

NARRATIVE LITERATURE REVIEWS ON THE RELATIONSHIP BETWEEN DIET AND  
BREAST CANCER

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### **Abstract**

There are many health issues that have emerged to be a major health issue in UK is the alarming rate at which the cases of breast cancer in increasing. Consequently, it has also been realized, as the result of recent studies that the avoidance of certain foods in the diet may also avoid the risks of breast cancer in this study. Thus, the study had aimed to understand the intensity of breast cancer in UK and the severity of breast cancer as a health issue that is prevalent in UK in recent time. The severity of breast cancer as a disease can only be determined if it can be established if breast cancer as a disease in UK, is preventable or not. Thus, the study had aimed to study the prevalence and impact of breast cancer as a disease in UK. Thus, the study that had been conducted in the literature had addressed the objectives that have been formulated in this chapter for studying the cases of breast cancer in UK. For this purpose, primary as well as secondary data had been accessed and analyzed for the analysis of prevalence and impact of breast cancer as a disease in UK.

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## Chapter 1: Introduction

In this chapter, there would be introduction of the subject of the study of the dissertation and the purpose and objectives of the study shall be introduced and discussed in this chapter. The theme of the study that would be undertaken in this dissertation would be the illustration of the relationship between diet and prevalence of breast cancer among the people in UK. Most of the health issues that people face in UK or any other country is mostly the result of the food that people eat or do not eat, combined with the kind of lifestyle that people lead (Lerche, 2018). It has been realized from different health reports that in UK, people are facing different health issues and that is mostly related to the unhealthy food habits of the people and the sedentary lifestyle of the people (McPhail et al. 2015).

As per the data put forth by the Cancer Research Institute in UK, in 2018, 55,122 incidents of invasive breast cancer have been reported in UK in 2015 and the percentage is growing at a consistent rate (Cancer Research UK. 2019). In 2016, alone 11,563 deaths have occurred in UK due to breast cancer (Breast Cancer Statistics. 2018). Considering the fact that 23% cases of breast cancer have been found to be preventable, in severe cases, only 23% cases had been found to be fully preventable (Breast cancer statistics. 2018).

It is reported that although the rate of survival of the patients suffering from breast cancer has increased and now the survival chances has increased to 78%, the maximum years that people can survive with breast cancer is 10 years (Breast cancer statistics. 2018). It has been realized that the prevalence of breast cancer among women in UK has increased to a great level and that there has been a need felt for understanding the factors and consequence of breast cancer in UK (Dubey et al. 2015). For an intensive understanding of breast cancer as a health issue,

there would be an attempt to analyze the health issue in details by focusing on the causes as well as impact of the breast cancer on the people in UK (Walters et al. 2015). The rationale of the study shall be focused upon understanding the relationship between dietary patterns and habits of the people in UK and the prevalence of cases of breast cancer. It has been realized that one of the most significant factors that impact the occurrence of breast cancer is the dietary pattern and the food habits of the people. (Him, 2015).

### **Aims and objectives**

Recent studies have revealed that certain food in the diet of the people in UK has the possibility of increasing the risks of breast cancer (Lerche, 2018). Thus, there is need for determining the food items that has the possibility of increasing the risks of breast cancer and also to determine the reason for the food items leading to risks of breast cancer (Hippisley-Cox & Coupland, 2015). Apart from that it has also been found that there are also certain food myths regarding the food habits and lifestyle choice that might lead to occurrence of breast cancer in UK (Redaniel et al. 2015).

Thus, the aim of this study shall be to understand the link between the diet habits and its association with and impact on breast cancer in UK so that the correct diet can be suggested for making the appropriate changes in the dietary pattern of people in UK for reducing the risks of breast cancer (Milvia et al. 2017). For understanding the prevalence of breast cancer in UK, there would be need for studying the relevant statistics related to breast cancer in UK and thus the aim of the study would be to study the statistics related to the cases reported. The causes analyzed regarding the cases of breast cancer in UK along with a comparative study of the data on prevalence and causes of breast cancer in other countries globally.

The aim of the study shall also be to address and analyze the cases of prevalence, causes, and effects of breast cancer in the developing and developed nations. The comparative study of the data on breast cancer between the developing and developed nations (such as India as developing and Australia as developed nation) would help to analyze the comparative position and distinctive factors in each group of nations leading to prevalence of breast cancer (Torre et al. 2016). This would provide a macro view of the cases of breast cancer and its severity and also its association with the causative factors, mainly the dietary patterns.

Considering the aim of the study, the objectives of the study can be formulated and these objectives shall be addressed in the literature review study that would follow in the succeeding chapters. The objectives of the study can thus be stated as:

- To examine the prevalence of breast cancer as a public health concern in UK
- To discuss the severity and preventable nature of breast cancer
- To discuss the comparative data on relation between diet patterns and breast cancer in UK and other nations globally
- To discuss the kind of food that may increase the probability of breast cancer in UK
- To compare the cases of breast cancer in developing and developed nations
- To determine the diet pattern in nations that has low record and high record of cancer cases
- To determine the measures to be undertaken for change in diet to minimize the risks of breast cancer

## **Literature review**

In this study, the literature review on the subject of association between diet pattern and prevalence of breast cancer in UK shall be conducted for collecting the data on the cases of breast cancer in UK and its control or preventive measures. The context of the research in the study shall be to address the objectives of the study and to collect data through narrative literature review. Primary literature needs to be conducted in the study for addressing the objectives and that aims of the study. Thus, for the purpose of this study, there would be data collected on the research studies that have been conducted on breast cancer and the association between diet patterns and breast cancer cases in UK and other nations.

Moreover, the recent health policies and cases related to cases of breast cancer would also be collected through the primary literature to address the research objectives in the study. Knowledge would be drawn upon from the health statistics related to cases of breast cancer in UK and worldwide along with the study of theories and models. Thus, the literature review would be conducted upon the evidence based and would be narrative study that would address the aim of the study. Thus, the narrative review would be conducted in details to understand the cause of breast cancer in UK and the dietary pattern of the people in UK. Thus, the literature review would be a coherent study that would provide an overview of the scenario of cases of breast cancer in UK and how this health issue can be addressed in UK.

## **Methodology**

The method that would be undertaken for conducting the study in this dissertation would be literature-based study for the purpose of data collection. The literature based would be based upon 40 case studies such breast cancer related studies in published literature on breast cancer in

UK and its association with the dietary pattern of the people in UK. The credit healthcare studies shall also reflect upon the cases of breast cancer that has been reported in UK to understand its level of prevalence and also the seriousness of the breast cancer as a health issue in UK. The 40 credit healthcare studies shall also include data upon the data on the relation between diet patterns and breast cancer in UK and other nations globally.

The studies and reports that would be used in this study shall also include data upon the diet pattern in nations that has high record as well as low record of cancer cases. This comparative study would be beneficial for the understanding of the differences and similarities in the diet pattern of the nations that have high record as well as low record of cancer cases. The primary literature-based study would be evidence based and shall address the measures that may be undertaken for change in diet to minimize the risks of breast cancer. Thus, the methodology that would be adopted for the purpose of data collection would be thematic analysis and evidence based 40 case studies such breast cancer related studies addressing the aim and objectives of the study.

### **Themes and structure of the study**

The theme of the study would be based upon the aims and objectives of the study and shall address the following different themes in the different chapters of the study. This would revolve around the examination and study of the dietary patterns of the people in UK and its association with risks of breast cancer among women in UK.

