

Poster Abstract – Original Research

Authors & Affiliations:

Parri Costanza 1, Nardi Katia 2, Roncella Manuela 3, Bertoncini Patrizia 4

- 1) Dietetic Service, Pisa University Hospital, Italy
- 2) Senological Center, Pisa University Hospital, Italy
- 3) Pisa University, Italy
- 4) Dietetic Department, Pisa University, Italy

Title: Food habits and information search for food for people with breast cancer.
Creation of an information brochure

1. **max).** Introduction / Objectives / Methodology / Results / Conclusion

Introduction: Bad eating habits are responsible for at least three out of ten tumors and often people who are affected do not know how to improve their nutrition, because today there are various information easily available on the web, on TV and in the newspapers about our eating habits .

Objectives: The purpose of this thesis was to investigate and evaluate where information regarding diet and what were the eating habits of patients with breast cancer were found, with the creation of the information brochure "CHE COSA MANGIO? WHAT ARE AND WHERE TO FIND THE INDICATIONS FOR A HEALTHY AND CORRECT NUTRITION "

Methodology: The survey was conducted on a group of 21 female-only patients with breast cancer. In each subject, only age, height, weight, BMI and waist circumference have been detected. The patients were also subjected to two questionnaires, the first was a validated INRAN questionnaire, while the second is an interview to understand where the patients gathered information regarding their nutrition.

Results: Adherence to the Mediterranean Diet was generally sufficient, but not enough. Regarding the search for information instead, the first source was found to be that of acquaintances, while the second is the world of the web.

Conclusion: From the results of the present thesis work, it emerged that the patients affected by breast cancer are not sufficiently informed on the diet to be adopted, which should be as faithful as possible to the Mediterranean Diet.

2. Please give two to three key references (published by you or others) which can be used to inform future work:

Nutrition for breast cancer

Mediterranean Diet and breast cancer

Food prevention and breast cancer

3. Please identify, where possible, up to three specific key messages that participants will take away from your poster presentation to inform their future practice.

WCRF, World Cancer Research International

IEO, European Oncology Institute

AIRC, ITALIAN ASSOCIATION RESEARCH ON CANCER

Fondation IRCCS, National Cancer Institute

Villarini A. e Allegro G., Prevenire I tumori mangiando con gusto. A tavola con Diana, 2009

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