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Reproductive factors, nutritional status and serum 25(OH)D levels in women with breast cancer: A case control study

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Highlights

- Reproductive risk factors contribute to increasing risk of breast cancer in Indian women.
- Sedentary life style and high fat intake together are associated with higher risk of breast cancer.
- Emphasis on change in lifestyle and dietary preferences is demanded.
- Vitamin D deficiency continues to affect more than 80% of women diagnosed with breast cancer.
- Sufficient vitamin D and calcium intake and a consensus on defining optimal dosage of vitamin D intake for women to avoid risk of breast cancer should be prioritized.

ABSTRACT

The study was conducted with an objective to investigate the association between reproductive factors, nutritional status and serum 25(OH)D levels among women diagnosed with breast cancer (BC). A total of 200 women with BC attending a tertiary healthcare institute of Delhi, India matched with 200 healthy women for age (± 2 years) and socio economic status were included in the study. Data was collected on socio-demographic profile, reproductive factors, physical activity and dietary intake (24 hour dietary recall and food frequency questionnaire) using interviewer administered structured questionnaires and standard tools. Non fasting blood samples (5 ml) were collected for the biochemical estimation of serum 25(OH)D and calcium levels by

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