

عنوان مقاله:

Association between dietary phytochemical index and breast cancer: a case-control study

محل انتشار:

پنجمین کنگره بین المللی سرطان (سال: 1400)

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خلاصه مقاله:

Introduction: Dietary intake of isoflavones has been positively associated with risk of breast cancer (BC) in some earlier studies. In addition, most studies on diet-disease associations came from western countries and limited data are available in the Middle-East. **Methods:** This case-control study was performed on ۳۵۰ women with BC aged over ۳۰ years old who were recruited from hospitals or private clinics in Isfahan, Iran. All patients were diagnosed with BC during the maximum of the last ۶ months using physical examination and mammography findings. Using cluster method sampling, ۷۰۰ apparently healthy age- and socioeconomic status-matched controls were randomly selected from healthy women who had no relationship with BC patients and had no familial history of BC. Data on dietary intakes were collected using a validated food frequency questionnaire. The DPI was calculated based on dietary energy derived from foods rich in phytochemicals (kcal) divided by total daily energy intake (kcal) of each participant. **Results:** In the crude model, participants in the highest quartile of DPI had ۶۳% lower odds of breast cancer compared to those in the lowest quartile (۹۵% CI: ۰.۲۶, ۰.۵۴; P-trend <۰.۰۰۱). After adjustment for potential confounders, this inverse association became strengthened (۹۵% CI: ۰.۲۲, ۰.۴۹; P-trend <۰.۰۰۱). Further adjustment for BMI did not change the association (OR for the highest quartile vs. the lowest quartile = ۰.۴۰, ۹۵% CI: ۰.۲۶, ۰.۶۰; P-trend <۰.۰۰۱). **Conclusion:** In conclusion, a protective association was observed between DPI and BC in this case-control study. Therefore, high consumption of foods rich in phytochemicals such as fruits, vegetables and whole grains might help reducing the odds of BC among women

کلمات کلیدی:

breast cancer, dietary phytochemical index, isoflavones

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