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### Organic food consumption and it's association with breast cancer risks in Pakistan

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#### Abstract

Breast cancer is the most malignancy and dangerous disease among women worldwide and its incidence in Pakistan is steadily increasing. In Asia, Pakistan has the highest rate of breast cancer. This is the second leading cause of death in women. About 90,000 cases are reported annually in our country, and more than 42,000 deaths are caused by it, which is dangerous. Current demographic trends indicate that breast cancer will be a public health concern in Pakistan in the future. Details of breast cancer incidence, mortality and disease severity are limited and without such data, therefore, future health policies or plans for the disease cannot be implemented.

**Keywords:** Organic food consumption, association, breast cancer risks

#### Introduction

The aim of this study is to reduce the risk of breast cancer if we improve and standardize our daily diet along with health policies or government plans. Food is a source of exposure to pesticides. Fruits and vegetables (both conventional and organic) have low levels of pesticide residue. However, eating fresh vegetables and fruits reduces the pesticide residue associated with health risks.

#### Methods

Eating organic food can reduce the risk of cancer, possibly due to less use of pesticides. French researcher Julia Baudry said that I noted the study does not prove an organic diet causes a reduction in cancers, but strongly suggests "that an organic-based diet could give to reducing cancer risk." But in a study, people who ate more

organic produce, dairy, meat and other products had a 25% lower risk of cancer, especially breast cancer and lymphoma. Research on breast cancer at Harvard University in 2003 found that eating one egg per day was associated with 18% reduced the risk of breast Cancer. In fact, organic food is a natural way to control weeds and pest control from the process of growing. This type of food does not use pesticides but uses natural fertilizers, manure and compost. Nowadays consuming food is being produced due to excessive pesticides. This can be gauged from the fact that by (1993-2016) some areas of Pakistan including South Punjab, Lahore and Karachi, 2295 new pesticide companies have been formed. Which is shown in below (graph).

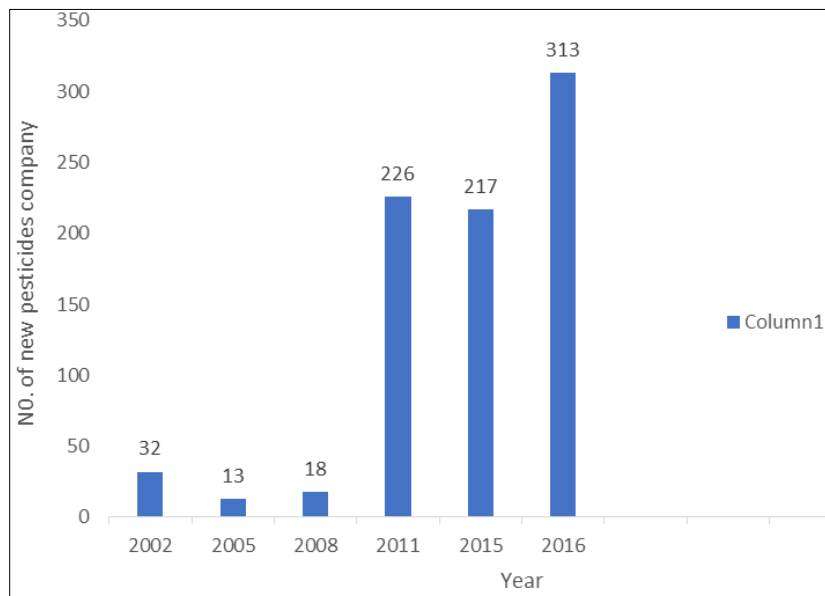


Fig 1

This increase is going to be even greater in the coming years than in previous years.

### **Results**

As long as organic products such as fruits, vegetables, meat and dairy were widely used, breast cancer cases, along with other diseases, were under control. Countries around the world are increasingly using pesticides to meet food shortages in the face of a growing population. However, the Cancer Society of developed countries, such as the United States, France, etc., recommended that fruits and vegetables, along with a healthy diet, consume more whole grains, instead of refined grains and red meat, processed meats and added sugars.

### **Discussion**

Very few studies have investigated the association between organic food consumption and cancer risk, and evidence of breast cancer risk is limited. Although the use of organic factors may explain these results associated with organic foods, but consumption of organic products was associated with a reduced risk of breast cancer. If this deadly risk of breast cancer is to be reduced, a campaign should be launched to ensure the use of organic food among the people, as well as to promote natural fertilizers instead of pesticides in the agriculture sector so that the risk of breast cancer in the coming years can be reduced.

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