

Association between diabetes risk reduction diet score and risk of breast cancer

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Abstract

Background: Given the role of insulin resistance in several types of cancer, we assumed that taking a diabetic diet that reduces insulin resistance may reduce the risk of breast cancer in women.

Materials and Methods: In this literature review, a comprehensive electronic search of different databases was done using keywords "Breast cancer" and "breast tumor" and "Breast Neoplasms" and "diet" and "diabetic diet" and " low carbohydrate Diet " and "Carbohydrate restricted diet" and "High-Protein Low-Carbohydrate Diet " and "diabetes risk reduction diet" and "DRRD " as the main keywords.

Result: Research suggests that DRRD score among quarters is inversely correlated with breast cancer risk, and for every three points of increase in DRRD score, breast cancer risk is reduced by up to 7% .Studies showed DRRD scores after higher diagnosis in breast cancer patients were consistent with higher chances of survival.

Conclusion: These findings suggest that greater adherence to diabetes risk reduction diet (DRRD) was associated with better survival, suggesting dietary changes after a diagnosis in accordance with a diabetic diet may be important for breast cancer survivors.

Keywords: diabetes risk reduction diet score, breast cancer, dietary pattern, diet, cancer

Biography

Adeleh Khodabakhshi, was born in Iran. She received her Ph.D degrees in nutrition from Shahid Beheshti University of Medical Sciences in 2019. She is currently working at the nutrition department, [Kerman University of Medical Sciences](#) as an assistant professor. Her research interests include [nutrition and cancer](#). She published 40 articles, in clinical nutrition journal with impact factor 7, European Journal of Clinical Nutrition IF= 4, nutrition journal

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