

## BREAST CANCER AND DIET: A REVIEW

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### **ABSTRACT**

*In worldwide, breast cancer is most common cause of cancer among women and in India approx. 2 million new cases occurs per year. After suffering from breast cancer the patient can improve their health by intake of fruits and vegetables or low consumption of saturated fatty acids. Risk of breast cancer such as age, genetic mutation of breast cancer, family history or other factors include is reproductive risk factors. Smoking causes about 80-90 % of cancer death. Women's breast composed of thousands of lobules, fat and connective tissue. Treatment of breast cancer depend on some factors i.e. surgical treatment, radiation therapy, chemotherapy etc. Following a healthy dietary pattern can reduce the risk of breast cancer.*

**KEYWORDS:** *Breast Cancer, Diet, Reproductive Risk Factors, Screening, Treatment*