

Lifestyle

Smoking and alcoholic drinking habits

There are lack of evidences¹⁷⁻¹⁹ to suggest smoking increases risk of breast cancer, however, not smoking cigarette and avoiding exposure to secondhand smoke have multiple health benefits. Most report revealed alcohol consumption to be consistently associated with increased breast cancer risk.¹⁹⁻²¹ In a meta-analysis study, the relative risk of breast cancer was increased by 7% for each additional 10g per day of alcohol consumed on a daily basis.¹⁹

Majority of the subjects were non-smokers, only 4% of the subjects had smoking habit. For those subjects who ever smoked consumed about 5 cigarette packs per week and on average smoked for 18.2 months. Also, the prevalence of alcohol consumption was relatively lower in our patient cohort as compared to the western countries.²²⁻²⁴ About 9% of the subjects were alcohol drinkers. On average, the subjects consumed about 6 glasses of alcohol per week and drank for 15.2 months (Figure 7).

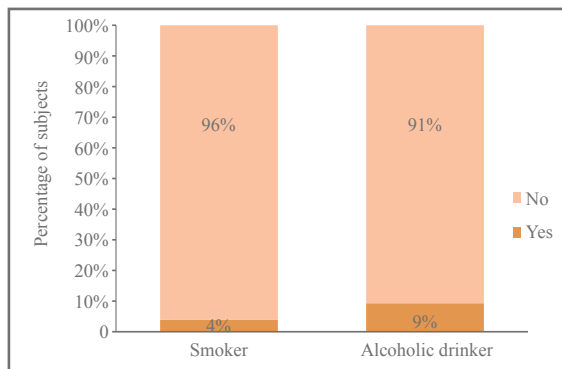


Figure 7. Smoking and alcoholic drinking habits

Previous dietary habit

A number of studies have reported mixed findings on dietary habit and its relation to increased risk of breast cancer.²⁵⁻²⁷ In recent years, an epidemiologic study indicated western diet (i.e. meat-sweet pattern diet) increases breast cancer risk in postmenopausal Chinese women.²⁸

More than 70% of the subjects claimed to have balanced diets at the time of diagnosis of breast cancer. 15% of the subjects were vegetarian or had vegetable rich diet, whereas 12% of the subjects had meat rich diet habit, while 3% of the subjects had dairy product rich diet (Figure 8).

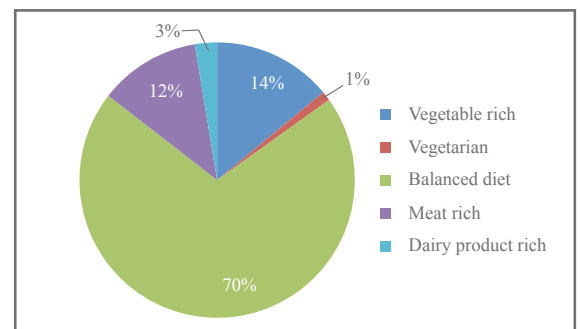


Figure 8. Previous dietary habit

Previous physical activity

Some studies showed greater level of physical activity in women had protective effect of development of breast cancer in women.²⁹⁻³⁰

In the subject cohort, 15% of the subjects did not practise any exercise at all. Almost 60% of the subjects undertook exercise less than 3 hours per week and only 26% had exercise 3 hours or more per week (Figure 9).

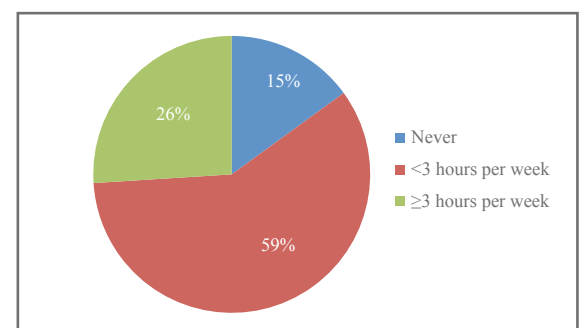


Figure 9. Previous physical activity

生活習慣

吸煙及飲酒習慣

現時並未有大量證據證明吸煙會增加患乳癌的風險¹⁷⁻¹⁹，然而，不吸煙或避免吸入二手煙，則對健康有各種好處。衆多報告指出，飲酒與乳癌風險有連帶關係。¹⁹⁻²¹ 根據一項綜合分析報告，每天多飲用10克的酒類，患乳癌風險便上升7%。¹⁹

大部份的參加者都不吸煙，僅4%有吸煙習慣。曾吸煙的參加者，平均每星期抽5包香煙，煙齡平均為18.2月。而且，本港乳癌病人的飲酒習慣的普遍程度較西方國家為低²²⁻²⁴，只有9%參加者有飲酒習慣，平均計算，每周喝酒類飲品6杯，並已持續15.2月（圖7）。

