



The 3rd International Gastrointestinal Cancer Congress



The Effect of Nutritional Aspects of Life Style on Gastrointestinal Cancer

Reza Yari Boroujeni^{1*}, Mehraneh Karimzadeh²

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: Reza Yari Boroujeni, Medical Student, Tehran, Iran

Email: rezayari.sbm@gmail.com

Abstract

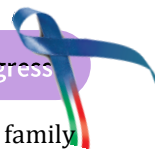
Introduction and Aim: Compared to other cancers, the gastrointestinal ones are worse in prognosis and 5-year survival rate. These cancers have not a specific treatment and are not predetermined, but seem to be manageable by awareness of preventive measures. The nutrition is considered as the main environmental factor in pathogenesis of 35% of cancers. The purpose of this study was to compare the eating habits between healthy people and patients with gastrointestinal cancers.

Materials and Methods: This cross-sectional study was a descriptive analytical one. 116 persons (in 2 category included: cancer patients (31 person) and healthy people (85 persons)) participated in. These participants were selected by simple sampling and data collection tool was a questionnaire included demographic characteristics and some other 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 data fried food include just 15% their daily meals in 53.1% of control group but this number was 12.9% in patients. The ratio of healthy people who used fruits and vegetables more than 45% in daily meals was 1.6 times more than cancer patients. The amount of disagreement with the meet substitution by soy was respectively 51.6% and 22.5% among patients and control group. The relationship between sex and paying attention to the balance of vitamins and mineral was significant ($p=0.023$ $r=0.199$). The lack of action in order to get vitamins and minerals



The 3rd International Gastrointestinal Cancer Congress



was 43.05% among men and 20.68% among women; also as the member of family increase this lack of attention becomes clearer.

Conclusion: Although the difference between some eating habits of control group and patients was considerable but still there were several same food misconducts between them. So increasing public awareness is still needed.

Key words: Nutritional Aspects, Life Style, Eating Habit, Gastrointestinal Cancer