

SUMMARY AND CONCLUSION

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Breast cancer has been recognized as a major public health problem in many countries of the world, and numerous studies of its epidemiology have been undertaken.

The aim of this study was the identification of the most important risk factors and the association between these risk factors and the occurrence of breast cancer.

This study was conducted among 180 women who were clinically and pathological diagnosed as breast cancer cases and 192 controls with non malignant disease.

This study was carried out in surgical and radiotherapy departments of Ain Shams University hospital and surgical department of Benha University hospital.

Every person in this study was subjected to a designed questionnaire, clinical examination and anthropometric measurements.

The results of this work could be summarized as follow:

- Breast cancer was found to be more prevalent on the right breast than the left one.
- Cancer breast increases progressively with age and reaches maximum at age group 50-60 years then declines after age of sixty years.
- As regards reproductive factors it was found that :
 - * Cancer breast occurs more commonly among women with early menarche (below age of 13 years) and late natural

menopause (after age of 48 years). Also artificial menopause proved to have a great role in occurrence of cancer breast.

- * The heighest occurrence of cancer breast occurred among women with regular and prolonged duration of menstrual flow (7 days or more).

- Regarding the conceptional and interconceptional factors:

- * Cancer breast occurs more commonly among women who never been pregnant and the occurrence increases with increasing number of pregnancies.
- * Cancer breast increases linearly with increasing the age at first birth.
- * The occurrence of cancer breast was found to be higher among aborted woman and the risk increased with increasing the number of abortions.
- * Cancer breast occurred more commonly among cases who never used oral contraceptive pills than among pills users.

- As regards the relation with socioeconomic factors :

- * Cancer breast is more common among small families with low crowding index (below 2) and high family income / month.
- * Also, it was found that the disease is more common among working rather than non working women.
- * Positive family history was found to be an important contributing factor in occurrence of the disease.

- As regards anthropometric measures it was found that breast cancer cases were significantly heavier in weights and taller than the controls.
- As regards radiation exposure, breast cancer occurred more commonly among previously exposed women to X-ray radiation than among non exposed women.

Stepwise regression analysis was performed by using the occurrence of cancer breast as a dependent variable to estimate the relative importance of the risk factors affecting cancer breast, it was found that the most effective risk factors were parity followed by age at 1 st birth then age of menarche, age of the patient, family history, number of pregnancies and age of natural menopause.

When the age at discovery of cancer breast was used as a dependent variable, the multiple regression analysis showed that the age of menopause, age of menarche, duration of menstrual life and the age of marriage were the most important risk factors affecting age of occurrence of the disease.

A recommendation program was suggested to minimize the occurrence of cancer breast among the Egyptian women. The main objective of this program is to develop the awareness of the females about the importance of early detection of the disease.