



The relation between alcohol consumption and cancers in women

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Abstract

Introduction:Based on extensive researches that have been conducted in the field of the relationship between alcohol consumption and the occurrence or development of various types of cancer in the world, it can be said that alcohol is known as a carcinogen i.e. carcinogenic in many cases and there are strong reasons that drinking alcohol is likely to occur. It increases at least 7 types of cancer. In fact, alcohol consumption contributes to about 4 percent of cancer cases worldwide, according to a population-based study published in 2020. Overall, the most important factor in increasing cancer risk appears to be the amount of alcohol consumed over time, not the type of alcoholic beverage.

The results of our review study showed that alcohol consumption causes an increase in cancer among women, especially in people who have a previous background or have BRCA1, BRCA2 genes. The most cancers caused by alcohol consumption are breast cancer, liver cancer, oropharyngeal cancer, stomach cancer, gastric ulcer, colorectal cancer, ovarian cancer, pancreatic cancer. In addition to increasing cancer, alcohol can cause depression, memory loss, mental problems and mental damage, weight gain, decreased fertility, loss of nutrients and vitamins such as vitamin A, menstrual cycle disorders, sleep disorders, hot flashes, and osteoporosis especially in postmenopausal women.

Key words: Alcohol consumption, women's cancers, breast cancer, ovarian cancer.