**Chapter 1:** introductory chapter (chapter 1) where the aims and objectives, literature review and methodology of the study had been introduced

**Chapter 2:** chapter 2 shall address the themes that have been formulated for the study including the study of 40 credit healthcare studies in published literature on breast cancer in UK.

**Chapter 3:** discussion of primary literature-based study on the kind of foods that can cause breast cancer and prevent breast cancer

**Chapter 4:** Measures for preventing breast cancer by promoting strategies of healthy diet and Health Promotion interventions.

**Chapter 5:** Conclusion and recommendations

Every chapter shall contain an introduction and conclusion with the conclusion opening the discussion of the following chapter.

To conclude it would be stated that in this introductory chapter, aims and objectives, literature review and methodology of the study had been introduced and discussed in details. Furthermore, it can be stated that the themes that would be discussed in the second chapter has also been introduced in this chapter for better understanding of the research topic and its detailed study. In the following chapter, literature review shall be conducted on the health issue of breast cancer in UK and the impact of diet patterns in UK on the prevalence of the disease. The themes of the study shall be addressed in the 40 credit healthcare studies on the research themes to address the study aims and objectives.

## **Chapter 2 Overview of breast cancer**

### **Introduction:**

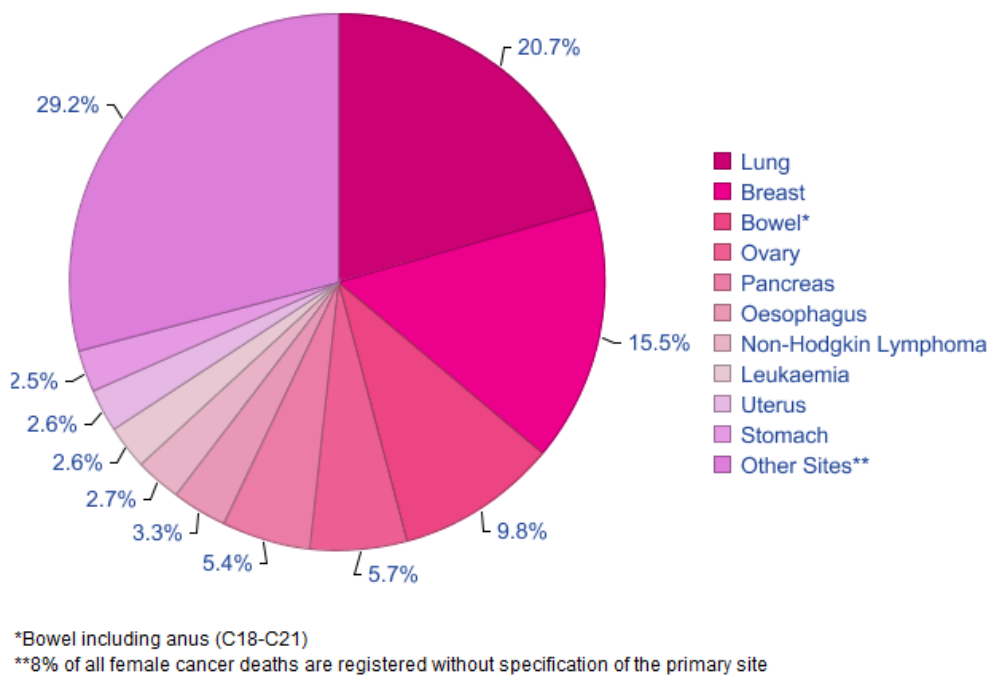
Breast cancer becomes the major health concern in recent years as this disease mainly affected the women of both developing countries. Different country survey on the breast cancer shows that in comparison with the developing countries, the breast cancer level is very high in the developed country. The NHS report of 2014 statistics of Breast Cancer Screening shows that breast can be preventable if a person can take some initiative to maintain proper lifestyle (Mitchell et al. 2014). In this chapter review, some dietary factor behind breast cancer has been discussed. The comparison has been made by the observation of statistical data of both developing countries and developed countries.

### **Discusses breast cancer as a public Health issue in the UK:**

Rising rates of breast cancer in UK has been projected that this rate will increase in 2022 very rapidly due to the improper diet habits and improper health inequalities. The analytical observation shows that in comparison with other countries that is based on the intensity of breast cancer in UK, USA, China and Japan (Amadou et al. 2014). The age standardized rate of the breast cancer has been increased by 24% upon the women between 2012-2014 (Arnold et al. 2015). As per the statistical report of UK upon the Breast Cancer Screening, it has been found that the approaches and prevention have been come up with the bigger approach to mitigating the risk associated factor in relation with concern (Cribbens et al. 2016). As opined by Anderson et al. (2014), greater focus has been given on the risk factor of breast cancer. The NHS report of UK Breast Cancer Screening states that there are basically three major factors behind breast cancer in UK. The factors are given below,

- *Improper diet and life leading:*
- *Significant family history of breast cancer*
- *Getting older*

In the words of Arnold et al. (2015), more than 56% patients are detected are cancer patient who are taking improper diet. The diet chart is very necessary in order to deal with the proper health building of the people. The result shows that more than 80% of the breast cancer may takes place at the older age. Significant family history of breast cancer can cause more than 5% cause of breast cancer. A faulty BRCA1 or BRCA2 gene is the main reason of breast cancer. Breast cancer is the major concern in UK as the breast cancer diagnosis shows that one person in UK is diagnosed in every 10 minutes and 1 of the 8 women in UK have breast cancer in UK as per the NHS result (Kast et al. 2016). An estimated result of **691,000** in UK are alive in UK after the diagnosis of Breast cancer. This result shows the reason behind breast cancer concern in UK.



**Figure 1: Statistical report of breast cancer in UK**

(Source: Arnold et al. 2015)

The results of the Survey as given above, shows that 1 in the 10 (10%) women in UK reveals that they felt positive and is ready to move after the treatment of breast cancer and 26% felt difficulties after having the treatment on the breast cancer. Breast cancer of men is very rare in UK where only 370 cases has been detected on the breast cancer that clearly evaluated that improper diet and excessive consumption of alcohol. A Breast Cancer Care survey found nearly 73% men in UK do not check their breast to detect where it has cancer or not. Some cases of secondary breast cancer have been detected in this course of action. More than 66% of Hospital Trusts in England cannot know about the number of patients have some incurable secondary breast cancer (Breast cancer statistics. 2018). From the dietary information on the impact of diet on the breast cancer, it is found that as per the study of Fan et al. (2014), longer time breast

feeding can help to prevent the intensity of breast cancer. The most significant factor is that cells in the breast can work actively of the mothers who feeds breast for long term basis (Facts and statistics 2018. (2018).

**Explain and discuss if breast cancers that are preventable:**

In the words of Chen et al. (2016), being overweight and obese is the major reason for breast cancer. This can consider to be the true fact that people who have healthy diet schedule and has focused on the procedure to make proper consumption of food that can control cancer are likely to get out from the effect of breast cancer (Scurr et al. 2014). As opined by Coleman (2014), physical activity can help to prevent cancer in the process of getting rid of from the situation. The NHS report shows that breast can be preventable if a person can take some initiative to maintain proper lifestyle Bray et al. (2018). The health report shows that lifestyle changes is the most important way to prevent and manage and prevent breast cancer. The factors to prevent breast cancer has been given below:

Limited alcohol: In the opinion of DeSantis et al. (2015), high risk associated factors can be increased by the high consumption of alcohol. Breast cancer is highly generating where managing lifestyle without alcohol is the major reason to prevent breast cancer.

