**TITLE: RESEARCH ON BREAST CANCER TRIGGERING RISK FACTORS IN ISLAMABAD, PK.**

**ABSTRACT**

The status of women’s health in Pakistan is among the lowest as compared with other neighboring countries. Every year several women die due to lack of health care facilities. According to Journal of Pakistan Medical Association, Pakistan has the highest rate of breast cancer mortality and morbidity in Asia with 90,000 cases reported annually and more than 40,000 deaths. Due to increased incidence of the disease breast cancer, we conducted this research on the triggering risk factors associated with breast cancer of females from the mean age of 44.3±12.2 years through a questionnaire among 389 subjects, at Shifa International Hospital, Islamabad. The purpose of this research was to study the development of breast cancer and to evaluate the effecting risk factors. Patients were divided into three different groups lifestyle, environment and genetics. Details of the subjects were collected using a detailed questionnaire from the patients or their attendants and with the help of hospital records after taking written informed consent. According to this study most of the patients were obese representing an association between obesity and breast cancer. The results from this study were evaluated to study the relation between cancer and the risk factors of tobacco, alcohol and drugs consumption. The results further describes that the lifestyle and genetic risk factors outweigh the risk factors triggered by environmental factors. This study helped us to conclude that the chances of breast cancer to occur are higher if the subject practices sedentary lifestyles. The final results concluded that the patients with genetic cancer history were more vulnerable to risk factors as compared with other subjects who have no cancer history.

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