

Joint Event on

International Conference on  
Palliative Care, Obstetrics and Gynecology

&

International Conference on  
Stroke and Clinical Trials  
February 28-March 01, 2019 | Paris, France

## Analysis of risk factors associated with breast cancer incidence among women in Padang city by 2018

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**B**reast cancer is the second highest cancer incidence in the world and the highest cause of cancer death in female. In Indonesia breast cancer is the 5th degenerative disease and is the 3<sup>rd</sup> cause of death. Incidence of death is about 22.6/100.000 and its mortality 10.1/10.000. Cancer prevalence rose by around 0.4% from 1.4% to 1.8% in 201. The purpose of this study was to analyze the risk factors associated with breast cancer incidence among women in Padang city. This study was conducted in Padang City on June 6 - October 7, 2018, used a case-control study. The number of samples were 84 cases and 84 controls. Sampling was done by quota sampling. The instrument used a questionnaire Data analysis by chi-square test ( $\alpha < 0.05$ ).

The results showed that the risk factors that associated with breast cancer incidence ( $p < 0.05$ ) were age of menarche, age of menopause, long time to breastfeed, history of oral contraceptive use, smoking history, obesity, physical activity, stress level, consumption of animal and fat resources, and food processing. The risk factor associated with breast cancer incidence were reproduction factors. The health workers are advised to provide health promotion about risk factors for women, and patients are advised to have a healthy lifestyle, and managing stress.

### Speaker Biography

Leni Merdawati has her expertise in Medical and Surgical Nursing in Faculty of Nursing. She is a Head of Medical and Surgical Department in Faculty of Nursing, Andalas University. She is a Lecturer, Instructor in the public hospital, especially surgical nursing ward. Her research work involves open and contextual evaluation model based on improving quality of life patients with breast cancer. She has done this research for evidence based on risk factor in patients with breast cancer.

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