



## Breast cancer in women and BMI, Use L-Carnitine with systemic treatment results

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### Abstract

According to the Ministry of Health in Ukraine 26% of the female population for 2018 was overweight or obese. There is a strong biologic basis for an association of obesity with poor breast cancer outcomes. Obesity - a chronic metabolic character, which is the result of the interaction of the endogenous factors, environmental conditions and lifestyle. Endogenous factors could be considered a violation of the genetic and hormonal balance. The external conditions include irregular rhythm nutrition, use of substandard products. By disorders include sedentary lifestyles.

Obesity is the first risk factor for metabolic syndrome, diabetes type II, cardiovascular diseases and some forms of cancer, including breast cancer.

Since overweight is a risk factor for breast cancer, there is a reason to believe that among patients with breast cancer the percentage of obese women is higher than in the population. The risk of breast cancer in postmenopausal women by 30% more than in premenopausal women with obesity - 50% Furthermore it was proven that obesity is associated with poor prognosis in patients with breast cancer, regardless of menopausal status.

The leading role in achieving long-term results of treatment with systemic methods such as chemo-therapy or hormone therapy the purpose of systemic therapy is the eradication of micro metastases in the case of radical surgical treatment or reduction of tumor load in case of treatment of locally advanced or metastatic cancer. The calculation of the dose of chemotherapy conducted mainly in the area of the body. Thus to avoid complications associated with overdose of chemotherapy, the standard practice is to calculate the dose of 2.0 m<sup>2</sup> patients whose body area more than this. Preparations hormonal action used in standard dosage for an adult without constitutional features. Along with this recent literature there is information that women are overweight effectiveness of systemic treatments may be lower than expected. Other data refute this information. Although obesity is associated with poor outcomes in women with breast cancer, it is not clear whether post diagnosis weight loss (resulting from changes in caloric intake, physical activity, or other interventions) will reverse this effect. We can use Diet and Physical Activity Interventions, or complementary and alternative medicine.

### Biography

Mohammad Hojouj is a Candidate of Medical Science (oncology) comparable to the academic degree of Doctor Philosophy, Ph.D. at Special Academic Council of Dnepropetrovsk state Medical Academy with Title of thesis: The rationale for the effectiveness of systemic treatment of breast. He had his Master of Medicine (oncology) degree in 2014 at Dnepropetrovsk State Medical Academy/Dnepropetrovsk, Ukraine and also a Medical Specialist of Oncology 2015 at Dnepropetrovsk State Medical Academy/Dnepropetrovsk, Ukraine. He is having Memberships and associations at ASCO; ESMO; ESGO; NCCN; EDS

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