

P-1396 - PSYCHOLOGICAL AND NON-PSYCHOLOGICAL RISK FACTORS OF BREAST CANCER AMONG PATIENTS ATTENDING ONCOLOGY OPD OF CIVIL HOSPITAL KARACHI

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Introduction: Breast cancer is the most frequent cancer in women and represents the second leading cause of death among women. Many factors are involved in causation of breast cancer.

Method: A cross-sectional descriptive study conducted at oncology Department (OPD) of civil hospital Karachi (CHK) from October 2009 -April 2011. Total 150 patients having histopathological diagnosis of breast cancer were referred to the researcher by oncologist. Different risk factors for breast cancer were assessed including marital status, parity, age above 40, menopausal status, family history, prolong use of oral contraceptives, breast feeding, fatty diet, early menarche and trauma to the breast. Beside these risk factors, patients were also evaluated for stressors in life through life event check list.

Result: Risk factors for breast cancer analysis revealed that 73% of these female were above the age of 40. Consumption of fatty diet was found in 62.67% while early age of menarche was present in 26% of patient. One third of female (33%) didn't breast feed their child and one quarter (25%) give the history of prolong contraceptive pill usage. 10% of the females were Nulliparous and 15% give history of breast trauma. Family history of breast cancer was present in 34% of cases. Total life event score was found to be high among patient with breast cancer. On an average each patient was experiencing 5 events and the most common was major concern with children (77.8%).

Conclusion: Stressful life events were found to be common among breast cancer patients along with non-psychological risk factors like High fatty diet, Lack of breast feeding, prolong oral contraceptive usage and low parity.