



Breast cancer risk factors, prevention and patients empowerment

Miriam Alguero 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 missfailiures. 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 unhealthy diets, obesity (2), smoking (3), alchool intake (4) and a sedentary life style (5) might translate in an increase of all types of cancer risk, including breast cancer (6)

Breast cancer prevention

According to reserch 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 live as well as their chances to recover health. (10)

Biography:

Miriam Alguero 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 Communication Science at University and, after her mother passed away due to a GB, she changed her life 180 degrees to devote herself probono 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:

1. Who - Breast Cancer Prevention <https://www.who.int/cancer/detection/breastcancer/en/index3.html>
2. Payal Tiwari, Ariane Blank, Chang Cui, Kelly Q. Schoenfelt, Guolin Zhou, Yanfei Xu, Galina Khramtsova, Funmi Olopade, Ajay M. Shah, Seema A. Khan, Marsha Rich Rosner, Lev Becker. Metabolically activated adipose tissue macrophages link obesity to triple-negative breast cancer. *Journal of Experimental Medicine* Jun 2019, 216 (6) 1345-1358; DOI: 10.1084/jem.20181616 <http://jem.rupress.org/content/216/6/1345.long>
3. Mia M. Gaudet, Susan M. Gapstur, Juzhong Sun, W. Ryan Diver, Lindsay M. Hannan, Michael J. Thun. Active Smoking and Breast Cancer Risk: Original Cohort Data and Meta-Analysis. *JNCI: Journal of the National Cancer Institute*, Volume 105, Issue 8, 17 April 2013, Pages 515–525, <https://doi.org/10.1093/jnci/djt023>

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