



Lifestyle Modifications and Breast Cancer Risk

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Message from the Guest Editors

Breast cancer is the most common cancer in women worldwide with over 2 million cases diagnosed in 2018. Prevention represents the optimal approach to reduce breast cancer morbidity and mortality. However, it remains challenging, given the multitude of genetic, hormonal, and environmental factors that contribute to breast cancer risk. While the antiestrogens Tamoxifen and Raloxifene are effective in reducing the incidence of estrogen receptor-positive tumors, they are not widely accepted even by women at high risk because of fear of toxicity, particularly venous thromboembolism. Furthermore, they do not reduce the incidence of estrogen receptor-negative tumors, which are associated with poor prognosis. Lifestyle modifications are also effective in reducing breast cancer risk. Such interventions are attractive since they are not associated with toxic effects but rather with health-promoting effects that go beyond just breast cancer prevention.





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Message from the Editor-in-Chief

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