Breast cancer risk factors, prevention and patients empowerment
Miriam Algueró Josa
President and founder of the Spanish and Latin America Society for an Integrative Oncology.

Abstract:
Breast cancer was the most common cancer in women worldwide in 2018, contributing 25.4% of the total number of cases diagnosed.

Evidence says that less than 10% (between 6% and 7%) of the total is due to genetic missfailures. Some mutations, particularly in BRCA1, BRCA2 and p53 might induce an increase of breast cancer. However, these mutations are rare and account for a small portion of the total breast cancer burden. (1)

Risk factors
Lifestyle is also determinant when it comes to cancer. Several researches have proven that unhealty diets, obesity (2), smoking (3), alcohol intake (4) and a sedentary lifestyle (5) might translate in an increase of all types of cancer risk, including breast cancer (6).

Breast cancer prevention
According to research there are several things that patients can do to prevent all types of cancer, including breast cancer (7),(8), (9).

Patient empowerment
Research has shown that a healthy lifestyle increases chances to overcome breast cancer. Passing this information on to patients is crucial for them to take an active part in their illness and improve their quality of life as well as their chances to recover health. (10)

Biography:
Miriam Algueró Josa is President and founder of the Spanish and Latinamerica Integrative Oncology Society. She lost both of her parents to cancer and it was when her mother was diagnosed with a brain tumor that she discovered that there were several things patients could do to improve their quality of life and to increase their chances of getting over cancer.

She graduated with a major on Comunication Science at University and, after her mother passed away due to a GB, she changed her life 180 degrees to devote herself professionally to improve the life of cancer patients.

Six years after founding the Integrative Oncology Society she founded Avivate, an on-line school for cancer patients where they can learn all they can do to improve their quality of life.

Publication of speakers: