



## Correlation of Genes And Risk Factors with Etiology, Epidemiology of Breast Cancer

Shumla Qasim<sup>1</sup>, Rukhsana Rubeen<sup>2</sup>, Muhammad Akhlaq<sup>4</sup>, Syeda Alishba<sup>3</sup>, Elaf Shaikh<sup>3</sup>, Syed Rizwan<sup>3</sup>

<sup>1</sup>Faculty of Eastern Medicine, Hamdard University, **Pakistan**

<sup>2</sup>Dow Dental College, Dow University of Health Sciences Karachi, **Pakistan**

<sup>3</sup>Human Nutrition and Dietetics, Faculty of Eastern Medicine, Hamdard University, **Pakistan**

<sup>4</sup>Department of ORIC, Hamdard University Karachi, **Pakistan**

\*Correspondence: [lealafshaikh@gmail.com](mailto:lealafshaikh@gmail.com) Received: March 30, 2024, Revised: May 24, 2024, Accepted: June 30, 2024 e-Published: July 17, 2024

Breast cancer is the most common cancer amongst the girls. It is expected that 2.3 million new instances of BC are recognized globally every year. Based on mRNA gene expression levels, BC may be divided into molecular subtypes that offer insights into new remedy techniques and affected person stratifications that effect the control of BC sufferers. This evaluate addresses the evaluation at the BC epidemiology, danger elements, class with an emphasis on molecular types, prognostic biomarkers, in addition to feasible remedy modalities. Breast most cancers (BC) is the maximum often recognized most cancers in girls international with greater than 2 million new instances in 2020. Its occurrence and loss of life prices have multiplied over the last 3 a long time because of the alternate in danger aspect profiles, higher most cancers registration, and most cancers detection. The range of danger elements of BC is good sized and consists of each the modifiable elements and nonmodifiable elements. Currently, approximately 80% of sufferers with BC are people aged >50. Survival relies upon on each level and molecular subtype. Invasive BCs contain huge spectrum tumors that display a version regarding their scientific presentation, behavior, and morphology. Based on mRNA gene expression levels, BC may be divided into molecular subtypes (Luminal A, Luminal B, HER2-enriched, and basal-like). The molecular subtypes offer insights into new remedy techniques and affected person stratifications that effect the control of BC sufferers. The 8th edition of TNM class outlines a brand new staging device for BC that, similarly to anatomical features, recognizes organic elements. Treatment of breast most cancers is complicated and includes a mixture of exclusive modalities along with surgery, radiotherapy, chemotherapy, hormonal therapy, or organic remedies brought in various sequences.

**Keywords:** breast cancer, mRNA gene expression, epidemiology, radiotherapy, chemotherapy, organic remedies

### INTRODUCTION

Beauty and inspiration may reason to alive for human being.(Lyons et al., 2020) First sensation from mother is breast. So, breast of mother causes to be alive in the form of food, sensation and energy(Lyons et al., 2020)(Barber et al., 2008). Development of breast in female after puberty started, enlargement of breast size has been continuous till mature adult breast posture, but nipples and aerola increasing with the passage of time. (Robinson et al., 1999)

The breast size in women varies person to person, and it depend upon the physic and genetic makeup(Rogol et al., 2002). Ideally breast is food factory for new born baby but few women to avoid the breast feeding of their children(Lyons et al., 2020)(Barber et al.,

2008). when breast feeding is stop but mammary glands is still active then accumulation of milk in mammary gland causes to various disases and problems(Stuebe, 2009).

Resulting of accumulation of milk in breast causes the lump, inflammation and pain, sometime milk like fluid discharge by the nipple spontaneously(Leong et al., 2018). If these problems sustain for longer period, causes leading to dangerous carcionomics problem of breast(Stuebe, 2009)(Leong et al., 2018).

A situation in which unusal cells are originate in the tissues of the breast. Mainly 2 types of breast carcinoma in situ: ductal carcinoma in situ (DCIS) and Paget disease of the nipple(Buerger et al., 2000).Ductal carcinoma is a not unusalplace kind of breast most

cancers that begins off evolved in cells that line the milk ducts, which bring breast milk to the nipple (C. Chen et al., 2006) (S. Chen et al., 2019). There are types: Invasive ductal carcinoma (IDC) Ductal carcinoma in situ (DCIS), additionally known as intraductal carcinoma. (Harn et al., 1997) Paget's disorder of the nipple, additionally referred to as Paget's disorder of the breast, is an extraordinary circumstance related to breast most cancers (Jamali et al., 1996). It reasons eczema-like adjustments to the pores and skin of the nipple and the vicinity of darker pores and skin surrounding the nipple (areola). It's generally a signal of breast most cancers with inside the tissue in the back of the nipple. (Jamali et al., 1996) (S. K. Kim et al., 2014)

This way there may be a genetic variation exceeded down with inside the own circle of relatives that boom the chance of growing sure cancers (Rees et al., 2001). BRCA 1 and BRCA 2 are the 2 maximum not unusual place genes related to hereditary breast and ovarian cancers (Welch & King, 2001). Certain editions in those genes can boom the chance of someone growing now no longer most effective breast and ovarian cancers however additionally prostate, pancreatic, fallopian tube, peritoneal cancers and melanoma (Daly et al., 2021). The name "BRCA" is an abbreviation for "Breast Cancer gene." BRCA1 and BRCA2 are exceptional genes which have been observed to effect someone's possibilities of growing breast cancer (Welch & King, 2001) (Daly et al., 2021).

