



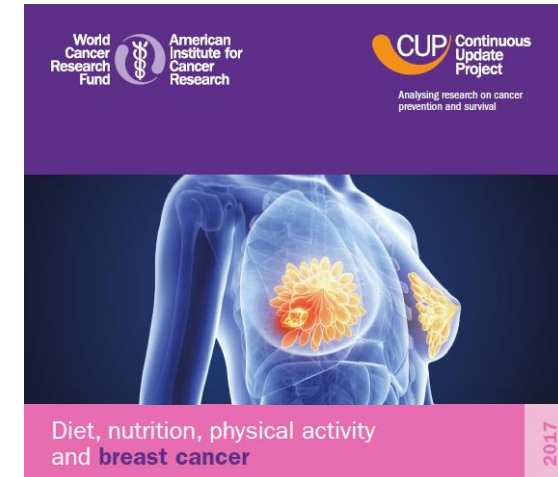
# Cáncer de mama: recomendaciones basadas en evidencia

MC. M. Karen Flores García



# Factores asociados al cáncer mamario

- Revisión de reportes, revisiones sistemáticas y metaanálisis





# Factores asociados al cáncer mamario

- Revisión de reportes, revisiones sistemáticas y metaanálisis para identificar factores asociados
  - Muchos factores
  - Diferentes grupos de investigación



# Factores asociados al cáncer mamario

- Revisión de reportes, revisiones sistemáticas y metaanálisis para identificar factores asociados

- Muchos factores
- Diferentes grupos de investigación



Mucha información  
Contradicción



# Contenido de las cápsulas

- Introducción al cáncer de mama
  - Qué es
  - Síntomas
  - Epidemiología
  - Multicausalidad y clasificación de los factores asociados: genéticos, ambientales, reproductivos



# Contenido de las cápsulas

Factores asociados al cáncer mamario

## Reproductivos





# Contenido de las cápsulas

Factores asociados al cáncer mamario

## Reproductivos



## Ambientales





# Contenido de las cápsulas

- Recomendaciones generales basadas en evidencia
  - Actividades/acciones que preferir o limitar para disminuir el riesgo de desarrollar cáncer de mama:
    - Consumo de alimentos
    - Consumo de alcohol y tabaco
    - Uso de anticonceptivos y terapia de reemplazo hormonal
    - Lactancia materna
    - Actividad física, sedentarismo e IMC





# Síntesis de información para cada factor asociado



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Xiao et al. *Breast Cancer Research* (2019) 21:16  
<https://doi.org/10.1186/s13058-019-1096-1>

Breast Cancer Research

RESEARCH ARTICLE

Open Access



Associations between dietary patterns and the risk of breast cancer: a systematic review and meta-analysis of observational studies

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Review

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*Collaborative Group on Hormonal Factors in Breast Cancer\**







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Reproductive behaviors and risk of developing breast cancer according to tumor subtype: A systematic review and meta-analysis of epidemiological studies

Matteo Lambertini<sup>a,b</sup>, Luigi Santoro<sup>c</sup>, Lucia Del Mastro<sup>d</sup>, Bastien Nguyen<sup>e</sup>, Luca Livraghi<sup>f</sup>, Donatella Ugolini<sup>g</sup>, Fedro A. Peccatori<sup>h</sup>, Hatem A. Azim Jr.<sup>a,e,\*</sup>



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Review article

Association of sedentary behavior with the risk of breast cancer in women: update meta-analysis of observational studies

Yingchun Zhou MD<sup>a</sup>, Hongyang Zhao MD<sup>a</sup>, Cheng Peng MD<sup>b,\*</sup>

<sup>a</sup>Maternal and Child Hygiene Department, School of Public Health and Management, Chongqing University of Medical Sciences, China and <sup>b</sup>Effective Health Care Research Consortium China Network, Chongqing University of Medical Sciences, China

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Breast Cancer Research **Review**

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Project—systematic literature review of observational cohort studies

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Review article

Association of sedentary behavior with the risk of breast cancer in women: update meta-analysis of observational studies

Yingchun Zhou MD<sup>a</sup>, Hongyang Zhao MD<sup>a</sup>, Cheng Peng MD<sup>b,\*</sup>

<sup>a</sup>Maternal and Child Hygiene Department, School of Public Health and Management, Chongqing University of Medical Sciences, China and <sup>b</sup>Effective Health Care Research Consortium China Network, Chongqing University of Medical Sciences, China

<sup>\*</sup>Collaborative Group on Hormonal Factors in Breast Cancer<sup>\*</sup>

International Lactation Consultant Association

Journal of Human Lactation  
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Review

Worldwide Review and Meta-Analysis of Cohort Studies Measuring the Effect of Mammography Screening Programmes on Incidence-Based Breast Cancer Mortality

Amanda Dibden<sup>1</sup>, Judith Offman<sup>2</sup>, Stephen W. Duffy<sup>1,\*</sup> and Rhian Gabe<sup>1</sup>

Cancer Treatment Reviews 49 (2016) 65–76

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**Cancer Treatment Reviews**  
journal homepage: [www.elsevierhealth.com/journals/ctrv](http://www.elsevierhealth.com/journals/ctrv)

Systematic or Meta-analysis Studies

Reproductive behaviors and risk of developing breast cancer according to tumor subtype: A systematic review and meta-analysis of epidemiological studies

Matteo Lambertini<sup>a,b</sup>, Luigi Santoro<sup>c</sup>, Lucia Del Mastro<sup>d</sup>, Bastien Nguyen<sup>e</sup>, Luca Livraghi<sup>f</sup>, Donatella Ugolini<sup>g</sup>, Fedro A. Peccatori<sup>h</sup>, Hatem A. Azim Jr.<sup>a,e,\*</sup>

postmenopausal hormone therapy and breast cancer: a participant meta-analysis of the epidemiological evidence





# Síntesis de información para cada factor asociado

Xiao et al. *Breast Cancer Research* (2019) 21:16  
https://doi.org/10.1186/s13058-019-1096-1

Breast Cancer Research

RESEARCH ARTICLE Open Access

Associations between breastfeeding and the risk of breast cancer: a systematic review and meta-analysis

Yunjun Xiao<sup>1</sup>, Junjie Xia<sup>1</sup>, Liping Li<sup>2</sup>, Jean Hee Kim<sup>3</sup>, Graham A. Colditz<sup>4</sup>, F...

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Clinical Nutrition

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Meta-analyses

Dietary isoflavones or isoflavone-rich food intake and breast cancer risk: a systematic review and meta-analysis

Ting Dong<sup>a</sup>, Qun Liu<sup>a</sup>, ...

World Cancer Research Fund International

World Cancer Research Fund International Project—systematic literature review of observational cohort studies

Annals of Epidemiology

**WEIGHT MATTERS**  
Keeping healthy in an unhealthy world

Collaborative Group on Hormonal Factors in Breast Cancer\*

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Journal of Human Lactation

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Breast Cancer Research **Review**

**RESEARCH ARTICLE** Open Access **Breastfeeding Mode and Risk of Breast**

Associations between breastfeeding mode and the risk of breast cancer: a systematic review and meta-analysis

Yunjun Xiao<sup>1</sup>, Junjie Xia<sup>1</sup>, Liping Li<sup>2</sup>, Jean Hee Kim<sup>3</sup>, Graham A. Colditz<sup>1</sup>, F...

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**Worldwide Review and Meta-Analysis of Cohort Studies Measuring the Effect of Mammography Screening Programmes on Incidence-Based Breast Cancer Mortality**

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**Review**

**Sedentary Behavior and Cancer: A Systematic Review of the Literature and Proposed Biological Mechanisms**

Brigid M. Lynch

**Cancer Epidemiology, Biomarkers & Prevention**

Medical Sciences, China and <sup>2</sup>Effective Health Care Research Consortium China Network Medical Sciences, China



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Breast Cancer Research

Review

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Open Access

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Review

Worldwide Review and Meta-Analysis of Cohort  
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## Dietary micronutrient intake and its relationship with arsenic metabolism in Mexican women

Lizbeth López-Carrillo<sup>a</sup>, Brenda Gamboa-Loira<sup>a</sup>, Wendy Becerra<sup>a</sup>, César Hernández-  
Alcaraz<sup>a</sup>, Raúl Ulises Hernández-Ramírez<sup>a,1</sup>, A. Jay Gandolfi<sup>b</sup>, Francisco Franco-Marina<sup>c</sup>,  
and Mariano E. Cebrián<sup>d</sup>

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## Endocrine disrupting chemicals and breast cancer: a systematic review of epidemiological studies

Murphy Lam Yim Wan, Vanessa Anna Co & Hani El-Nezami



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# Síntesis de información para cada factor asociado

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RESEARCH ARTICLE

Associations between dietary intake and the risk of breast cancer: a systematic review and meta-analysis



Yunjun Xiao<sup>1</sup>, Junjie Xia<sup>1</sup>, Liping Li<sup>2</sup>,  
 Jean Hee Kim<sup>3</sup>, Graham A. Colditz<sup>2</sup>, P.

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## Canadian Expert Panel on Tobacco Smoke and Breast Cancer Risk

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 Norman F. Boyd  
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 Kenneth C. Johnson  
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 Anthony B. Miller  
 Mark Miller  
 Julia D. Palmer

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## Protecting chemicals and breast cancer: Review of epidemiological studies

Vanessa Anna Co & Hani El-Nezami



Developing breast cancer according  
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Xiao et al. Breast Cancer Research (2019) 21:16  
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**RESEARCH ARTICLE**

Associations between tobacco smoking and the risk of breast cancer: a meta-analysis and meta-review and meta-analysis of cohort studies



Yunjun Xiao<sup>1</sup>, Junjie Xia<sup>1</sup>, Liping Li<sup>2</sup>, Jean Hee Kim<sup>3</sup>, Graham A. Colditz<sup>2</sup>, F.

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Tobacco Smoking

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Cancer Epidemiology, Biomarkers & Prevention

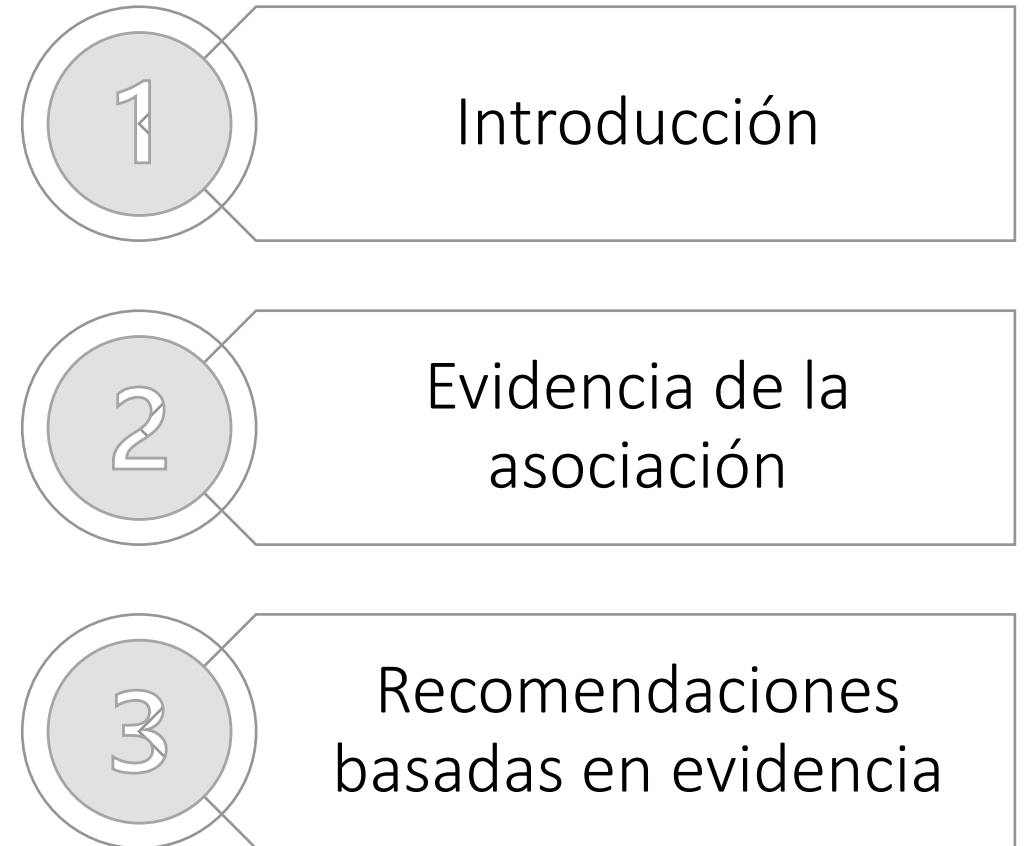
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# Traducción de la información

- 3 párrafos para cada cápsula





# Introducción

- ¿Qué es?
- ¿Qué antecedentes existen?



## Evidencia de la asociación

- ¿Qué dice la evidencia científica respecto a esta asociación?
- ¿Cuál es el mecanismo por el que podría incrementar o disminuir el riesgo?



# Recomendaciones basadas en evidencia

- ¿Qué se puede recomendar a la población con base en la evidencia evaluada?



# Síntesis de información para cada factor asociado

- Evaluación de la información sobre patrones de dieta y cáncer mamario

Xiao *et al.* *Breast Cancer Research* (2019) 21:16  
<https://doi.org/10.1186/s13058-019-1096-1>

Breast Cancer Research

RESEARCH ARTICLE

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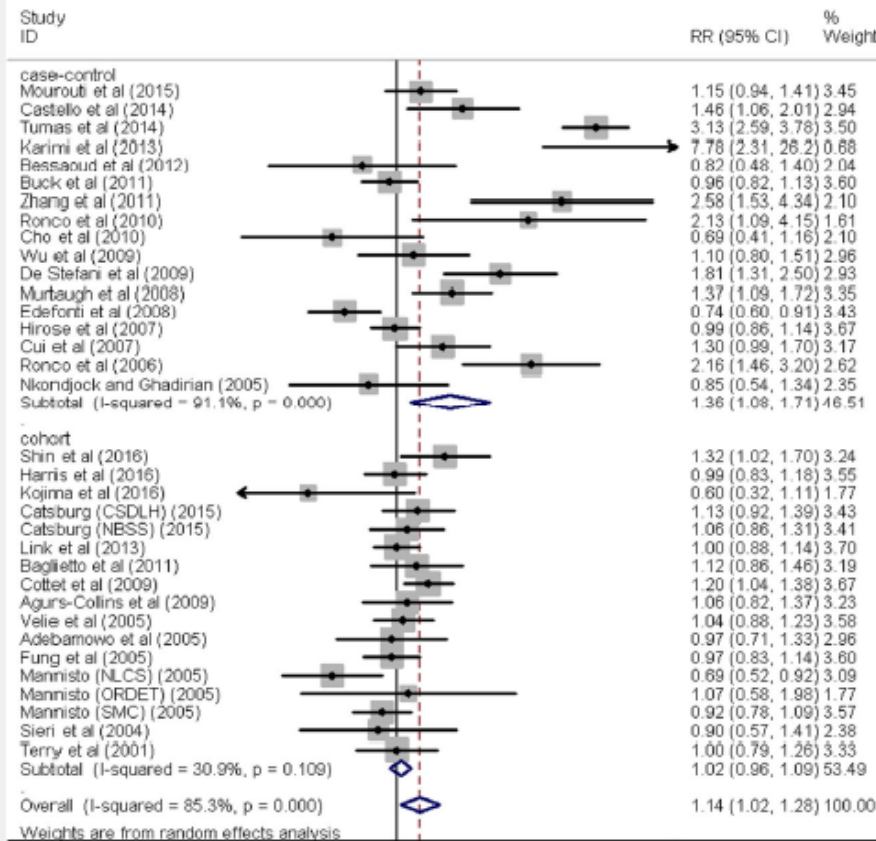
## Associations between dietary patterns and the risk of breast cancer: a systematic review and meta-analysis of observational studies

Yunjun Xiao<sup>1</sup>, Junjie Xia<sup>1</sup>, Liping Li<sup>2</sup>, Yuebin Ke<sup>1</sup>, Jinqian Cheng<sup>1</sup>, Yaojie Xie<sup>3</sup>, Winnie Chu<sup>4</sup>, Polly Cheung<sup>5</sup>, Jean Hee Kim<sup>6</sup>, Graham A. Colditz<sup>7</sup>, Rulla M. Tamimi<sup>8,9\*</sup> and Xuefen Su<sup>2\*</sup>



# Síntesis de información para cada factor asociado

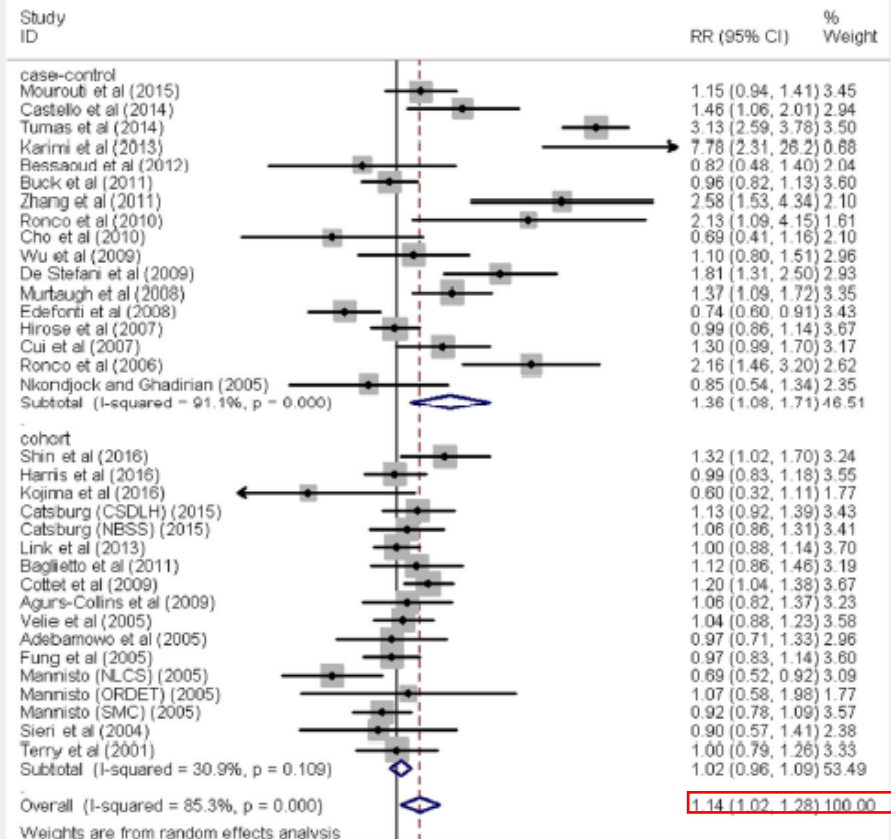
Asociación entre el patrón dietético “Occidental” y cáncer de mama





# Síntesis de información para cada factor asociado

Asociación entre el patrón dietético "Occidental" y cáncer de mama

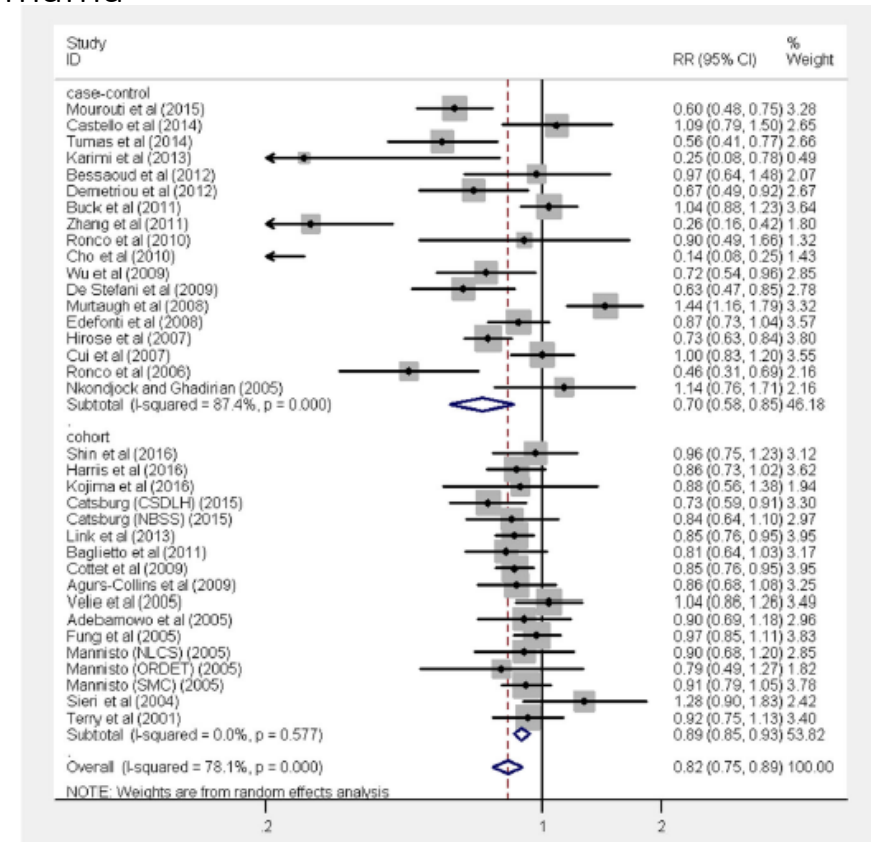






# Síntesis de información para cada factor asociado

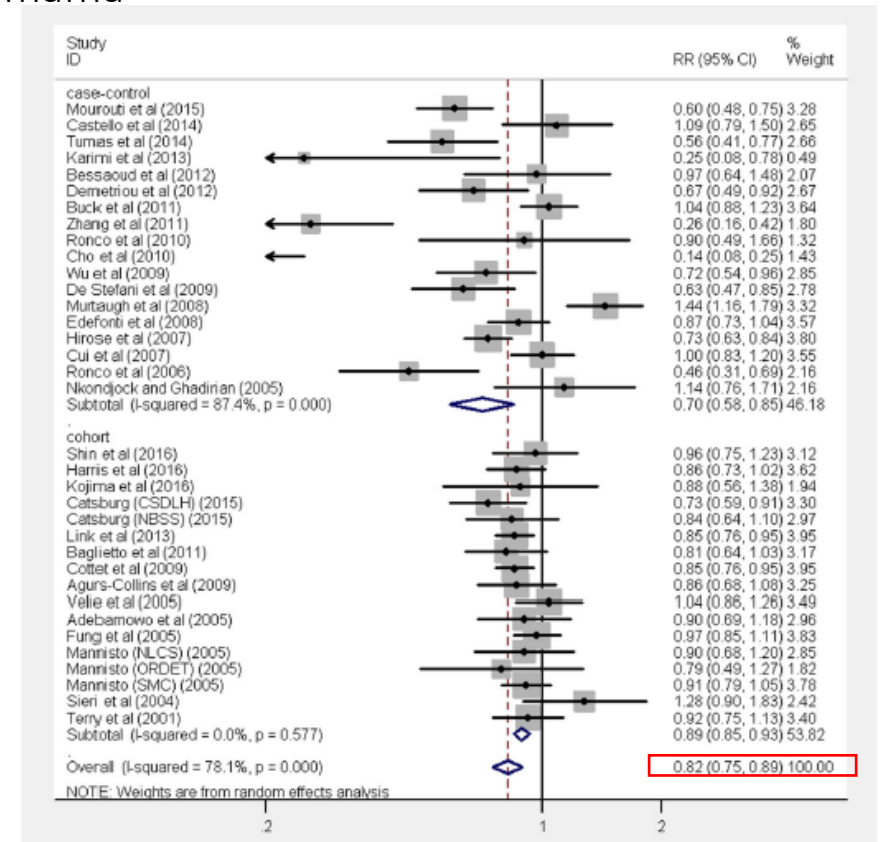
Asociación entre el patrón dietético “Prudente” y cáncer de mama





# Síntesis de información para cada factor asociado

Asociación entre el patrón dietético “Prudente” y cáncer de mama





# Introducción

Con los años de estudio sobre la dieta y el cáncer mamario se ha observado que no solo algunos alimentos o grupos de alimentos influyen en su desarrollo, sino que la forma en la que los combinamos es muy importante para prevenir o desencadenar la formación de un tumor maligno. A este tipo de combinaciones dietéticas se les conoce como patrones de dieta.



# Introducción

Con los años de estudio sobre la dieta y el cáncer mamario se ha observado que no solo algunos alimentos o grupos de alimentos influyen en su desarrollo, sino que la forma en la que los combinamos es muy importante para prevenir o desencadenar la formación de un tumor maligno. A este tipo de combinaciones dietéticas se les conoce como patrones de dieta.



## Evidencia de la asociación

En México se han identificado al menos dos patrones de dieta: uno denominado “Prudente” o “Saludable” que se caracteriza por el consumo de vegetales (brócoli, coliflor, cebolla, ajo, zanahoria, betabel), leguminosas (frijol, lenteja, garbanzo, habas) y elote, así como otro, llamado “Occidental” o “No saludable” que incluye carnes rojas, jamón, salchicha, chorizo, lácteos con azúcares añadidos, grasas de origen animal, cereales con alto contenido de grasa y azúcar, dulces, entre otros. Se ha visto que las mujeres que se apegan a un patrón de dieta “Prudente” tienen menor riesgo de desarrollar cáncer de mama, mientras que aquellas mujeres que siguen un patrón de dieta “Occidental” tienen más posibilidades de desarrollar un tumor maligno.



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# Recomendaciones basadas en evidencia

Para disminuir nuestro riesgo de cáncer de mama debemos llevar un patrón de dieta saludable a través de la elección y combinación de alimentos o grupos de alimentos naturales.



# Síntesis de información para cada factor asociado

*Review*



## **Breastfeeding Mode and Risk of Breast Cancer: A Dose–Response Meta-Analysis**

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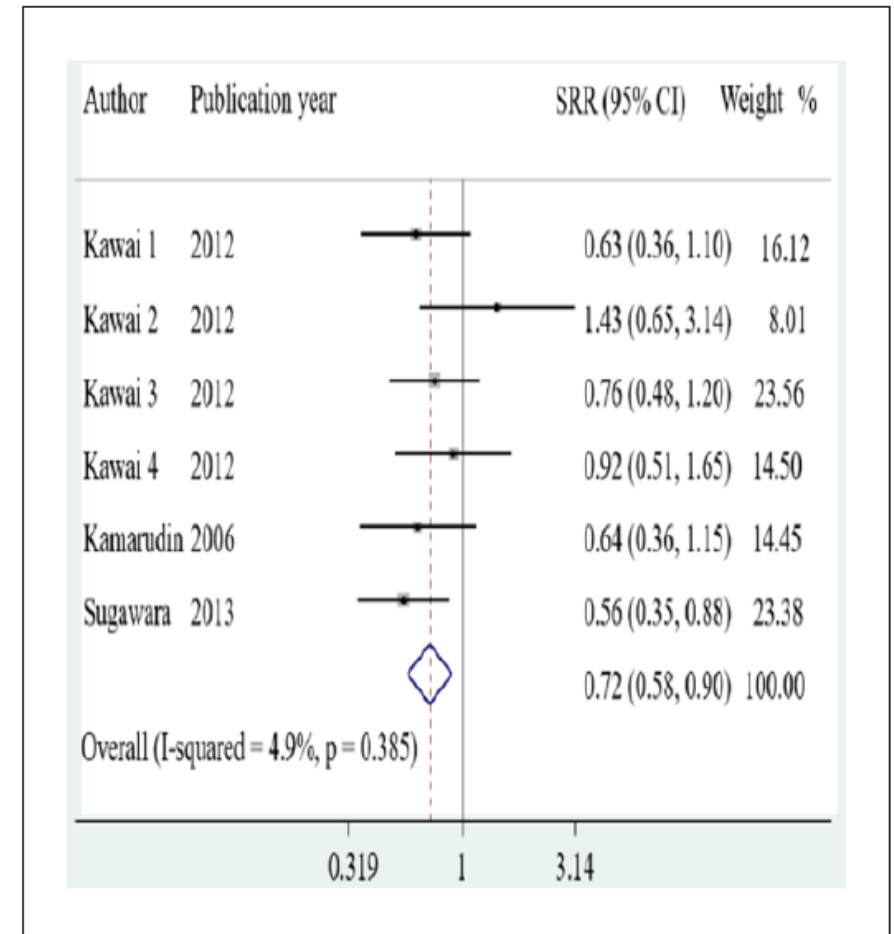


**Mishel Unar-Munguía, PhD<sup>1</sup>, Gabriela Torres-Mejía, PhD<sup>2</sup>,  
M. Arantxa Colchero, PhD<sup>3</sup>, and Teresita González de Cosío, PhD<sup>4</sup>**



# Síntesis de información para cada factor asociado

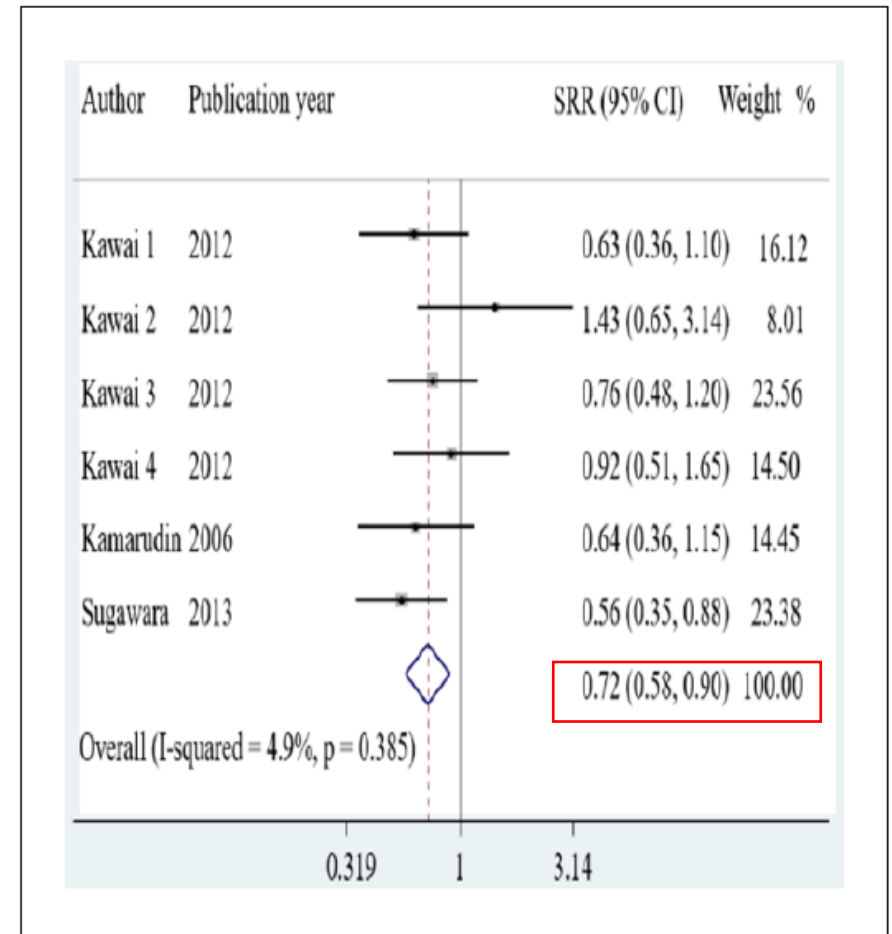
Asociación entre lactancia materna exclusiva y cáncer de mama





# Síntesis de información para cada factor asociado

Asociación entre lactancia materna exclusiva y cáncer de mama





# Introducción

La mayoría de las personas sabemos que la lactancia materna otorga beneficios para la salud del recién nacido, no obstante, es menos conocido que también reduce el riesgo de cáncer mamario para la madre.



# Introducción

La mayoría de las personas sabemos que la lactancia materna otorga beneficios para la salud del recién nacido, no obstante, es menos conocido que también reduce el riesgo de cáncer mamario para la madre.



## Evidencia de la asociación

Decenas de estudios científicos han demostrado que las mujeres que alguna vez alimentaron a sus hijos con lactancia materna tienen menor riesgo de desarrollar cáncer de mama comparadas con las mujeres que jamás lactaron y, este beneficio aumenta a medida que el tiempo de lactancia incrementa. Entre los motivos por los cuales la lactancia materna protege del cáncer de mama se encuentran: la disminución de la exposición a las hormonas sexuales durante el tiempo de lactancia; la maduración de las células de la mama durante la producción de la leche que las hace menos susceptibles a carcinógenos, así como, la excreción de compuestos nocivos a través de la leche materna.



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## Evidencia de la asociación

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# Recomendaciones basadas en evidencia

La lactancia es una práctica que debe ser promovida no solo para ayudar al recién nacido sino también a la madre.



Gracias