Cancer is a major cause of disease and death. According to the World Cancer Report (2014), 14 million people were diagnosed with cancer and eight million people died from cancer in 2012 across the world. Among men, the three most common sites of cancer diagnosed in 2012 were the lung (16.7 percent of the total), colorectum (10.0 percent), stomach (9.3 percent), and liver (7.5 percent). Among women, the three most common sites of cancer were the breast (23.2 percent of the total), colorectum (9.2 percent), lung (8.7 percent), cervix (7.9 percent), and stomachs (4.8 percent) (Forman & Ferlay, 2010). Numerous research papers have found that unhealthy lifestyle and habits among women have a direct correlation with cancer risk. This is not a meta-analytical study, but has relied on previous studies and information to draw a conclusion between two variables of lifestyle and environmental factors. Women with cancer find some clues for cancer risk. This article is not prescriptive, but rather that it can provide a search. It is only based on previous scientific studies. The main objective of this article is to give some clues to the readers to improve their lifestyle and environments based on the findings of the scientific research conducted by experts.

According to many research studies, many factors are connected with cancer with different types of cancers. Hence, addressing behavioral habits can play an important role in prevention of cancer.

There is strong evidence that several early-life factors influence the occurrence of different types of cancer (Adami et al., 2013). In addition, some modifiable lifestyle characteristics and environmental factors can reduce cancer risk. However, since these factors have not been fully studied, the combined effect on the proportion of cancer causes that could be prevented by improving lifestyle behaviors, Laleh Piyahoo et al. (2004) studied the association of breast cancer with physical activity and smoking as two variables related to lifestyle. The findings of their study show that inactive people compared to the active people are more at risk; smoking increases among women increases their risk and women who used some hormone therapies are more at risk compared to the control group.

Megan Shipkiewicz et al. (2004) investigated the causes of lung cancer among Iranian men and women. The findings of the study show that there is an association between smoking and development as two modifiable variables and lung cancer. Based on the effect of education on eating habit in its percent cancer among mothers of school and high school students in the city of Tehran, the capital of Iran. The findings of the research indicate that education plays a significant role in improvement of mothers’ eating habits in order to prevent cancer. The findings of a study conducted by Zolghaffari et al. (2013) show that there is an association between both lifestyle and environmental factors with cancer. The findings of the research, conducted on a sample consisting of 2,500 residents of Tehran, indicate that anger and fury, two traits that affect lifestyle, are considerable among the residents of Tehran. Many researchers maintain that anger and stress are among contributors to cancer (Kozi E, B 2004: 65-69). Breast cancer is one of the most prevalent types of cancer among Iranian women, which can be provoked through awareness of its risk factors and preventive measures. Shouhani, et al. (2012) reviewed 19 articles related to the degree of awareness of employed women of breast cancer as well as its risk factors and preventive measures in Iran. The findings of the research indicate that most women, even those employed in medical vocations such as nursing and midwifery, do not have enough awareness of the risk factors and are not either well aware of the risk of being infected with breast cancer, and, as a result they do not pay the necessary attention to preventive measures such as breast self-test, mammography, and screening programs. Results from the cancer registry system of Iran indicate that colorectal cancer is one of the prevalent types of cancer in Iranian men and women. Hence, Mignando Si- montan, Sharifk Ghoranhi et al. (2014) studied the environmental factors associated with colorectal cancer in Isfahan, Iran. The results of the study demonstrated a significant association of age and body mass index with colorectal cancer risk. Men had a higher risk than women when compared with colorectal cancer. Subjects who did not use nonsteroidal anti-inflammatory drug therapies had an almost threefold risk compared with non-users of non-steroidal anti-inflammatory drug consumers. Analysis for job-related physical activity also indicated an association between the microcancer group with colorectal cancer. The results also indicated that knowledge of the risk factors cancer incidence makes it possible to identify people at risk and begin risk reduction strategies as well as screening programs. Ali Delijehsh, Yosef Vehnam, et al. (2014) studied the possible influence of lifestyle and etiologic factors on survival amongst patients with gastric cancer. The findings of their study show that past medical history of gastrointestinal diseases, smoking, exercise, and early stage diagnosis might influence the long-term survival of patients with gastric cancer. Farinia Morave, Jamali et al. (2017) studied the possible association between air pollution and breast cancer in women living in polluted urban areas. According to the results, this risk of breast cancer increases in women with exposure to air pollution, which marks air pollution as a potential risk factor of breast cancer. Lung cancer remains the leading cause of cancer death in the world. In Iran, lung cancer is one of the five leading tumours and its incidence has been increasing steadily in both men and women. Mostafa Hossini, et al. (2014) evaluated environmental factors for lung cancer in a case-control study in five hospitals of Tehran. They found that smoking was the single strongest risk factor for both lung cancer. However, preventable exposures and occupational settings, should not be overlooked. The study showed that modifiable environmental and occupational factors are responsible for most lung cancer in Iran.

According to this study, while smoking was the single strongest risk factor in the cancer of lung, air pollution was another important occupational exposures in the etiology of lung cancer. The authors recommended that in addition to smoking control, the other modifiable exposures are measures that need to eliminate or mitigate such exposures among occupational as well as non-occupational settings.

Alamri (2017) studied the association of obesity with cancer. The findings of her study shows that fat tissue. The fat mass influences the concentration of estrogen in which it can cause cancer. The female obese patients has high degree of insulin in their blood which can affect the growth of cancerous cells. The fat cells produce a hormone called Adipokines that can provoke cancer and can cause the growth of cancerous cells.

References: