

Breast cancer-Risk factors

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Abstract

Introduction: Breast cancer is the dominant cancer in the female in Sudan, Percentages of the breast cancers represented 38.4% to 42% of all female cancers.

Objectives: To study the risk factors for breast cancer at Khartoum teaching hospital in the study period and to compare them with the literature.

Methods: This is a prospective cross sectional hospital based study done on patients who confirmed to have breast cancer by histopathology at Khartoum Teaching Hospital (KTH) during the period from November 2013 to November 2014.

Results: This study includes 110 patients, the age ranges from 25 -85 years, 98.2% were females, and the majority of patients (34.2%) fell in the age group 45 -54 years, the majority 34.2% originate from North, the highest incidence was in Gaalia tribe, 73.8% were married, 22.7% were single and 2.7% widowed. Sixty one patients (54.9%) develop menarche at or below the age of 13 years old, 57.6% had their first child below the age of 31 years old, 63.9% have children, 8.1% were nulliparous. Sixty five patients (58.5%) have a full term pregnancies and 5 patients (4.5%) have a twins, only 3 patients (2.7%) did not breastfed, just 7.2% had menopause at 55 years or more. There were 17.1% diabetics, and 15.3% receive oral contraceptive pills. Eighteen patients (16.2%) had a previous breast diseases, and 17.1% had a family history of breast cancer. The majorities were overweight 42.3% and 89.1% were housewives, 22.7% ate diet rich in fat, 39.1% were educated to primary school level, illiterate 27.3%, 23.6% educated to secondary school level, and 15.1% to university level. Twenty-seven patients (24.5%) were exposed to x-ray, 3 patients 2.7% to mammography radiation, and 1.8% to radiotherapy. Twenty-two patients (20%) were taking aspirin regularly, 11.8% NSAIDs, and 12.7% antihypertensive drugs regularly, 28% had chronic illnesses. Just 2.7% were victims for insect bite.

Conclusion: North was the commonest state of origin and the Gaalia, Shawaiga and Kwahla is the mostly affected tribes, breast cancer occur in a younger age group 45 – 54 years old. Family history, early menarche, contraceptive pills and diabetes play important role risk factors. Age at first birth, menopausal status, breast feeding, education and socioeconomic state play less effects.

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Biography

Ayda Hussein Omer Mustafa is an Associate professor of surgery at Alneelain University. She has been Co-coordinating the program against breast cancer at the Sudanese Ministry of health since 2008 till now. Currently, she is a PhD student at Athens University.