

Obesity among Breast and Esophagus Cancer Patients of Amritsar District, Punjab

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ABSTRACT Obesity has been considered one of the most important known preventable causes of cancer. Most of the studies, on the association between obesity and risk of cancer have been reported from the well-developed countries, with limited data on association of obesity with cancer available from India. Therefore, in the present study, an attempt has been made to report the prevalence of overweight/obesity in female breast cancer and esophageal cancer patients of Amritsar. The data has been collected from the out patient department and surgical ward of Rotary Cancer Hospital, Guru Nanak Dev Hospital and Guru Ram Das Hospital of Amritsar. Height, weight, waist circumference and hip circumference measurement were taken on each subject to calculate their body mass index and waist-hip-ratio. The prevalence of overweight and obesity according to body mass index in breast cancer patients was quite high i.e. 52.5%, while in esophageal cancer patients the prevalence of underweight was quite high i.e. 45.0%. Among breast cancer patients, abdominal obesity according to waist circumference was 75% in pre-menopausal and 77.5% in post-menopausal women. According to waist-hip-ratio, it was 95% in pre-menopausal and 97.5% in post-menopausal women. Among esophageal cancer patients, abdominal obesity was 40% according to waist circumference and 85% according to waist-hip-ratio. It was evident from the present data that waist circumference and waist-hip-ratio identified more number of obese subjects than body mass index.