Breast Cancer : Emerging Health Issue in Women

Breast cancer is a worldwide major public health problem in women population, affecting both the developing as well as developed countries. During the last 20 years, India has emerged as a fast growing country with changes in lifestyle-related behavior partially responsible for the increasing breast cancer burden. While cancer incidence rates are lower than many western countries some changes over recent decades have emerged. On multiple logistic regressions, however, many risk factors were found to be associated significantly with the breast cancer, these are socioeconomic status, early menarche, late menopause and hormone replacement therapy. This paper examines the time trends in breast cancer-specific incidence in India. Key Words : Breast Cancer, lifestyle, risk factors.

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Introduction :

After the cervical cancer, breast cancer is one of the most increasing cancer in India. Cancer is distributing human life from last so many decades but still the cause is unknown. The cumulative impact of these lifestyle choices on the world's larger and increasingly aged population has led to an increase in the burden of non-communicable diseases in many low- and middle-income countries undergoing human transition including India\(^{(1,2)}\).

According to the Indian National Cancer Registry Programme, the analysis of time trends reveals that the burden of breast cancer patients will be climbed to 123,634 in 2020. It is estimated that by 2030 the number of new cases of breast cancer in India will be reached under 200,000 per year\(^{(3)}\).

According to the reports; breast cancers have badly attacked women population in India. A survey carried out by Indian Council of Medical Research (ICMR) in the metropolitan cities viz. Delhi, Mumbai, Bangalore and Chennai; has shown that the incidences of breast cancer have doubled from 1982 to 2005. Over the years, the incidences of breast cancer in India have steadily increased and as many as 100,000 new patients are being detected every year \(^{(4)}\). A 12% increase has been registered by cancer registries from 1985 to 2001, which represented 57% rise of cancer trouble in India\(^{(5,6)}\).

During the last 20 years, India has emerged as a fast growing country with changes in lifestyle-related behavior partially responsible for the increasing breast cancer burden\(^{(7)}\); the disease is among top three killers among adults in both rural and urban India\(^{(8)}\). Cancer incidence rates, while still lower compared with many western countries have been changing over recent decades\(^{(9)}\).

The etiology of breast cancer is multifactorial. Significant breast cancer risk factors include age, early age at menarche, late age of menopause, late age at first pregnancy, obesity, oral contraception, HRT (hormone replacement therapy), diet, family history, lactation and prior history of benign breast disease\(^{(10)}\). Women with a first full-term pregnancy after age 30, and women who have never borne a child have about a two- to three-fold increased risk of breast cancer compared to women having a full-term pregnancy before age 20\(^{(11)}\).

It is well established that women having low-income and worse socioeconomic conditions are at increased risk to develop breast-cancer and have lower rates of survival in already exited breast cancer\(^{(12,13)}\).

Reporting of variation in incidence of breast cancer in different population of different parts of Asian continent may be due to multiple factors, including geographic variation, racial/ethnic background, genetic variation, lifestyle, environmental factors, the presence of known risk factors, utilization of screening mammography, stage of disease at diagnosis, and the availability of appropriate care\(^{(14)}\).

Protective factors include child bearing and breastfeeding\(^{(14,15)}\). Besides these predisposing risk factors,
there some other factors such as obesity and age that can negatively affect the survival of patients with breast cancer\textsuperscript{16}.

**Conclusion:**

This article indicates an increased number of breast cancer patients every year in India. India plays a crucial role in the development of the whole world, hence, needs special attention on this issue. We should create awareness among public about the cancer havoc and its prevention. The different programs should be started by Government and NGOs for creating awareness among Indian public. The living style is important factors to control the spreading of breast cancers and, hence, Indians should be careful about these facts. Briefly, breast cancer is disturbing the growing economy of the country, which can be saved by proper handling of this disease. In view of these facts, it is very important to eradicate this havoc.

**References:**