

Assessment of simple and classic clinical changes as prognostic tools in early breast cancer among urban women in South India

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In India, outcome of breast cancer is worse as cases are usually presented in final stages so early diagnosis by simple means is important; therefore association of simple clinical changes such as in anthropometric measurements (Height, Weight, Body Mass Index (BMI), and Mid-Upper Arm Circumference (MUAC)) with early detection is assessed in this study. A matched case-control study was performed on 1000 women aged between 30-60 yrs. Cases (n =500) included were newly diagnosed and treated for early breast cancer at two cancer hospitals in Chennai and Hyderabad cities and controls (n=500) were from same age/sex group visiting the same hospitals and are without breast cancer between February 2011 to November 2011. The study showed that mean weight of cases (67.7Kgs) was higher than controls (66.5Kgs) and statistically significant ('independent t' test = 4.3 and $p < 0.05$). No significant difference with respect to their mean height was observed. Mean MUAC of cases (36.5cms) was higher than controls (35.7cms) and is statistically significant ('independent t' test = 2.7 and $p < 0.05$). No statistically significant association of age groups was observed. Females having $BMI > 24.99$ were 1.56 times more at risk than females having $BMI < 24.9$ (OR: 1.5, at 95% CL and CI- 1.22-2.00). Postmenopausal females with $BMI > 24.9$ were 1.6 times more at risk than postmenopausal females having $BMI < 24.9$ (OR: 1.6, at 95% CL and CI- 1.20-2.35). These results showed that identification of changes in anthropometric measurements at an early stage helps in early diagnosis of breast cancer.

Biography

Priyanka Ammika has completed her Bachelor of Dental Surgery (BDS) from Rajiv Gandhi University of Health Sciences, India. She has been working in the field of public health on various health programs in coordination with Health Ministry of Andhra Pradesh related to Oral carcinomas, HIV/AIDS and Reproductive Child Health since last 4 years. She has published four papers in reputed journals and currently working on 4 different research projects related Drug abuse among medical students, Oral STIs, Dengue and Obesity related disorders.

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