

제 목	국 문	한국인에서 여성유암에 관련된 위험요인의 변화양상		
	영 문	Changes in Life-Style Related to Female Breast Cancer in Korea		
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Among malignant neoplasms in females, the breast was the third most common site of cancer in 1990. The age-standardized incidence of female breast cancer was estimated at 6.3 per 100,000 person-years at 1988-1989. However, it is obvious that the age-standardized mortality rate of female breast cancer was markedly increasing since 1981. These findings suggest that some underlying factors may actively exist in Korean women.

In spite of a decreasing trend in total energy intake, an increasing tendency was prominent in both total protein and total fat intakes during the years 1969-1988.

On the other hand, total intake of carbohydrate was steadily decreasing during the observation period. While proportion of animal foods to total intakes was increasing, the proportion of vegetable foods to total intakes was decreasing.

In consequence to the national economic growth and the rapid changes in the overall nutritional status in Korea, anthropometric measures have been greatly improved in young Korean girls. The mean height of 14-year-old girls was 146 cm in 1970, however, it has increased to 157 cm in 1988. There was a marked improvement in mean weight of 14-year-old girls in 1988, compared to the mean in 1970.

It is likely that the recent increase in female breast cancer may partly be contributed to the changes in anthropometric measures in Korea.

In the last two decades, the mean age at menarche of young girls evidently shifted to a lower mean age, indicating that the role of estrogen in the etiology of breast cancer seems to be important in this populations. Both earlier age at menarche and late age at menopause, a surge of celibacy, late age at first marriage, and an evasion of breast feeding seems to have influence on the recent increase in breast cancer occurrences in Korea. In comparison to marital status in 1966, the proportion of women who have never married has increased to about 28% since 1975. In addition, the mean age at first marriage has steadily increased from 21.6 years in 1960 to 25.5 years in 1990. The increase in female breast cancer incidence seems to be inevitable in Korea, when we are looking at the changes in life-styles that might be associated with the breast cancer risk.