Weight control: As opined by Dubey et al. (2015), Obesity is the only reason for the breast cancer. By maintaining effective health dietary system, the intensity of breast cancer can be reduced very effectively.

**Physical activity:** Physical activity can help to maintain the level of breast cancer. By working out in regular basis the breast cancer can be controlled very significantly.

**Hormone therapy:** In the opinion of Favorite et al. (2015), the hormone therapy is the important way to reduce the intensity of breast cancer of the women. Medically prescribed different types of hormone therapy help to maintain and reduce risk associated factors of the breast cancer. The symptoms can be ducted in very proper way in mitigating the risk associated factors in relation with the cancer reduction.

AS per the NSH report of UK, it has been determined that there is the link between birth control pills and breast cancer. The recent study shows that the women who are taking birth control pills are the victim of breast cancer. In the opinion of Finn et al. (2015), the situation can be maintained by reducing the consumption of birth control pills. Another effective way to prevent breast cancer is the Chemotherapy and the procedure is helpful in order to root out the issue in relation with breast cancer (Kang et al. 2015). Different types of rays can be used in order to deal with the process.

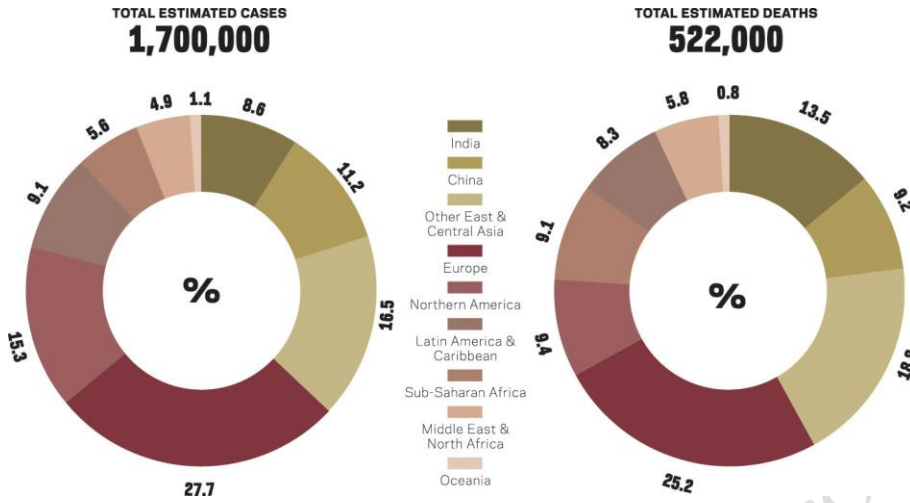
#### **Data related with diet and breast cancer globally and in England:**

As opined by Him (2015), richer diet, delayed child bearing and short time breast feeding have driven up the possibility of breast cancer among the England and other countries. The habit of taking oily food like cheese, ghee, butter and richer diet such as chicken, mutton and pork is the major issue on the increasing number of breast cancer. An estimated 1.3 million cases of breast cancer have been estimated in UK and across the Europe. In the year 2006, the global breast cancer rate has been increased by 15% as examined by the health survey report of NHS. As per the study of Hippisley-Cox and Coupland (2015), in Japan, Korea and Singapore, though the

breast cancer rate has been reduced by 5% in the past 40 years but due to the adaptation of western lifestyle and culture this level has been increased very rapidly. As opined by Torre et al. (2016), in China, an estimated rate of 20-30% improvement of breast cancer has been increased that has caused immense life threat of the people. Most of the cases of breast cancer has been increased due to the habit food consuming and the improper lifestyle (Fedewa et al. 2015). In the opinion of Lahart et al. (2015), the most significant factor is that diet related issue has negative impact on the health that caused obesity and has impact on the level of breast cancer.

**Cancer levels comparing with developed and developing countries:**

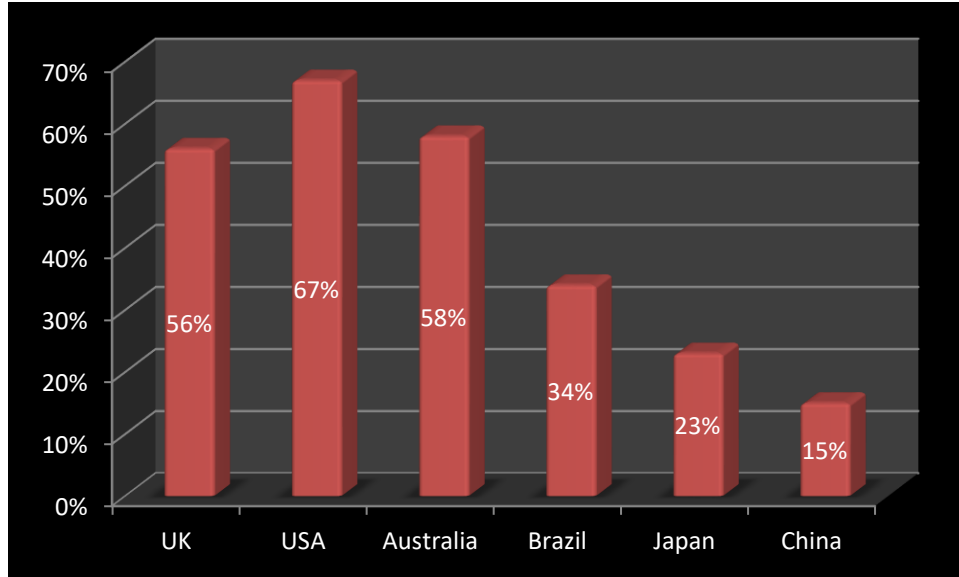
In the opinion of Walters et al. (2015), as per Fred Hutchinson Research Centre in Seattle, Washington, it been found that in comparison with the developing countries, the breast cancer in the developed countries is very high. In the opinion of Lerche (2018), different factors are identified as the reason of breast cancer where alcohol consumption and taking oily foods. From the Cancer Research of UK Epistemology, it has been said that adaptation of western culture is one of the most significant reasons behind breast cancer.



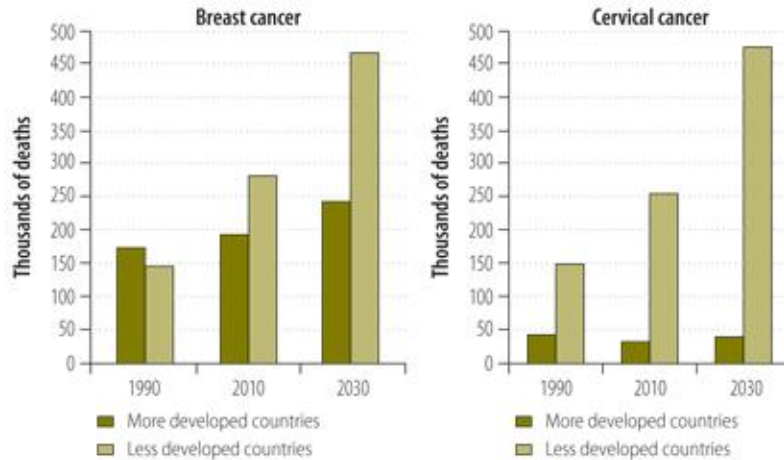
**Figure 2: Breast cancer intensity**

(Source: Arnold et al. 2015)

Developing Countries and Developed Countries	Cancer level
UK	56%
USA	67%
Australia	58)
Brazil	34%
Japan	23%
China	15%



As opined by McGuire (2016), breast cancer is the global problem where 1.6 million new cases have been estimated on the breast cancer where 60% death case occurs due to this process in US. As per the survey report given above, UK, as estimated rate of 249,260 breast cancer case has been identified. In comparison with the UK and US the developing country, the breast cancer rate is 34% in Brazil where approximately 3200 women were died by the breast cancer. In the opinion of McPhail et al. (2015), the death result is high due to the lack of treatment procedure of cancer screening. The most significant factor is that not only proper diet is the procedure to get rid of from this situation. The role of advanced treatment is also important.



**Figure 3: Breast cancer in developing countries and developed countries**

(Source: Arnold et al. 2015)

On the contrary, (Torre et al. (2016), breast cancer is become the leading cause upon the women of developing countries. As per the figure given above, the diet related cancer rate in the Asian countries has been increased by day by day. Almost 100 000 women in India has been detected as the cancer patient. The rising level shows that in 2020, this level may increase by 131000.

What is the diet like in the countries who have less cancer record?

In the opinion of Rahib et al. (2015), women in China rarely gets breast cancer due to their diet pattern and consumption non oily food. The Chinese diet only comprised of 14% of the fat that is really preventable for the breast cancer. Furthermore, it has been found that taking oil free food is the major reason of less obesity. As per the study of Redaniel et al. (2015), in spite of taking high fat dairy product the people of China are taking products with the low-fat cheese and skimmed milk. Furthermore, taking green vegetable and less spicy food is the major

reason of less breast cancer (Redaniel et al. 2015). It has been analyzed that in Chinese diet the use of garlic is very high. Garlic helps to reduce breast cancer. Taking green tea in the diet helps to prevent the possibility of breast cancer (Redaniel et al. 2015). In the opinion of Sarnath and Khanna (2014), some vegetables such as mushroom, broccoli, Pomegranates and Lentil help to prevent the intensity of breast cancer (Survival in England: historical cohort study using the Clinical Practice Research, 2018).

### **What is the diet like in the countries who have high cancer record?**

As opined by Tao et al. (2015), in the high score of breast cancer like UK, the diet factor shows that by taking very spicy food and alcohol is the main reason of breast cancer. As opined by Torre et al. (2016), it has been noted that the high level of alcohol consumption becomes the trend in UK. It has been found that the alcohol consumption rate is directly affected on the health of the people. Excessive fat increasing food such as cheese and butter caused obesity and directly affected on the increasing level of breast cancer. Therefore, it can be said that the role of diet is very impactful in order to increase the level of breast cancer.

### **Conclusion:**

Thus, it can be concluded that different cancer screening result shows the procedure of making observation on the cancer screening. Being overweight and corpulent is the significant purpose behind bosom malignant growth. The comparison shows that in comparison with developed country, the breast cancer level is low in the developing country. Taking oily and richer diet is the main reason behind breast cancer. The NHS report demonstrates that cancer can be preventable if a man can step up with regards to keep up appropriate way of life. The

wellbeing report demonstrates that way of life changes is the most imperative approach to anticipate and oversee and avoid bosom malignant growth.

### **Chapter 3: Type of foods can cause breast cancer and prevent breast cancer**

#### **Introduction:**

In the chapter type of foods that can be enhanced the possibility of breast cancer has been clearly evaluated. Diet is one of the most significant factors in the breast cancer. Proper diet in the breast can help the patient to get rid of quickly. In the prevention of cancer, it is very necessary to maintain proper diet from the childhood age. Eating is one of the most important ways that may lower the risk associated factor of breast cancer. American Society of health and safety said that risk can be mitigate if people take food that is high in the food value. Apart from this, it can be said that breast cancer food chart is quite different in comparison with the normal diet. The healthy diet can be considered as the one of the most significant factors in the process of making process of making process by taking proper process of making operational efficiency. Proper food and diet help to reduce possibility of breast cancer. In UK and other developing country, it has been found that obesity rate is very high. The obesity can be considered as one of the most important factors that increase excessive. By taking oily food and high rich protein is the main reason of breast cancer. By eating certain food has negative impact on the health and safety in the process of reducing the level of reducing risk cancer.

#### **Possessed foods, meats:**

As opined by Finn et al. (2015), making proactive dietary choice of food can be considered as the way in reducing breast cancer. Along with the medicine, it can be said energy helps to

improve blood circulation activity of the people that is one of the main reasons. Change in the dietary factor refers to the use of processed food and meat in the daily life. Eating processed food and meat is the main reason of breast cancer as reveals by the WHO (World Health Organization) In their 11<sup>th</sup> conference. As opined by Yoshioka et al. (2015), the researcher found that foods that have been preservative such as, sausages, burger patties, hot dogs ca increase the risk of breast cancer. The people who intake the pressed food are most likely to develop the breast cancer.

*Lead author Dr Maryam Farvid of the Harvard TH Chan School of Public Health told CNN, “Cutting down processed meat seems beneficial for the prevention of breast cancer.” (Ahmed, Sami, and Xiang, 2015)*

In the last year 2018, a news has been published in UK where it has been found that the consumption of the ultra-processed food creates the high risk of breast cancer. As per the report of National Institute of Public Health in Mexico, different types of preservatives are mostly used in the preservation of the processed food where the chemical reaction caused the possibility of increasing led. It affects blood vessels of the body and people can face serious issues in relation with the breast cancer.

In the research study of Eire et al. ((2015, as per “Medical News Today”, in the United States, the level of breast cancer is very high preserved meat and fish are mostly taken by the people of this country. The research result shows that American Cancer Society (ACS) assumed that 1.7 million people of UK are diet by taking fungal infection meat of preservation for; long time. Furthermore 609,000 deaths to the disease, in 2018 because of taking processed food. The consumption of processed food and meat is really in hygienic for the body where people can face serious issue and affected by the breast cancer.

### **Obesogenic environments, (takeaways) pizza, MacDonald's:**

In the opinion of Rhein Bay et al. (2017), the needs of investigation on the impact of processed food in the breast cancer shows that, some foods such as Pizza, Burger and springs rolls can be the major reason of increasing breast cancer in the society. In order to deal with the situation, some initiatives can be taken for the observation. From the component research, it has been analyzed that these proceeded food and fast food contains additives that create cancer in the animal cells. This kind of situation has negative impact on the health. The main reason behind cancer has been recognized because of the meat additive sodium nitrite and the white food pigment titanium dioxide. Therefore, it can be said that the investigation has the efficiency in the process of reducing the effect of breast cancer. The components increased the cholesterol in the human body that it is the main reason of obesity and breast cancer. Relatively, taking excessive pizza and this kind of fast food can be considered as one of the most significant factors for the decreasing of the breast cancer.

In the opinion of Nanda et al. (2016) A study of NHS shows that the relation of Pizza Hut breast cancer shows that, high fat and cholesterol is the main components of Pizza as cheesy substances are used in the pizza. In America, it has been found that people are mostly affected by the obesity. Pizza hut is identified as one of the major reasons for obesity in US. The additive used in the Pizza consumes of lectin that is very dangerous for the health. Therefore, it can be said that, in the health and safety purpose the role of Pizza hut is very negative. Different types of preventions are taken for improving the quality of the foods. The examination paper gives a not insignificant rundown of ultra-prepared nourishments, including: angle pieces; bundled sweet and flavorful bites; bundled breads; meat items that have been reconstituted with the guide of

nitrites or other non-salt additives; and sustenance's "made for the most part, or completely from sugar, oils, and fats."

A few instances of substances included amid mechanical preparing incorporate seasoning specialists, hues, humectants, emulsifiers, and fake sugars. These are frequently added to "emulate sensorial properties," or to "mask unfortunate qualities. "At the opposite end of the item range are staple nourishments, for example, "natural products, vegetables, beans, rice, pasta, eggs, meat" that have experienced negligible or no handling. They are normally "crisp or dried, ground, chilled, solidified, sanitized, or aged." In the middle of lie the less prepared nourishments, which incorporate "canned vegetables with included salt, sugar-covered dried natural products," and meat that has been "safeguarded just by salting," in addition to "cheeses and newly made unpackaged breads. (Rhein bay et al. 2017)"

#### **A risk to Breast cancer Sugar foods and fat foods:**

Taking oily food is the major reason of breast cancer. Consuming high amount of fat increased the amount of lipid and cholesterol in the blood. Therefore, it can be said that Dairy food in the condensed form can be considered as one of the most major reasons behind the Any investigations have discovered that bosom malignant growth is less normal in nations where the commonplace eating routine is low in absolute fat, low in polyunsaturated fat, and low in immersed fat. In any case, most examinations that took a gander at the measure of fat eaten by ladies in the United States did not discover a connection to bosom malignancy hazard. Protein and lipid can increase the body weight that increased the limit of liquate in the body. This could be on the grounds that ladies in nations where bosom disease is less normal additionally have

different contrasts other than the measure of fat they eat (Ahmed et al. 2015). Those distinctions may incorporate how much physical action they get, what else they eat, and hereditary components has negative impact on the process of making healthy body. A myth says: “Sugar feeds cancer” in the body. The level of blood sugar and energy can be considered as the negative substance in the body. The glucose rate in the body has negative impact on the level of blood pressure. Eating lots of sugar has negative impact on the high blood pressure, body weight and blood circulation. This led to the breast cancer. In order to get rid of from this situation, different types of physical activity are needed. The mother who are not interest in giving breast milk to the children are facing issues in relation with the dangerous breast cancer. In most of the case, it can be found that in US and UK, different types of survey report show that taking sugar and fat is directly involved in the level of breast cancer in the body.

Fruits and Vegetables: 300

Different types of fruits and vegetables are used to cure breast cancer. The American Research Association said that fruits and vegetable are the rich sources of citric acid that helps to cure breast cancer. Different types of vegetable can be suggested to handle this disease.

Berries:

As opined by Ghislain et al. (2016), berries such as blue berry and strawberry and black grapes are rich sources polyphenols that helps to reduce the level of breast cancer. The high amount of anti-oxidant is helpful in order to make the level of breast cancer. Vitamin C is the rich sources to manage and handle the high possibility of breast cancer.

Plums and peaches:

As per the study of 2009 animal study, polyphenols are found in the plums that is very helpful to protect the percentage of breast cancer in the society. The polyphenols help kill cancerous cells while leaving healthy cells alone. It has been found that green tea is the rich source of antioxidant components that is very helpful in order to deal with the process of reducing the level of breast cancer. The substance in the health is very beneficial.

### **Cruciferous vegetables**

Some vegetables contain typical vitamins and antioxidants such as vitamin E, Vitamin C and Vitamin K along with the rich sources of fiber. All these have an effective impact in order to reduce the level of cancer-increasing elements from the human body.

- broccoli
- cauliflower
- Brussels sprouts

All these sources have a positive impact on the health and safety of the people. Cabbage is the rich source of fiber that helps to mitigate the risk associated factor in relation with breast cancer (Inoue et al. 2017).

### **Change of diet to combatting cancer:**

Change of diet refers to inputting fruits and vegetables in the daily diet chart and to remove the oily and fatty substances from the body. All the procedure can be considered as very much important to maintain health and safety. Adding fruits and vegetables in the diet chart ensures that there must be a rich source of anti-oxidant elements that mitigate the risk associated factor of

cancer. Carotenoids are found in many red, orange, dark green, and yellow fruits and vegetables. Therefore, it is very necessary to add fiber diet in the diet chart in order to deal with the situation. The obesity is the main reason of breast cancer that is why people needs to take some food that can burn fat and reduce body weight. Foods that has been preservative such as, sausages, burger patties, hot dog's ca increase the risk of breast cancer. The people who intake the processed food are most likely to develop the breast cancer.

**Conclusion:**

Thus, it can be said that breast cancer and diet is interlinked with each other. Different research study on the breast cancer limit in UK said that, sugar and fat is the major reason of breast cancer in the society. Apart from that, it can be said that breast cancer screening revels that taking excessive fast food and preserved food is the major reason behind the breast cancer. The initiatives must be taken for making the breast under control and observation. Fruits, vegetable and green tea are mostly used for the breast cancer control. The control and measurement related factor have the efficiency for the determination of the intensity of taking food in the breast cancer. The foods and drinks are recommended to reduce its level. From the research, it has been revealed that, alcohol consumption is the major reason behind the breast cancer.

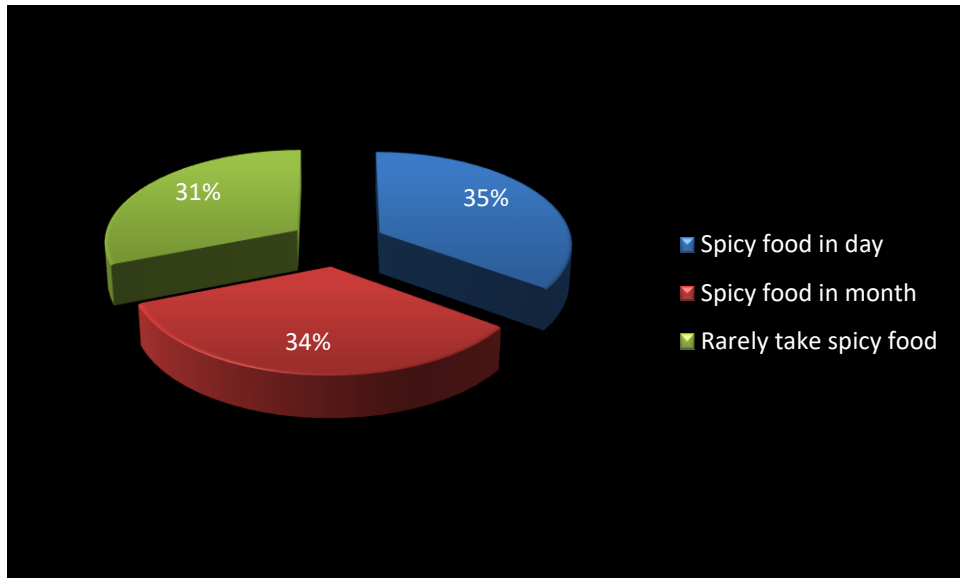
## **Chapter 4: Measures to prevent breast cancer through promoting a healthy diet Strategies and Health Promotion interventions**

### **Introduction:**

In this chapter data has been collected on the initiative that UK government has been taken for the prevention of breast cancer. The public health prevention act had boosted up in UK basically in for the basic purpose to mitigate severe health issues like cholera and typhus. Although the base for the program was structured in 1830 but couldn't endorsed due to governmental financial paucity, complicated sewage problems. But the board of health (govt.) was later corroborated by several local authorities like water supply control, repair or create swears etc. and shinned on the glorious path.

### **Public health England demonstrate the role of preventing diet related cancer subsequently:**

In UK, in the year in 2017, the Health Foundation has started the observation to get information on the healthy life living ability and initiative of the people. A healthy survey has been conducted in this process to gain information on the habits of healthy life living.



**Figure 4: Food taking habit**

(Source: Pearce et al. 2017)

As per the results given above from the survey has been carried out among the 300 people of whom 35% said that they regularly take oily and spicy food in their daily food routine. 34% said that they take oily and rich food not in the regular basis but 3-4 times in the week. 31% of the total respondents said that the intensity of taking spicy food of them is 3-5 times in the month.

After the healthy survey, some initiative has been taken by the government of UK by the implementation of health campaign to give health awareness to the people. Some health care organizations have been involved with this activity in order to deal with the process of making observation. The implementation of the strategy is done through the long-term basis for the determination of the healthcare approach. The approach is very helpful for make the people concern about the regular health and safety related approach.

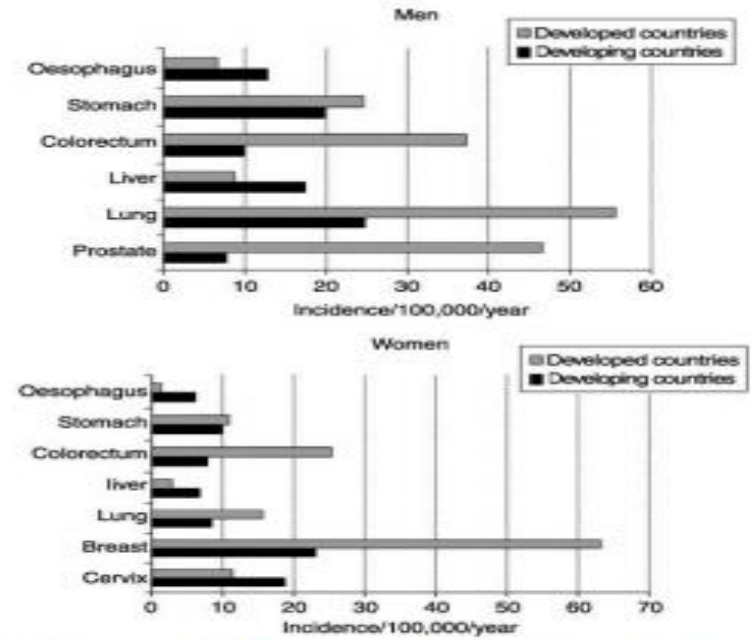


Fig. 1 Age-adjusted incidence rates of common cancers among men and women in developed and developing countries

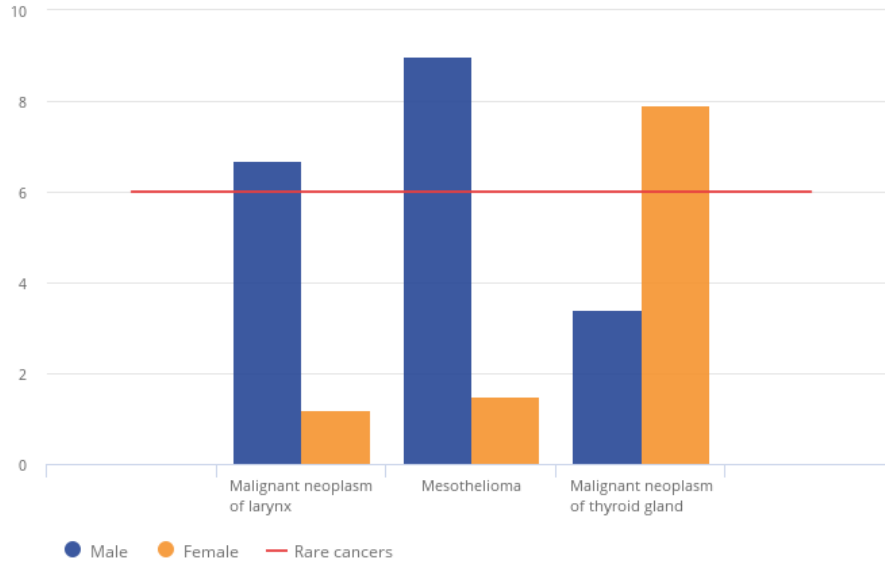
### Figure 5: Age based cancer in UK

(Source: Newlands et al. 2016)

The health survey has been done by the government of UK in order to deal understand with the factor that can affected more upon the factors that are affecting upon the possibility of the breast cancer. The graphical presentation shows that 1,105,000 cases and 373,000 deaths in women in 2016 has been found in reason for the high calories of diet taking and obesity. The factors refer to the habits of taking excessive consumption of alcohol in the daily eating habits. The process has negative impact on the health and wellbeing of the people. The health and safety measurement has positive factor in the business health campaign process. The numerical data shows that breast cancer is the second common cancer in UK. In this case, UK health department authority has done a screening process to have an earlier diagnosis so that the treatment can be done very suitably (Wardle et al. 2015). The test for the women for **human papillomavirus**

(HPV) is helpful to identify the breast cancer in the very earlier stage. The women over 47 years age are mostly affected by the possibility of the cancer. UK government has been spending £60 million on testing the **Bowel Scope Screening Programme** to save more than 3000 people in year. The treatment procedure is very much effective in order to deal with the development factor in the cancer removal from the women of older age. Some NGOs are involved with this noble mission to make the possibility of cancer removal very much effective. The innovative idea of School Based cancer screening is helpful in order to make the people very much aware about the possibility of cancer from the very earlier age. **Christie Hospital in Manchester and University College London** has given the facility to surgery in the very lower cost by the government financial fund. In the year 2011, the Cancer Drugs Fund was launched by the government of UK with the financial allowance of £600 in order to provide government protection for the initiative of the determination (Schacher et al. 2016). The procedure is very much helpful for the local people who are not been able to bear the operational cost of cancer survey (Chemotherapy). Another survey on Cancer **Services Coming of Age** has come up with the specific recommendation to provide protection to the people of UK in order to deal with their health-related safety from the dangerous effect of cancer.

Figure 2: Directly age-standardised rates per 100,000 population of selected rare cancers (third digit): site and sex, England, 2014



**Figure 6: Rate in the cancer screening**

(Source: Bailey et al. 2016)

According to the age base report, given above, it has been found that the female is mostly affected by the dangerous impact of breast cancer. Therefore, concern is mostly done for the women who are considerably affected by the dangerous impact of breast cancer. The funding of the cancer is hugely expanded for the treatment of breast cancer. This process has positive impact in order to deal with the procedure of making proper operation of mitigating the risk associated factor of the cancer (Bray et al. 2018). The procedure has the determination to remove the risk associated factor.

**What have been done in the UK to allow people having some healthy life style choices?**

However, Cancer prevention act was launched in UK in 1939 to make proper treatment of cancers in future. The act was later improved its law by all means and presently it [UK (CR UK)] casts upon the following details categorized into **three sections** which are producing an arduous effort to minimize the propagation of this precarious malignant effect, not even in UK but all over the world (Hughes et al. 2018).

**TABLE EXPALINS PROPOSED IMPLEMETATION TECHNIQUE FOR THE TREATEMENT OF CANCER CELLS**

<b>Preventions</b>	<b>Early diagnosis</b>	<b>treatment</b>
Purpose for a tobacco free UK within next 20 yrs with less than 5% adult smoking	Emphasis over ‘brawl screening’ programme along with proper time and timely modifications along with evidence to curtail the limit of ovarian and lung cancer	Building more stable and identical equipment’s to reduce the variations of cancer treatments and enhancing the credulity of treatment ranging from various age groups
Sobriety to alcohol, mitigating obesity and prudence over skin cancer	Promoting public awareness by gradual increasing scale	More investment on ‘modernized radiotherapy services’ by supplying newly

		updated instruments
Increase HPV vaccination along with broader boundary	Providing patient a more delicate and quick service	Long term solutions over chemotherapy and drugs

A brief case study is being shown here about the impact of cancer all over UK, here is the example of Midlands is given where 40% of the cancer patients are because of excessive smoking and an indulgent life style. Now East Midlands Cancer Research UK and Public Health England have worked together and set out an aim to reduce this high percentage to high scale. The organization have also anticipated the increased percentage of all types of cancer from 2016 to 2035 of a total no. Of about 8300 more patient, including **30% lung cancer** and **27% breast cancer**.

