25 papers in renowned journals and has been serving as an Editorial Board Member of repute. She has also published 3 monography. She founded the Section of Breast Imaging in 1996; President of The Section of Breast Imaging of Slovak Radiologic Society and Vice President The Slovak Society of Ultrasound in Medicine (since 1996). She has several Membership in organizations to her credit: ECR, EUSOBI, EFSUMB, SSUM (Slovak Society of Ultrasound in Medicine) and SRS (Slovak Radiology Society). Her research interest include : oncology, nursing in oncology, radiology, preventive medicine and healthcare.

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