

# 13<sup>th</sup> Euro Obesity and Endocrinology Congress

and

# 16<sup>th</sup> World Congress on Nutrition and Food Chemistry

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### Dietary lignans and postmenopausal breast cancer risk by oestrogen receptor status: A prospective cohort study of Swedish women

**Background:** It has been hypothesized that intake of lignans may be associated with reduced risk of breast cancer. Few studies have evaluated if the association differs across estrogen receptor (ER) and progesterone receptor (PR) status of the tumors.

**Methods:** To assess the association between estimated intake of lignans and the risk of ER/PR defined breast cancer, we used data from the population-based Swedish mammography cohort including 51,823 postmenopausal women. Among the 51,823 postmenopausal women in the Swedish mammography cohort, we investigated breast cancer risk in relation to the FFQ-based estimated lignans intake by oestrogen receptor (ER) and progesterone receptor (PR) subtypes. Cox proportional hazards regression model was used to derive relative risks (RRs) and their corresponding 95% confidence intervals (CIs).

**Results:** A significant 17% risk reduction for breast cancer overall in the high lignan quartile was observed, especially among post-menopausal hormone user (P interaction < 0.010), but no heterogeneity across ER/PR subtypes.

#### Biography

Reiko Suzuki completed his PhD degree in 2006 at Karolinska Institute, Sweden. Her research area is a hormone-related dietary factors and estrogen-receptor and progesterone receptor defined breast cancer risk. She was a Post-doctoral student at Cancer Research UK, Oxford University (2007), and National Cancer Center in Japan (2008-2011). Now, she is a Professor at Tokyo Healthcare University (2011-2017).

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