Here is the proposed research chart given by cancer research organization

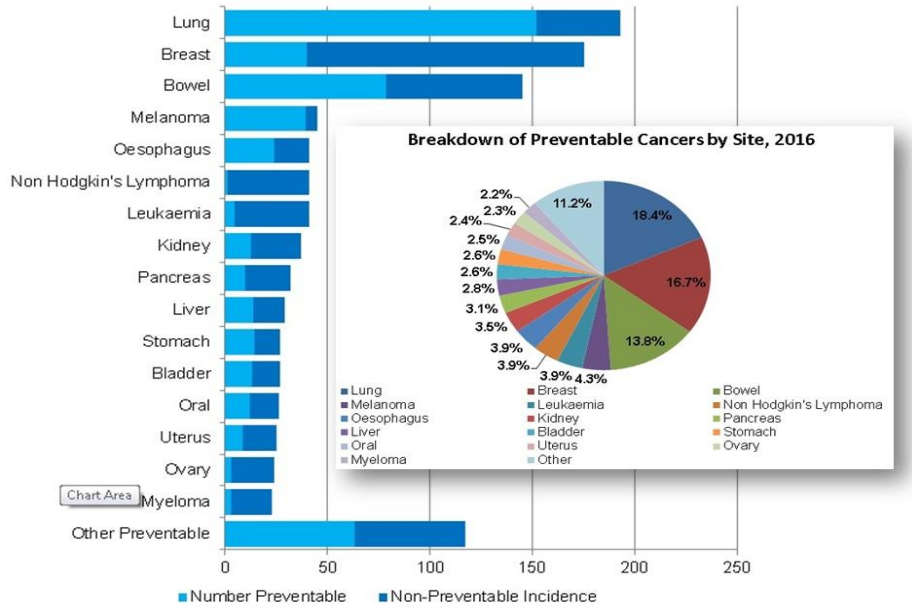


Figure: breakdown of ‘Preventable’ Cancers in 2016, Public health England, 2018

(Source: Tomasetti et al. 2018)

As per the figure give above, the fact sheet for Nottingham, displays that although there is high prevalence of breast cancer in UK, it is also preventable.

**Improved treatment related investment of UK health department:**

NHS England under their Cancer screening and cancer removal program has been associated with some noble initiative where some important decision has been taken. In the case of odulated Radiotherapy (IMRT) £23 has been invested by the government. Considerably, 35% for the radical radiotherapy, 5% for the IMRT has been come under this observation. Spending £250 million on developing proton beam therapy is another initiative of government under the policy guideline of cancer screening process (Dubey et al. 2015).

In the year 2016, national work improving the health and wellbeing is the major prospect in order to reduce the increasing factor of breast cancer. Some fantastic works have been done with the help of UK government, partnership with teams across PHE, with the NHS, local government, NGOs and health care areas to make the people concern about the health and social care related factors. This is the part of a broad range of the activity in cancer prevention. Being a part of Cancer Prevention, the breast cancer prevention campaign has been come up with the initiative to make the people aware to change their daily life living prospect. The campaign has supported the local people to change their choice of food in order to deal with the healthy life living procedure. The healthy choices through health marketing campaigns covers eating habits, staying active, limited alcohol consumption and the do exercise. The most important factor is that to make proper assurance about the factor to adopt that helps to prevent the possibility of cancer. The health service become successful with the help of local provider who have the ability to make ability to have the ability to have proper effect in the cancer prevention process. All of PHE's achievements in 2015 is about to make the local hospital involved about the procedure to make the effective way in the determination of the health and safety factor in their daily life. Improvement of the health and reducing breast cancer is one of the major prospect of this process. In the case of healthy living lifestyle choice for the cancer prevention, the initiative has been taken by proving healthy training from the school level. More than 4562 private and public schools are affiliated in this process to give proper class in order to deal with the process of cancer prevention. Being a piece of Cancer Prevention, the bosom malignancy counteractive action battle has been thought of the activity to make the general population mindful to change their day by day life living prospect (Harvie et al. 2015). The crusade has bolstered the neighborhood individuals to change their decision of nourishment so as to manage the sound life

living technique. The sound decisions through wellbeing showcasing efforts covers dietary patterns, remaining dynamic, restricted liquor utilization and the do work out. The most imperative factor is that to make appropriate confirmation about the factor to receive that keeps the likelihood of malignancy. The procedure of the program is efficient in order to make the success in the operational efficiency of this campaign. The healthy living campaign by the UK government along with the joint venture with NGOs has been originated for the health wellbeing. The most significant factor is that the procedure of making proper operation. With the initiative of UK government In October we published our report *Sugar reduction: the evidence for action*, to make the people aware about the health and safety procedure in their daily life living. This was the huge opportunity to change the life of the people in order to adopt healthy life living prospect. The ability has been taken in the determination for the wellbeing of the local people to become more concern about the health development related factor. Public health concern is the major prospect in the determination process of the local authority. The huge opportunity is given to the people very much aware about the health and safety measurement.

### **Is there any limitation to promoting a healthy diet?**

Some limitation has been found in the promotion of the health diet for the initiative of cancer prevention. The main limitation is the adopted lifestyle from the family. The adopted family lifestyle has negative impact in the adaptation process of proper dietary planning. The procedure has determination in order to deal with the efficient healthy life living. Lack of eagerness is found among the young adults on the effective diet planning selection. The procedure negatively affected upon their ability to take proper diet. Lack of proper funding is another limitation from the end of UK health department (DeSantis et al. 2015). This kind of factor has negative impact on the possibility and determination process in the cancer prevention.

Apart from that this procedure negatively impacted on the procedure of making the people very much eager to adopt healthy life style. In most of the UK public healthcare organization are not been able to provide proper medical facility to the patients. The issue is found to be a limitation in the protection process of cancer. The cancer screening is done in yearly basis so that may difficult cases are not observed properly.

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## **Chapter 5: Conclusion and Recommendation**

### **Conclusion**

On the basis of the understanding of the data that had been collected on the relationship between breast cancer and diet of women in UK, deep insights have been gained regarding the manner in which the diet of the women creates condition for breast cancer. It can be concluded that in the first chapter, the aims and objectives of the study had been introduced to begin with the study on the prevalence of breast cancer in UK. The study had aimed at developing the relationship between breast cancer among women in UK and the diet components. It has been realized from the illustration of the data on the diet followed in UK that the people follow an unhealthy diet that often adds to the high occurrence of breast cancer among women. It has also been realized that there is also a positive relationship between the lifestyle that the people lead in UK and the higher risks of breast cancer in UK. It has also been understood from the study of the prevalence of breast cancer in UK that there is need for understanding the reasons for the prevalence of breast cancer among women in UK and the impact of breast cancer on the health of women. Breast cancer has been found to be a major health issue in UK and the study that has been conducted has been able to understand the causes and the impact of breast cancer in UK. Previous studies have established different reasons that have led to increased risk of breast cancer however, in this study, the focus has been on the impact of diet on the risk of occurrence of breast cancer among women in UK.

