

Breast Cancer: Causes, Risk Factors and Prevention

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ABSTRACT Cancer is the abnormal proliferation of cells, which accumulate and form tumors that may compress, invade and destroy normal tissue. In breast cancer, the malignant cells are found in the tissues of the breast. The hereditary breast cancer results from the mutations of BRCA 1 and BRCA 2 genes. The other risk factors for breast cancer include obesity, Early menarche and late or no child bearing. A change in body's environment may help prevent breast cancer. Regular exercise helps alter the body's hormonal environment and possibly reduces the risk of breast cancer. The risk can also be reduced by limiting alcohol and quitting smoking, besides following a good dietary pattern.