

## Comparison of Lifestyle in Women with and without Breast Cancer: A Cross-sectional Study

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### Abstract

**Introduction:** Several environmental and lifestyle factors play a significant role in the incidence of various types of cancer that their correction can influence on the prevention of many types of cancer. Therefore, the present study was conducted to compare the lifestyle in women with and without breast cancer.

**Materials and Methods:** This study was a cross-sectional study with 546 subjects (273 healthy individuals and 273 patients). A checklist was used to collect demographic characteristics and the SLQ questionnaire was applied for gathering lifestyle subscale data. The difference between the score of the eight subscales of lifestyle between two groups of women with and without breast cancer was assessed using T-student and Man-witney test.

**Results:** The mean age of the participants in the study was  $44.51 \pm 11.28$  (range 17-80 years). The lifestyle associated with cancer was evaluated in two groups which was categorized in 8 aspects of physical health, exercise and well-being, mental health, using medicine and drug abuse, Diet, weight control, environmental pollutants, reproductive health. Although, the status of lifestyle in patients without breast cancer was better in all dimensions, there was a significant difference in the mean score of lifestyle in four dimensions of using medicine and drug abuse, diet and weight control, reproductive health and balanced diet between two groups ( $P < 0.05$ ).

**Conclusions:** Considering the point that lifestyle is a modifiable factor that can influence in the risk of breast cancer, and regarding that prevention of breast cancer can extensively get influenced by changing lifestyle, it seems to be necessary to provide lifestyle, health behaviors and individuals habit educational courses by policy makers and health-care providers.