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## Effect Of Diet And Sedentary Lifestyle In Cancer Among Postmenopausal Women: A Review

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**Keywords:** Cancer, Postmenopausal, Diet, Sedentary, Breast Cancer.

### Abstract

**Background:** Cancer is one of a leading lifestyle disease which has increased its number of sufferers in nearly every country on this planet. Regular diet and nutritional habits have strong link to cancer rate. High dietary fat intake appears to be a key cause of breast cancer. Similarly obesity in women is linked to sedentary lifestyle which raises the risk of cancer in postmenopausal women.

**Methods:** Literature searches were carried to explore randomised clinical trials, systematic reviews, and meta-analyses evaluating the influence of nutrition and sedentary lifestyle in cancer on women. Data was extracted from database such as PubMed, Scopus, Cochrane Library, Wiley Online Library, and Google Scholar. Diet, dietary supplement, and physical activity were the search terms utilised from articles published from 2015-2021.

**Result:** Result was analysed with data extracted from 40 articles. Physical activity and minimal alcohol guidelines when observed throughout life were defined to minimise the chance of developing pre and postmenopausal cancer in 18 studies examined. Controlling body weight throughout one's life appears to help prevent cases after menopause. A analysis of 14 articles on food and dietary patterns discovered diet rich in antioxidants and anti-inflammatory qualities is critical in the prevention of breast cancer. Fish, olive oil, unprocessed cereals, herbs, fruits, and vegetables are among the ingredients. A total of eight articles compared the two.

**Conclusion:** The current review concludes postmenopausal women food habits and sedentary lifestyle to have an significant impact on cancer in postmenopausal women.

**Future projections:** More studies are in need to characterise the benefits of lifestyle changes in cancer survivors, and assess the primary significant exercise protocols and dietary pattern interventions, and the populations most likely to benefit from it.

### Biography

Dr. Neha is working as Assistant Professor at Prem Physiotherapy and Rehabilitation College, Panipat, Haryana, India. In addition, she is a Ph.D. scholar at Maharishi Markandeshwar (Deemed to be University), Mullana, Haryana, India. Her career has been built around basic and innovatory concepts in field of neurology and neurorehabilitation and her educational credits. As a budding researcher, she has 5 publications in her kitty. Dr. Neha is a superb blend of a teacher and a researcher with a substantial and extensive experience of 9 years.

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