

## 2<sup>nd</sup> World Congress on **Breast Cancer**

September 19-21, 2016 Phoenix, USA

### **Influence of lifestyle factors on mammographic density and prevention of breast cancer: An overview**

**Magda Johanna Vandeloo**  
Hasselt University, Belgium

High mammographic breast density is considered to be a strong risk factor for breast cancer. Women who have breast density of 75% or greater, have an almost fivefold increased risk of breast cancer compared to women with absence of density. These effects are noted for both premenopausal and postmenopausal women of all ages. Higher mammographic density is associated with more aggressive cancers and with 'in situ' tumors. Recent studies highlight the possible relationship between lifestyle, dietary and environmental factors on one side and increased breast density on the other side. The effect of energy intake and dietary patterns in childhood and throughout adulthood on subsequent mammographic density has recently been investigated. Data from observational studies suggest that the strongest associations are among vitamin D, calcium, dietary fat and alcohol. The relation between body mass index and breast density is very complex. Some studies examined influence of lifestyle factors as physical activity and smoking habits on mammographic density. Findings of recent studies investigating the influence of Mediterranean diet on breast density suggest decrease in mammographic density. Implementation of corrections in nutrition and lifestyle can be guided to reduce mammographic breast density. As breast cancer risk is nearly impossible to influence in adult age, preventive strategies should be applied as early in life as feasible. In children, changes in nutritional habits and lifestyle might be possible because social attitudes are in full development. Better control of these factors during lifetime might reduce mammographic density and hence breast cancer risk later in life.

#### **Biography**

Magda Johanna Vandeloo obtained degree of 'Graduate in Dietetics' from University of Leuven, Belgium. After obtaining Bachelor's degree in Management, she completed in 2006 her Master's degree Natural Sciences, 'Environmental Sciences' with emphasis in Nutrition and Toxicology, both at the Open University of the Netherlands. For 30 years she has been in a management position at the Department of Nutrition, Jessa Hospital Hasselt Belgium. Since a few years, she is Doctoral researcher in the field of breast cancer prevention. Currently she is working on a new study about lifestyle, mammographic breast density and molecular types of breast cancer.

magda.vandeloo@telenet.be

#### **Notes:**