

ASSESSMENT OF THE ROLE OF RISK FACTORS IN THE DEVELOPMENT OF BREAST CANCER

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Abstract. *In recent years, there has been increasing evidence that lifestyle factors, including diet, body weight, and physical activity, may be associated with an increased risk of breast cancer. However, the effect of dietary factors on breast cancer recurrence and mortality has not been determined. Recent research shows that high consumption of unprocessed grains, vegetables, fruits, nuts and olive oil, as well as saturated fatty acids and red A healthy eating pattern characterized by moderate or low intake of salt may improve overall survival after breast cancer diagnosis. Therefore, nutritional intervention in breast cancer patients can be considered as an integral part of a multimodal therapeutic approach.*

Key words and phrases: *breast cancer, healthy diet, healthy lifestyle, anamnesis, questionnaire-survey, laboratory-instrumental, anthropometric, body mass index (BMI), relative risk, genetic predisposition .*

INTRODUCTION

According to the report of the World Health Organization, several types of cancer in the world can be eliminated with a healthy diet, a healthy diet and physical activity. However, it is alarming that people do not know the importance of proper nutrition. British Dr. Jin King said that people can reduce the development of cancer by choosing a healthy lifestyle, but the state and society also have a great responsibility in creating a healthy lifestyle. "If we don't act now, we could be at the center of a global crisis in cancer treatment in the next 20 years," he says.

The World Cancer Research Fund recommends to eat fruits and vegetables as much as possible to prevent diseases, to reduce the consumption of alcohol and red meat, and to completely abandon processed meat products.

Experiments with diet can help us discover how cancer cells are fed and new ways to fight them. Scientists of the Massachusetts Institute of Technology recently conducted such a scientific study. They decided to investigate whether a low-carb diet would help fight cancer.

Previous studies have shown that a low-calorie diet can reduce cancer growth and prolong patients' lives in some cases. The effects of the low-carb ketogenic diet are less well-studied. It encourages the body to look for other

sources and use ketone bodies synthesized in the liver from long-chain fatty acids instead of glucose.

Prevention and early diagnosis of breast cancer, raising the level of modern medical services to a new level and providing quality food products, improving the use of modern technologies and reducing the incidence rate among the population through healthy nutrition and allows to increase the level of longevity.

Materials and methods. Based on the information of the Fergana region branch of the Republican specialized oncology and radiology scientific-practical medical center for the last five years (2017-2021), the materials for recording complaints and illnesses of women living in Fergana region were obtained. Questionnaire-survey, laboratory-instrumental, anthropometric and statistical methods were used in the research work.

When the anamnesis data was studied by means of a questionnaire, attention was paid to the presence of experienced diseases, chronic diseases and foci of infection. In addition to women's complaints and annual medical examinations, examinations include marital status, age at onset of menstruation, age at marriage, number of pregnancies, deliveries, abortions, general blood tests and detailed examinations. data also covered the breast problems that prompted the woman to seek medical attention.

Using a random sampling method, the five-year dynamics of their morbidity among women who applied for breast cancer was studied. During the research, 70 women aged 20-60 years and older were monitored.

Among the socio-hygienic risk factors, the low social level of women is more important. In these conditions, the decline of the social level of all families is reflected in the living conditions, and due to the low level of medical culture, the disease is ignored.

The importance of some nutritional factors in the formation of breast cancer attracts attention.

RESULTS

A higher than normal body mass index (BMI), genetic predisposition and trauma to the breast cause breast cancer. In this case, 6 risk factors are important: the age of the mother at the time of the birth of the child is greater than 30 times the risk of breast cancer by 1.89 times, in the case of artificial termination of pregnancy (2-4 abortions) - 1.58 times, non-breastfeeding or short-term breastfeeding - 1.6, presence of genital inflammation - 1.62, presence of thyroid gland diseases - 2.05 times.

The lack of consumption of milk and dairy products, vegetables and fruits was found. Fish products are very little in the daily diet of women.

CONCLUSION

The largest relative share (27.18%) of all breast cancers registered in the Fergana regional branch of the Republican Specialized Oncology and Radiology Scientific-Practical Medical Center was 40-49 years old. 30-39 years old (23.9%) took the next place, while the lowest relative share was found in 60 and older (14.12%).

So, women are diagnosed with breast cancer at the age when they have the most active working capacity (30-49 years). In our opinion, this situation is due to their labor activity and slower reproductive activity; that is, it is associated with a decrease in fertility and the limitation and even cessation of breastfeeding. The increase in the incidence of breast pathology does not fail to be reflected in the general state of women's health and their quality of life.

When planning and implementing the prevention of breast diseases, follow a healthy lifestyle, proper and rational nutrition, mental depression and stress, inflammatory processes in the small pelvis, gynecological diseases, thyroid diseases, digestion special attention should be paid to the prevention of organ diseases.

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