

**Commentary****Causes and Precaution of Breast Cancer Among Women****Muhammad Roman Al_Ala Durrani¹, Muhammad Imran Khan¹, Syed Yawer Ali Shah¹, Muhammad Jamil^{2*}, Alamgir Khan³ and Muhammad Zafar Iqbal Butt³**¹Department of Sports Sciences & Physical Education, University of Sciences and Technology Bannu, Pakistan²Center of Physical Education, Health & Sports Sciences, University of Sindh, Jamshoro, Pakistan³Department of Sports Sciences & Physical Education, University of the Punjab, Lahore, Pakistan**ARTICLE INFO****Key Words:**

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Muhammad Jamil

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meharjamil88@gmail.com**ABSTRACT**

Cancer is one of the severe health problems recognized around the globe. As a primary health concern, causes and precautionary measures are still unknown to the public. Therefore, the purpose of this study was to review the available literature to unpin the causes and precautionary measures of breast cancers among women. The available literature indicates that heredity, ageing, obesity, alcohol use, smoking, radiation exposure and hormone replacement therapy are the common causes of breast cancer among women. The literature also suggests that avoiding the use of alcohol, smoking, physical inactivity, maintaining weight, limiting postmenopausal hormone therapy etc., are the best precautionary measures for consumers among women.

INTRODUCTION

Pakistan is one of the repaid growing countries in Asia. Likewise, breast cancer is also a significant health issue in Pakistan. In rural areas of Pakistan, due to inherited diseases, the problem of breast cancer is developing rapidly among young females. Likewise, ovarian, cervical and uterine cancers are common problems faced by rural and urban women in Pakistan [1]. Breast cancer is a universal health problem among women; thus, every year, many women are detected with breast cancer. Cancer starts when cells begin to grow out of control. Tissues of the breast are made up of milk-manufacturing glands known as "lobules"; thus, they connect the lobules to the nipple. In addition, the breast also comprises lymphatic, connective and fatty tissues [2]. Studies show that heredity, ageing, obesity, alcohol use, smoking, radiation

exposure and hormone replacement therapy are the common causes of breast cancer among women. Smoker women have a great risk of breast cancer. The study also showed that females who have been smoking for ten years are 10 % higher risk of breast cancer [3-5]. As per the report, in 2015, 1.1 billion individuals around the globe smoked tobacco. The prevalence of adult smoking in the UK, as per a survey in 2016, was 16%. Thus the ratio was found more in males as compared to women. In addition, the most severe problem, i.e. cancer, is considered associated with smoking [6, 7]. Research evidence shows that breast cancer is associated with smoking. To avoid breast cancer or to prevent breast cancer, it is essential, particularly for affected females of breast cancer, to reduce or to change their lifestyle patterns, particularly

smoking and other drugs usages [8]. Epidemiology of common cancers indicates that breast cancer is totally related to family history means that breast cancer is associated with heredity. Family history is being viewed during prostate cancer [9]. As breast cancer is considered linked with heredity, parents having breast cancer are always at a great threat of breast cancer than the general population and thus it's called the history of cancer. Similarly, relatives of first degree such as mothers, sisters and daughters having the problem of breast cancer, approximately double the risk of breast cancer. It is higher in that parent where breast cancer is developed under the age of 50 years [10-13]. The problem of cancer has been monitored since 1973 in the United States. Many health problems are concerned with age. It means that health problems, including breast cancer, are developed almost at age 55. As per the survey of the Epidemiology and End Results Program (SERP) of the National Cancer Institute (NCI), ratio of breast cancer has augmented by about 15% over the past three decades in the US. In this ratio, the age factor is considered responsible [14]. According to World Health Organization (WHO), physical inactivity has profound health implications among people. Thus it was estimated by WHO that Approximately 2 million deaths per year are caused by physical inactivity. The WHO report also highlighted that physical inactivity is one of the ten leading causes of death [15]. Physical active women have a lower risk of breast cancer than physically inactive women. The result of a study conducted by [16] concluded that physically active women have 12 to 21% lower risks of breast cancer than physically inactive women. Physical activity has been related to similar decreases in breast cancer risk among premenopausal and postmenopausal women. Women with high levels of physical activity have a lower risk of breast cancer [17, 18]. Despite a family cancer history, Women who engage in low as well as moderate-intensity exercise for more than three hours per week have 30 to 40% lower risk of breast cancer [19]. Ionizing radiation refers to the radiation of a particular wavelength. It has enough energy, which damages DNA and causes certain types of cancer. Ionizing radioactivity comprises radon, gamma rays, x-rays, and other natures of high-energy radioactivity [20]. Harmon replacement therapy (HRT) that used for reducing the symptoms of menopause (Menopause is a point or stage in time twelve months subsequently a woman's last menses period). Hormones are chemical messengers, and they affect growth, fertility and mood. During the period of menopause, the ovaries produce less amount of oestrogen. During this period, females may experience menopausal symptoms, such as hot flashes and mood changes. To reduce the symptoms of menopause, HRT can help. Long-term use of HRT may

cause cancers among females [21-24]. Obesity is a health problem. It is the state where the fats collect in excessive amounts in the body. Obesity may cause different health problems such as diabetes, high blood pressure, cardiovascular disease, stroke, and at least 13 types of cancer, as well as having a high risk of death from all causes [25-28]. Multiple types of cancers such as breast (postmenopausal), colorectal, endometrial, oesophageal (adenocarcinoma), gall bladder, gastric cardia, kidney (renal cell), liver, meningioma, multiple myeloma, ovary, pancreas, and thyroid are associated with obesity. International Agency for Research on Cancer (IARC) reported that up to 20% of cancers are due to obesity [29, 30].

CONCLUSIONS

Based on analysis of previous epidemiological studies indicated that cancer is a serious health problem associated heredity, ageing, obesity, alcohol use, smoking, radiation exposure and hormone replacement therapy are the common causes of breast cancer among women. The literature also suggests that avoiding the use of alcohol, smoking, physical inactivity, maintaining weight, limiting postmenopausal hormone therapy etc., are the best precautionary measures for consumers among women.

Conflicts of Interest

The authors declare no conflict of interest

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