

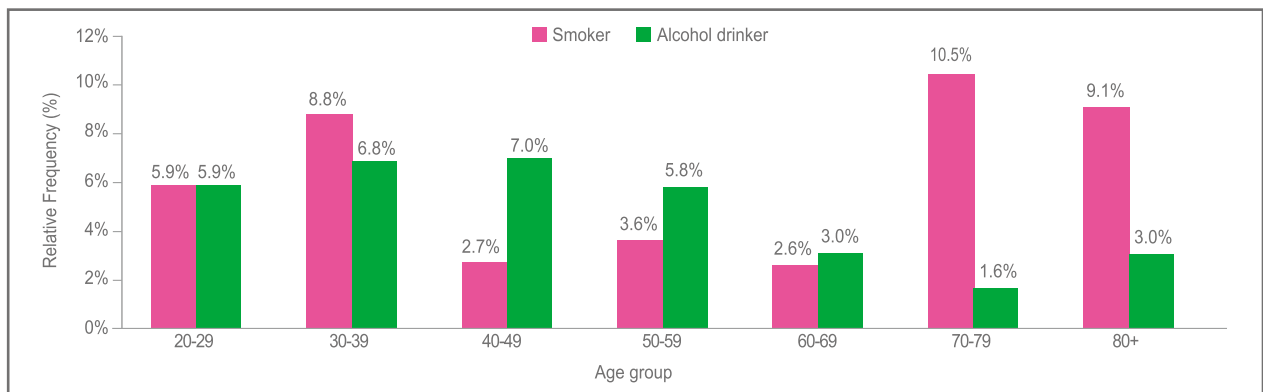
1.2 Lifestyle

Smoking and alcohol drinking habits at the time of diagnosis

Smoking and alcoholic drinking was not common among the patient cohort at the time of diagnosis. Of 2,330 patients, only 4.2% smoked for an average duration of 19.3 years at the rate of 4.5 cigarette packs per week. Among those who had ever smoked, 57.1% had quit smoking for 5.9 years at the time of diagnosis. Of all patients, 5.7% were alcohol drinkers who, on average, drank for a mean duration of 15 years with approximate consumption of 4 glasses of alcoholic beverages per week. The common types of consumption of alcoholic beverages were red wine (26.5%), beer (19.7%), mixed type of wine (26.5%) and white wine (3.0%). Three percent of alcohol drinkers had stopped drinking at the time of diagnosis.

Prevalence of smoking and alcohol drinking habits were low across all age groups (Figure 1.2.1).

Figure 1.2.1 Distribution of smokers and alcohol drinkers at the time of diagnosis by age group



Dietary habits, exercise and stress levels at the time of diagnosis

Twelve percent of breast cancer patients' dietary habits were rich in meat or dairy products. Younger patients consumed a higher proportion of meat-rich or dairy products-rich meals at the time of diagnosis (Table 1.2.1 and Table 1.2.2).

At 70.8% of the cohort, being physically inactive or exercising for less than 3 hours per week was most prevalent. Lacking regular exercise was the most obvious risk factor among the younger age groups (ranging from 77.3% in the age group of 40-49 to 88.2% in the age group of 20-29) (Table 1.2.1 and Table 1.2.2).

Thirty-three percent reported that they were under high levels of stress (this is defined as having stress more than 50% of the time). Stress was most prevalent in the age group of 30-39. In the age group of 30-39 with high stress levels, 74.2% were professionals or clerical workers, 12.1% were housewives, 9.0% were either non-clerical workers/ labour or self-employed people and 1.5% were retired or unemployed people (Table 1.2.1 and Table 1.2.3).

Table 1.2.1 Dietary habits, exercise habit and stress level at the time of diagnosis

	Number (%)
Dietary habit	
Meat rich / dairy product rich	289 (12.4%)
Vegetable rich / vegetarian	277 (11.9%)
Balanced diet	1,510 (64.8%)
Unknown	255 (10.9%)
Exercise	
Never	571 (24.5%)
< 3 hours per week	1,079 (46.3%)
≥ 3 hours per week	627 (26.9%)
Unknown	54 (2.3%)
Stress level	
High level*	769 (33.0%)
Moderate level [†]	792 (34.0%)
Low level	694 (29.8%)
Unknown	75 (3.2%)

*High level: defined as more than 50% of the time

[†]Moderate level: defined as less than 50% of the time

Table 1.2.2 Dietary habits, lack of exercise and high stress level at the time of diagnosis by age group

Lifestyle	Age group						
	20-29 (N=17)	30-39 (N=297)	40-49 (N=930)	50-59 (N=678)	60-69 (N=241)	70-79 (N=125)	80+ (N=33)
Diet rich in meat / rich in dairy products	1 (7.7%)	58 (19.6%)	161 (17.3%)	71 (10.4%)	16 (6.5%)	12 (9.6%)	4 (12.5%)
Lack of exercise*	15 (88.2%)	249 (84.0%)	719 (77.3%)	480 (70.8%)	124 (51.5%)	79 (62.8%)	17 (51.5%)
High level of stress[†]	4 (23.6%)	133 (44.7%)	366 (39.4%)	216 (31.8%)	49 (20.2%)	16 (12.9%)	3 (9.7%)

*Lack of exercise: less than 3 hours of exercise per week [†]High level of stress: more than 50% of the time under stress

Table 1.2.3 High stress level at time of diagnosis by occupation and age group

Occupation		Age group						
		20-29 (N=17)	30-39 (N=297)	40-49 (N=930)	50-59 (N=678)	60-69 (N=241)	70-79 (N=125)	80+ (N=33)
Professional/ clerical	Low /Moderate	15 (90.9%)	137 (46.2%)	470 (50.5%)	364 (53.7%)	127 (52.6%)	125 (100.0%)	(---)
	High	2 (9.1%)	160 (53.8%)	460 (49.5%)	314 (46.3%)	114 (47.4%)	0 (0.0%)	(---)
Non-clerical/ labour	Low /Moderate	17 (100.0%)	192 (64.7%)	657 (70.6%)	454 (66.9%)	166 (69.0%)	107 (85.7%)	33 (100%)
	High	0 (0.0%)	105 (35.3%)	273 (29.4%)	224 (33.1%)	75 (31.0%)	18 (14.3%)	0 (0.0%)
Housewife	Low /Moderate	8 (50.0%)	215 (72.4%)	719 (77.3%)	544 (80.3%)	201 (83.6%)	110 (87.7%)	27 (83.3%)
	High	8 (50.0%)	82 (27.6%)	211 (22.7%)	134 (19.7%)	40 (16.4%)	15 (12.3%)	6 (16.7%)
Self-employed	Low /Moderate	(---)	178 (60.0%)	520 (55.9%)	265 (39.1%)	241 (100.0%)	125 (100.0%)	(---)
	High	(---)	119 (40.0%)	410 (44.1%)	413 (60.9%)	0 (0.0%)	0 (0.0%)	(---)
Retired/ unemployed	Low /Moderate	17 (100.0%)	223 (75.0%)	704 (75.7%)	537 (79.2%)	218 (90.6%)	114 (90.9%)	33 (100.0%)
	High	0 (0.0%)	74 (25.0%)	226 (24.3%)	141 (20.8%)	23 (9.4%)	11 (9.1%)	0 (0.0%)