

Weight Loss and Breast Cancer Incidence in Postmenopausal Women

BACKGROUND



Associations between **weight change & breast cancer risk** in postmenopausal women

METHODS

Multi-variable Cox proportional hazards regression models



61,335
(Study population)

Weight change at year 3 was categorized as:

Stable < 5% change
Loss ≤ 5% change
Gain ≥ 5% change

Evaluation parameters:

- No prior breast cancer, normal mammogram
- BMI calculated at baseline & year 3

RESULTS



11.4 years (mean) of follow-up with 3,061 incidents

| Weight | HR | 95%CI |
|---------------|-----------|-----------|
| Stable | 1.0 (Ref) | 1.0 (Ref) |
| Loss | 0.88 | 0.78-0.98 |
| Gain | 1.02 | 0.93-1.11 |

Postmenopausal women who lose weight have lower breast cancer risk