On the basis of the literature review that has been conducted in this study, the reasons for the high level of prevalence of breast cancer among women in UK has been analyzed along with the measures that can be taken to reduce such risks. The themes that have been selected for the study of the prevalence of breast cancer among women in UK has been the data related to the diet of the people in UK as well as in England so that the contrast in the diet between UK and other nations in terms of diet can be understood. There has also be comparative study between the diet and lifestyle of people in the developed and developing nations that might have impact on the high risks of prevalence of breast cancer in UK. As per the study of the NHS reports, it has been understood that between 2012 and 2014, the prevalence of breast cancer among people in UK has increased by 24% and about 56% women who are detected with breast cancer have unhealthy diet and that majority of women, as they age, develop the tendency of higher risks of breast cancer. The faulty BRCA1 or BRCA2 gene has been recognized as the key reason for the risks of breast cancer among women in UK. Furthermore, the disease has also been found to have hereditary traits suggesting that if any woman has a history of breast cancer in the family tree then the risks of breast cancer increases. It has also been concluded that UK has one of the highest rate of breast cancer diagnosed women globally and that one out of every 8 women in UK is diagnosed with breast cancer. It can further be concluded from the study that improper diet consisting of high protein intake and fast food or food with high oil content can induce higher risk of breast cancer. Moreover, inactive and sedentary lifestyle with little amount of physical activity in regular routine also have been found to be responsible for higher risks of breast cancer among women in UK. Increased weight gain and higher consumption of alcohol can also be probable reason for higher risks of breast cancer.

It can further be concluded that although the risks of breast cancer has been increasing among women in UK, the disease can be prevented among women due to changes in the dietary habits and lifestyle. It can be concluded that limitation in the intake of alcohol; reducing the body weight; including more physical activity in the daily living has been found to be effective in controlling risks of breast cancer among women. It can also be concluded that in order to control risks of breast cancer, there is need for including green vegetables in the diet and oily food and high protein intake with regular alcohol consumption needs to be avoided. To conclude from the health reports of NSH and Breast Cancer Institute, it can also be concluded that birth control pills and later lactation in the breasts can also be related to breast cancer risks among women in UK.

On the basis of the study of the statistics of breast cancer in UK, it also be concluded that the prevalence of breast cancer in the developing nations is higher than that in the developing nations. This has been found to be striking insight that has been gained in the study as in comparison with the developing nations, the awareness of breast cancer in the developed nations in higher. Based on this observation, it has been concluded that the dietary pattern in the developed nations that consists higher intake of oily food, junk food along with higher consumption of alcohol and smoking may be responsible for the higher cancer risks in the developed nations such as UK. Furthermore, it can also be concluded that higher risks of breast cancer in UK can be attributed to unhealthy food habits and higher intake of alcohol by women. Moreover, it can also be concluded from the study that there is need for addressing the issue of high risks of breast cancer through changes in the dietary patterns. And health related changes. A move towards a healthy and active lifestyle can also be the response towards reducing the high risks of breast cancer among women in UK.

## **Recommendations**

Considering the fact that the prevalence of breast cancer is on the rise in UK, there is need for suggesting certain changes that can be adopted by the women in UK as well as women globally to minimize the high risks of breast cancer. Such suggestions that would be presented shall address the issues that have been discussed in this study and also it would be assumed that such changes shall be effective for controlling breast cancer risks in women:

**Reduced alcohol intake:** Simple lifestyle changes can be of great importance as far as minimizing the high risks of breast cancer is concerned. In this respect it can be recommended that there is need for reducing the alcohol consumption among women in UK. Alcohol has been linked to increased level of estrogen in the human body that may directly associated with the hormone-receptor-positive **breast cancer**. If the alcohol intake is reduced in women then the risks of alcohol risks of breast cancer through damaging the DNA in cells can be minimized. In this manner, the risks of breast cancer from alcohol intake can be reduced by 15% among women in UK.

**Increased physical exercise:** As it has also been pointed out, women in UK have been found to be overweight than most other contemporary nations. In this scenario, it can be pointed out that increased body weigh has direct correlation with increased risks of breast cancer. It has been realized that the fat cells in the body has high content of estrogen that is the hormone primarily important for increased risks of breast cancer. Thus physical activity would help to reduce the fat cells and thus the level of estrogen can also be reduced to reduce the risks of breast cancer.

**Reducing intake of processed food and greater intake of fresh fruits:** in an attempt to reduce the increased risks of breast cancer among women, it has been suggested that the dietary pattern

needs to change. It has been recommended by the World Health Organization that women need to consume at least 400 grams of vegetables and fruits in their daily diet. It has also been suggested by the American **Cancer** Society that at least 2.5 cups of intake of fruits and vegetables is necessary for reducing the risk of breast cancer or any other cancer by one third. Fruits and vegetables also have higher content of vitamin E, C, fiber and carotenoids that are the primary component of antioxidants in human body. Furthermore, it can also be added that fruits and vegetables are also linked with reduction in body's fat cells and thus higher consumption of fruits and vegetables can be associated with reduction in the estrogen in the body that increases the risk of breast cancer in the body of the women.

***Avoiding products that contain harmful chemicals:*** it can also be recommended that there are various chemicals that are associated with increasing risks of breast cancer in women. In this regards, it can be added that researchers have pointed out chemicals, to be grouped under 17 high-priority groups that can be linked to occurrence of breast cancer. Gasoline as well as other chemicals such as butadiene and benzene that are result of combustion can also be regarded as the key carcinogens that can lead to high level of breast cancer in women. Thus women need to avoid the use and consumption of such chemicals.

***Avoidance of oral contraceptives:*** researchers have also suggested that the women in UK, especially in the age group 20-28 years have increased the consumption of oral contraceptives and that increases the risks of breast cancer. Thus it can be suggested that women need to minimize the consumption of oral contraceptives along with HRT that might lead to enhancement of progesterin and estrogen in the body that is the major cause of breast cancer.

### **Study limitations**

The study that had been conducted above has tried to cover all the major aspects of the research topic of the understanding of the association of breast cancer with dietary intake. However, the study has been associated with various limitations:

**Time limitations:** the time allocated for conducting the study has been restricted and that has limited the scope and boundaries of the study. Moreover, due to the limitation in the time, only secondary study had been conducted and secondary data has been used for conducting the study and primary study could not be conducted that may have added more insights to the understand of the research topic.

**Budget limitations:** it has been found that the budget allocated to the study has not been sufficient for conducting the study. Due to the limitation in the budget for the study, primary study had not been conducted through survey and interview as it may have required more finance for conducting the study.

### **Future study**

For the future study, there would be need for addressing the gaps that have been identified in this research study. In this respect, it can be added that the future study would require the need for addressing the research on breast cancer not just with respect of women in UK but also with respect to prevalence of breast cancer among women in other countries as well. This would enable understanding of the prevalence of breast cancer in a comparative study or a better understanding of the prevalence of the risks of breast cancer. The future study shall also include primary data on the prevalence of the risks of breast cancer through survey and interview

for gathering first hand data on breast cancer among women in UK. Furthermore, the studies in the future also need to address the other causes along with the dietary intake that has significant impact on the prevalence of the risks of breast cancer among women in UK. Furthermore, it can also be added here that the future studies need to address the impact of chemicals, hormonal changes, lack of physical activities on the occurrence of breast cancer among women in details.

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