Module: Introduction to Research (BMHP5005)
Assessment 2: Viva Voce

Breast Cancer

Prevention strategies to reduce the risk of breast cancer

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Overview

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Introduction

1. Breast cancer disease affects the cells of the breast, and these began to grow uncontrollably, forming cancerous tumours (World Health Organisation, 2023).

2. It will be prevented by adopting healthy habits and consuming less alcohol, but it cannot be changed if there is a family history (Mayo Clinic Staff, 2021).

3. All women should have a medical checkup to prevent BC (NHS, 2022).

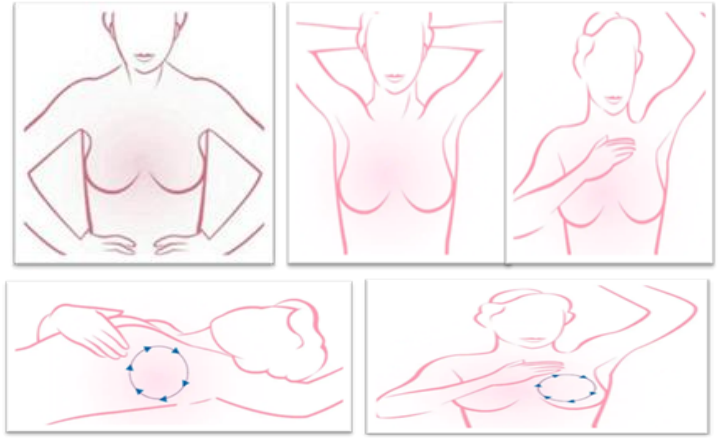
4. The aim is to explore prevention strategies to reduce the risk of breast cancer.

5. In the UK, there are approximately 55,900 new cases of BC each year (Cancer Research UK, 2023).

6. It is the most common type of cancer in the UK (NHS, 2022).

Strategies to prevent the risk of breast cancer

- **Breast self-exam**



(DTAP, 2023)

- **Do not drink too much alcohol**

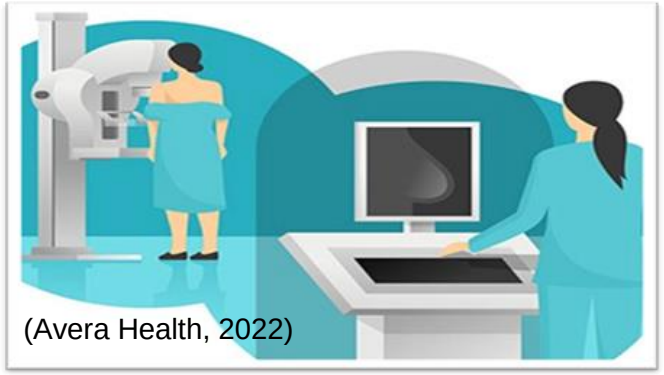
Peterborough, 2023)

- **Eat Nutritional Foods**

(Johnson, 2019)

(Food Insight, 2017)

- **Breast screening**



(Avera Health, 2022)

Methods

- Secondary research using the method of a systematic review of the literature.
- "Breast cancer," "prevention," "Strategies"," "factors," "risk," “diagnostic” "NHS," and "UK."
- Google Scholar searches, University Library, and Wiley online library.
- Source Type: "2013 and 2023 English academic sources", UK location.
- Do not use sources in other languages, that have already been reviewed, or that are located outside the UK.

Literature Review

Source citation	Aim	Methods	Summary
Chambers et al. (2019)	Explore what women think about the risk of BC due to alcohol consumption and the development of a clinical model of breast intervention in which alcohol as a risk factor can be modified.	"Alcohol", "breast cancer", "intervention", "prevention". Area Southampton. Eighteen-year-old women who attended their breast appointments two years earlier were invited to participate in a focus group or telephone interview, which was audio-recorded.	Most of the participants thought the alcohol advice was irrelevant because they were unaware that drinking alcohol could cause breast cancer. However, they trust the advice from the NHS.
Rainey et al. (2022)	Explore which factors influence the acceptance of the recommendations for the detection and prevention of BC. Also, evaluating their preferences for diagnostic tests and the prevention of BC stratified by risk.	"Breast Cancer", "Risk Assessment", "Detection", "Prevention and adoption" in Greater Manchester area. A group of 325 women were chosen from the PROCAS database to take part in a web-based survey that was designed using qualitative focus group information.	The information provided about breast cancer risks predicted the use of screening tests, more self-exams, and risk-reducing medications, as well as preventive lifestyle changes such as losing weight and drinking less alcohol.
Harvie et al. (2019)	Explore two feasibility studies evaluating weight gain, retention, and loss in the NHSBSP weight loss programme and whether they perceive women's behaviour to change after breast cancer diagnosis.	Overweight women were selected from the Greater Manchester Quintiles Postcode Area Breast Screening Programme database. The risk of BC was estimated using the Tyrer-Cuzick model. In addition, PROCAS provided information on the ethnicity, weight, and height of its participants.	The combined studies of prevention programmes found that overweight women had a higher risk of getting breast cancer, so they were more likely to enrol in and follow prevention programmes. The study also found that after 12 months of retention, these women managed to lose weight.

Results

- **Theme 1**. **Many women are unaware that there is a link between drinking alcohol and breast cancer**

The studies found that women did not know that drinking alcohol could cause cancer but would seek medical attention if they experienced symptoms.

- **Theme 2. Women were informed about the risks of breast cancer and recommendations for early detection and prevention**.

The studies found that many high-risk women made lifestyle changes, such as changes to their diet, exercising, and reducing their alcohol intake.

- **Theme 3. Losing weight is one of the most effective strategies to reduce breast cancer.**

The studies found that weight loss was equivalent between preventive and disease interventions.

Discussion

- The studies were limited to a few UK cities and a small number of participants.
- Women were encouraged to take part in discussions aimed at preventing breast cancer.
- It took a long time to complete the interviews.

- Eat a diet high in fibre and low in saturated fat, exercise regularly, maintain a healthy weight, and drink in moderation (Breast Cancer Now, 2022).

- The NHSBS invites all women aged 50 to 70 who are registered with a GP every three years for an examination (Cancer Research UK, 2023).

Conclusion

- Regularly following NHS advice on how changing habits can help prevent breast cancer.
- Strategies to prevent breast cancer save countless lives.
- Research studies have been helpful in educating women on ways to avoid this disease.

Reference

- Chambers, S.E., Copson, E.R., Dutey-Magni, P.F., Priest, C., Anderson, A.S. and Sinclair, J.M.A. (2019). "Alcohol use and breast cancer risk: A qualitative study of women's perspectives to inform the development of a preventative intervention in breast clinics", *European Journal of Cancer Care*, 28(4). Available at: https://onlinelibrary.wiley.com/doi/10.1111/ecc.13075

- Harvie, M., Pegington, M., French, D., Cooper, G., McDiarmid, S., Howell, A., Donnelly, L., Ruane, H., Sellers, K., Foden, P. and Evans, D.G. (2019). "Breast cancer risk status influences uptake, retention and efficacy of a weight loss programme amongst breast cancer screening attendees: two randomised controlled feasibility trials", *BMC Cancer*, 19(1089). Available at: https://bmccancer.biomedcentral.com/articles/10.1186/s12885-019-6279-8

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