Zeit für gute Vorsorge ...

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Good news: Sporty activity protects against breast cancer,
Bad news: every glass of alcohol increases the risk.

Scientists at the University of Wisconsin at Madison found in their study of 15,000 participants that six hours of intense recreational sports a week can reduce the risk of invasive breast cancer by 23 percent. According to researchers, this protective effect is independent from the age of women.

The hormone levels of women vary greatly in the different phases of life, especially before menopause.

Active women athletes tend to have lower estrogen levels than inactive women at any age. The study found that the protective effect of intense exercise applies to both young women and post-menopausal women.

In addition to cyclic estrogen levels before menopause, sport also affects other risk factors for cancer: it prevents obesity, affects insulin sensitivity and the body's immune system.

With the help of the data pool of the "One Million Women Study" the influence of alcohol on the cancer rate was examined. Naomi Allen and colleagues from the UK University of Oxford cames to the conclusion that an estimated 13% of all breast cancer cases are due to low or moderate alcohol consumption. The higher the alcohol consumption, the higher the rate of breast, bowel and liver cancer. The type of alcohol, whether beer or wine, had no effect on the risk of disease. Each additional alcoholic beverage per day was associated with an increase of 15 cancer cases in 1,000 women, including 11 breast cancer cases.

Although the increase in absolute risk from wine and co seems small, the authors see cause for concern. Because in most industrialized nations, a large proportion of women drink on average a glass of alcoholic drinks every day and like to drink more.

The message could not be clearer: no amount of alcohol, however small, is safe.

Risikofaktoren für die Entwicklung des Mammakarzinoms

Hauptrisiko: Keine Früherkennung!

Risikofaktoren	Vergleich der Risiken	Zunahme der Inzidenz (Brustkrebsdiagnose) in %
Alter[1]	45 vs. 25 Jahre	+ 1.900
Körpergewicht[2]	Adipositas vs. Normalgewicht	+ 150
Menopauseneintritt[3]	52 vs. 42 Jahre	+ 100
Menarchealter[3]	11 vs. 14 Jahre	+ 30
Zahl der Geburten[4,1]	keine vs. mehrere	+ 30
Alter bei erster Geburt[4,5]	35 vs. 20 Jahre	+ 40
Gesamtdauer Stillen[6]	nie vs. 5 Jahre	+ 20
Hormonsubstitution[7,8]	≥ 5 Jahre vs. nie	+ 30
Alkoholkonsum[9] und Nikotin!	≥ 20 g/Tag vs. Abstinenz	+ 30
Serum-Lipide[10]	erhöht vs. normal	+ 60
Körperliche Aktivität[11]	inaktiv vs. aktiv	+ 20