

NUTRITIONAL EPIDEMIOLOGY - DIETARY PATTERNS AND THE ROLE OF HORMONES IN BREAST CANCER

Dzengis Jasar^{1*}, Vanja Filipovski¹, Katerina Kubelka - Sabit¹

¹Department of Histopathology, Clinical Hospital Acibadem/Sistina, Skupi 5a, 1000 Skopje, Macedonia

*e-mail: dzjasar@acibademsistina.mk

Abstract

Breast cancer (BC) is the leading global cause of cancer-related death in women worldwide. There is growing evidence for a role of hormones and dietary patterns in BC pathophysiology. The aim of the present review was to evaluate the impact of dietary factors in BC risk.

Bibliographical searches were performed in available studies and reports using the following terms: "breast cancer epidemiology", "nutrition and breast cancer", "dietary factors and breast cancer", "steroid hormones and risk of breast cancer" and "hormone intake and breast cancer".

Body fatness directly affects levels of many circulating hormones, such as insulin, insulin-like growth factors, and estrogens, creating an environment that encourages carcinogenesis and discourages apoptosis. But, there is considerable speculation around a biologically plausible interaction of hormone levels in meat, poultry and eggs, as well as of soya and soya products with breast cancer development, due to their high phytoestrogen content.

There is increasing evidence that some dietary patterns which leads to increased body fatness, play an important role in the development of BC. Despite the large randomized clinical and epidemiological studies have been reported, clear conclusions are difficult to design due to the number of variable factors.

Key words: *Breast cancer, Dietary factors, Steroid hormones, Estrogen.*