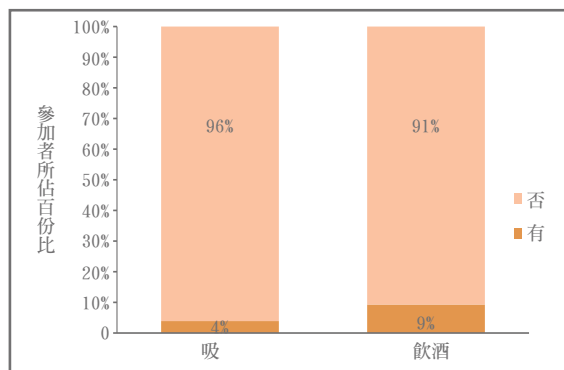


圖7. 吸煙及飲酒習慣

病前飲食習慣

雖然不少研究調查飲食習慣會否增加患上乳癌風險，報告卻沒有一致的定論。²⁵⁻²⁷ 近年，有流行病學研究指出，西方飲食（多肉及多糖的飲食模式）增加了收經後華裔婦女的患乳癌風險。²⁸

逾70%的參加者表示，在確診乳癌時，她們已持續均衡飲食，15%的參加者為素食人士或飲食含豐富蔬果，而12%參加者常吃肉類，餘下的3%則常吃乳類製品（表8）。

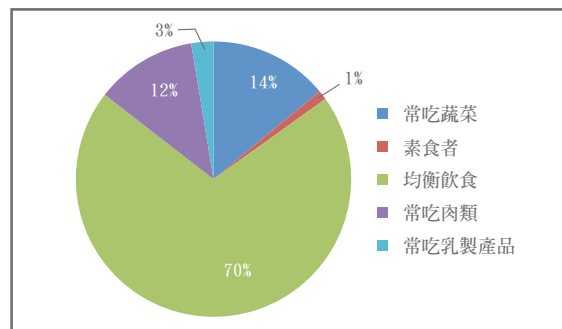


圖8. 病前飲食習慣

病前運動習慣

部份研究指出，定期進行適當運動，可令婦女減低患乳癌的風險。²⁹⁻³⁰

參加者中，15%並無任何運動習慣。約60%參加者每周運動時間少於3小時，只有26%每周運動時間達3小時以上（圖9）。

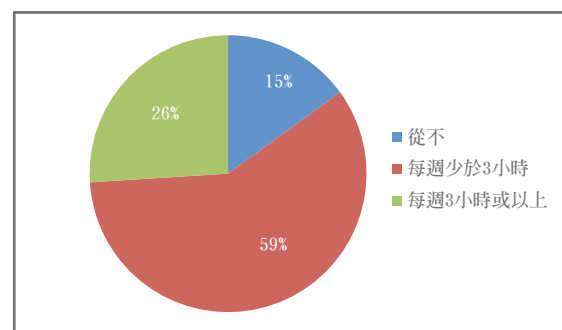


圖9. 病前運動習慣



Previous stress level

Before breast cancer was diagnosed, 40% of the subjects perceived high level of stress, whilst 38% and 22% of the subjects perceived moderate and low stress levels respectively (Figure 10).

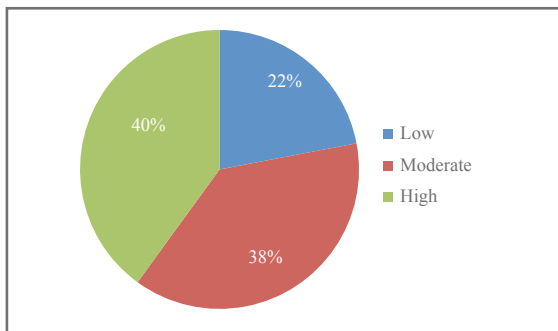


Figure 10. Previous stress level perceived

病前壓力狀況

在患乳癌前，有40%參加者在生活中承受高度壓力，38%感到中度壓力及22%感到輕微壓力（圖10）。

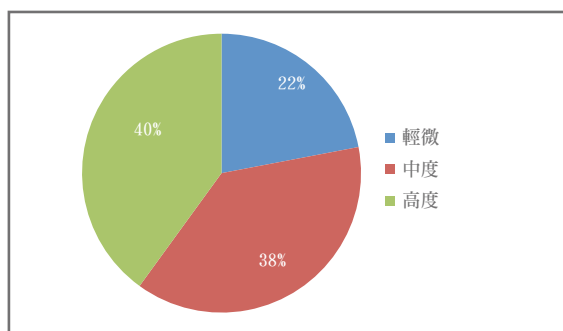


圖10. 病前壓力狀況