

Breastfeeding and Breast Cancer Risk Reduction

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Introduction

Breast cancer is the most prevalent gynecological tumor in young women, the world's second most common cancer, and the most commonly diagnosed cancer among women.¹

Age of menarche, number of pregnancies, age at first birth, lifetime duration of breastfeeding, age at menopause, and use of menopausal hormone therapy are all reproductive risk factors linked to breast cancer risk; however, research has found that these factors are associated with each subtype differently. Because breastfeeding is a modifiable risk factor, it is of special relevance in the prevention of breast cancer.

Materials and Methods

a comprehensive evaluation of research examining BC risk and BF in women over 15 years of age published between 2005 and 2015. The following inclusion criteria were used to determine if full-text articles were eligible: an original case-control (hospital-based or population-based) or cohort research that investigated the effect of BF on the risk of BC & evaluated any BF and/or duration of BF in any method.

Results and Discussion

This is the first meta-analysis to show a protective effect of exclusive BF on the risk of BC. Parous women who breastfed exclusively had a 28% lower relative risk of BC compared with parous women who had never breastfed. Regarding any BF mode, BC relative risk was lower by 12% and 14% in premenopausal and postmenopausal parous women, respectively.²

Overall, our meta-analysis reveals that exclusive BF is more protective against BC than any other BF mode, and that there is a dose-response relationship between BC risk and BF duration.

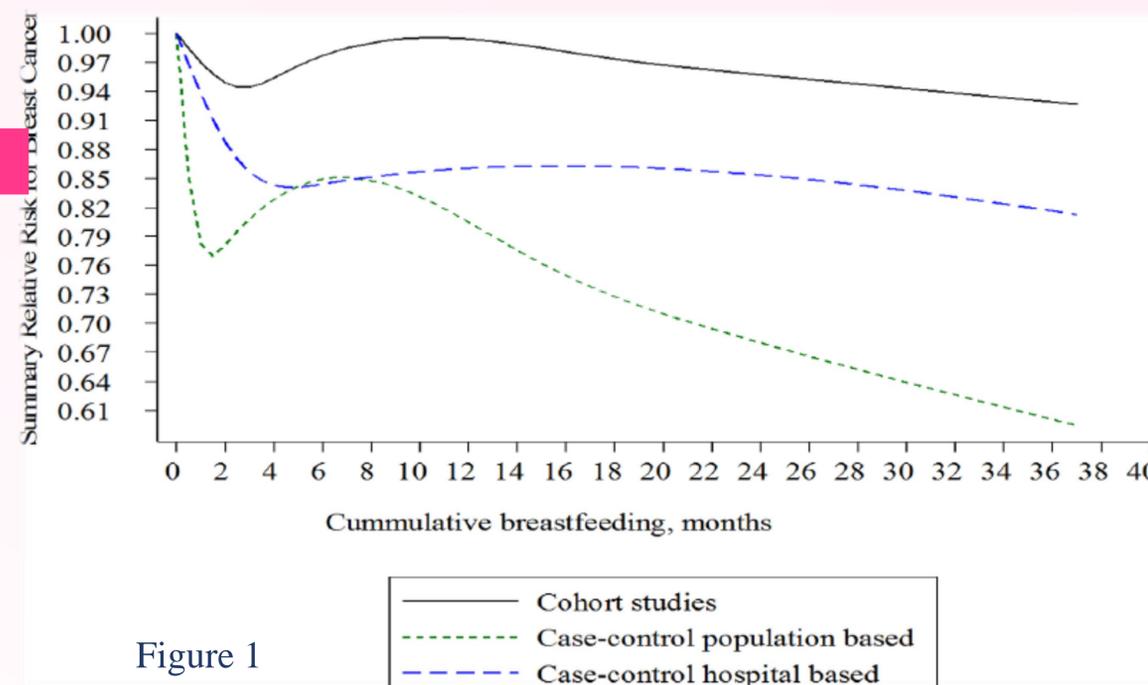


Figure 1

Conclusion

When compared to parous women who do not exclusively breastfeed, exclusive nursing reduces the risk of breast cancer. Breast cancer risk is lowered much more if breastfeeding is continued for at least a year. It is important to tell women that breastfeeding can help them minimize their risk of breast cancer and to urge them to promote breastfeeding in order to improve their habits. We recommend that researchers collect more precise information regarding women's breastfeeding mode and duration in the future, as defined by the World Health Organization.

References

1. Franca-Botelho A, Ferreira M, Franca J, Franca E, Honorio-Franca A. Breastfeeding and its Relationship with Reduction of Breast Cancer: A Review. *Asian Pacific Journal of Cancer Prevention*. 2012;13(11):5327-5332.
2. Unar-Munguía M, Torres-Mejía G, Colchero M, González de Cosío T. Breastfeeding Mode and Risk of Breast Cancer: A Dose-Response Meta-Analysis. *Journal of Human Lactation*. 2017;33(2):422-434.