

## Association of Overweight and Obesity with Breast Cancer

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**Abstract :** In women, cancer of the breast is one of the most common incident cancer and cause of death from cancer .we reviewed the prevalence of obesity and its association with breast cancer. In this study, a total of 25 articles regarding the subject matter of the article have been presented in which 640 patients were examined that 320 patients with breast cancer and 320 were controls. The distribution of breast cancer patients and controls with respect to their anthropometric indices in patients with higher weight, which was statistically significant ( $60.2 \pm 10.2$  kg) compared with control group ( $56.1 \pm 11.3$  kg). The body mass index of patients was ( $26.06 \pm 3.42$ ) and significantly higher than the control group ( $24.1 \pm 1.7$ ). Obesity leads to increased levels of adipose tissue in the body that can be stored toxins and carcinogens to produce a continuous supply. Due to the high level of fat and the role of estrogen in a woman is endogenous estrogen of the tumor and regulate the activities of growth steroids, obesity is a risk factor for breast cancer is confirmed. Our study and other studies show that obesity is a risk factor for breast cancer. And with a weight loss intervention for breast cancer can be prevented in the future.

**Keywords :** breast cancer, review study, obesity, overweight

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