



## People's Tendency to Follow Preventive Eating Behaviors in Gastrointestinal Cancers

Mehraneh Karimzadeh<sup>1\*</sup>, Reza Yari Boroujeni<sup>2</sup>

1. Medical Student, Faculty of Medicine, Shahid Beheshti University of Medical Sciences, Tehran, Iran

2. Medical Student, Faculty of Medicine, Shahid Beheshti University of Medical Sciences, Tehran, Iran

\*Corresponding Author: Mehraneh Karimzadeh, Medical Student, Tehran, Iran

Email: [karimzadeh.mehraneh@gmail.com](mailto:karimzadeh.mehraneh@gmail.com)

### Abstract

**Introduction and Aim:** Cancer is one of the three main problems of the population's health and gastrointestinal cancers are the most common cause of cancer-related deaths. Although the preventive recommendations for GI cancers are abundant, reliable and clear, the incidence of GI cancers caused by incorrect life style has been increased. The goal of this study was to assess people's tendency to follow such preventive feeding behaviors.

**Materials and Methods:** This cross-sectional study was a descriptive analytical one. This study was done in Taleqani hospital and 143 persons of patient's family participated in. These participants were selected by simple sampling and data collection tool was a questionnaire included demographic characteristics and some questions about their eating habits. Also validity and reliability of the questionnaire was confirmed. Statistical analysis (Pearson and ANOVA tests) was conducted using SPSS-16 software.

**Results:** Based on the data, a significant relationship between the age of people and the way of food preparation has not been seen ( $p=0.928$   $r=0.008$ ). The highest usage of fried foods and ignoring balance of vitamins and minerals was seen in the age of 45-60, but an exactly contrary result was seen in 15-25 years old persons. Among peoples who changed their diet in order to promoting their health, wisely care of sugar and fatty acids consumption was seen, but their strategy to enhance the fruit and



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vegetable usage level led to reduce the presence of vegetables in meals. Despite extensive blaming toward carbonated drinks, we saw 32.3% of participants still prefer them to non-carbonated ones.

**Conclusion:** However the preventive trainings have effective roles in avoidance of cancers, but follow up programs is necessary even in preventive measures in order to avoid people's misunderstanding.

**Key Words:** Preventive Eating Behaviors, Life Style, Gastrointestinal Cancers, Misunderstanding