As BRCA1, BRCA2 and HER, along with other gene also play a role breast cancer in women such as TP53, CDH1, PTEN, STK11, ATM, PALB2, BRIP1, CHEK2 and XRCC2 (Łukasiewicz et al., 2021).

Every human has each the BRCA1 and BRCA2 genes. Despite what their names might suggest, BRCA genes don't cause breast cancer (Mehrgou & Akouchekian, 2016). In fact, these genes usually play an enormous role in preventing breast cancer (Poole et al., 2006). They assist repair desoxyribonucleic acid breaks which will result in cancer and also the uncontrolled growth of growths (Mehrgou & Akouchekian, 2016). As a result of this, the BRCA genes are referred to as tumor suppressor genes (Poole et al., 2006). HER may be a super molecule concerned in traditional cell growth (Ross et al., 2003). HER2/neu is also created in larger than normal amounts by some forms of cancer cells, together with breast, ovarian, bladder, pancreatic, and abdomen cancers (Marcotte et al., 2012). This could cause cancer cells to grow additional quickly and unfold to alternative elements of the body (Ross et al., 2003).

## MATERIALS AND METHODS

We executed a scientific evaluate of the contemporary body of proof to be had through PubMed. The seek become carried out on 15 March 2016. Medical problem headings (MeSH) seek phrases used blanketed: breast

neoplasm, epidemiology, Asia, prevalence, incidence, danger and value of illness. The search become restrained to human research, posted in English among 1990 till date. Studies had been blanketed in our evaluate if the members had BC of any age, histopathology, grade or stage, and received remedy of any type; research had to record information on epidemiology, prevalence, incidence, danger factors, and value of illness, throughout east asia west asia and central europe has been covered. Our evaluate blanketed all examine designs, besides for evaluate articles and meta-analyses, which had been excluded to keep away from duplication of information. Studies had been simplest blanketed in the event that they pronounced information from international locations within South East Asia, Far East Asia, or Western Asia excluding the Middle East. Articles had been excluded if their primary goal become to take a look at the correlation of BC to other sorts of most cancers or to take a look at surgical remedies for BC.

## Etiology and Epidemiology of breast cancer

### 1. Epigenetics and Breast cancer

The contemporary-day definition of epigenetics is heritable or brief modifications in gene expression without a particular alternate with inside the DNA sequence (Bird, 2007). Over the beyond decade, a superb explosion of studies with inside the vicinity of epigenetics and most cancers has ended in a far higher expertise of the numerous mechanisms and outcomes underlying those non-structural modifications to the genome (Maass et al., 2002). The thrilling issue of coming across numerous epigenetic changes is the capacity possibility to opposite the outcomes with treatment plans that could bring about gene re-expression. DNA methylation and histone change ensuing in nucleosome reworking result in transcriptional silencing of essential tumor-suppressor and growth-regulatory genes in breast most cancers. Much of the preclinical paintings has centered upon the usage of epigenetic treatment plans to re-explicit the silenced gene in mobileular traces (Maass et al., 2002). The extra hard issue has been the scientific software of what we see withinside the laboratory and scientific effectiveness of this type of strategy. For example, preclinical paintings honestly demonstrates that the maspin gene may be re-expressed in breast most cancers mobileular traces the usage of demethylating sellers and histone deacetylase inhibitors (HDACi), however the important query is whether or not although this type of re-expression became finished in a patient's tumor, wouldn't it not have any effect on scientific outcomes (Maass et al., 2002). Despite those hard elements of the scientific software of epigenetic therapy, advances had been made in exploring and figuring out the capacity function of such treatment plans in breast most cancers (Maass et al., 2002).

### 1. Skin eczema and breast cancer

Most breast cancers are associated with paraneoplastic manifestations alterations of many systems. lanuginosa acquired, choriomyositis, diffuse sclerosis and dermis sclerous(X. Li et al., 2016). In maximum pore enlargement and related skin manifestations as well as erythroderma, there are enlargement cells present in the pores and skin(Protopsaltis et al., 2014).

Paraneoplastic rashes could also be incredibly attributed to an advanced interaction of cytokines (interleukin 12 8) and cell adhesion molecules (VCAM1, ICAM1, E-selectin, and Pselectin), causing binding, transmigration, and infiltration of lymphocytes and mononuclear cells, which then eventually replace the essential epidermis. Carcinoma is also a known release of this protein and cell adhesion molecules prevail over(Korkaya et al., 2011)(Eichbaum et al., 2011).

### 2. Consequences of leprosy in breast cancer

Another very applicable component of leprosy is its reactional episodes. However, there have been no preceding references within the literature concerning miRNA expression in leprosy reactions. In admire to kind 1 reactions, we located that 14 miRNAs have been differentially expressed handiest in those samples. Several of those miRNAs are defined within the literature associated with illnesses such as lung, breast, and kidney cancer(Jung et al., 2009)(Endo et al., 2014)(B.-C. Kim et al., 2015). Upregulation of hsa-miR-34a and hsa-miR-500a is related to the improvement of neuroblastoma and is associated with negative reaction to chemotherapy in non-small mobileular lung carcinoma (NSCLC)(Joerger et al., 2014). In the evaluation R1 vs. R1 respective scientific paperwork, the miRNA-378\* is exclusive. The literature indicates that miRNA-378\* is related to lipids metabolism(Gerin et al., 2010).

Regarding kind 2 reactions, six miRNAs have been differentially expressed solely in those samples. Based at the literature, downregulation of hsa-miR-125b-2\* and hsa-miR-214 is associated with miscarriages, improvement of gastric adenocarcinoma within the elderly (as compared to that during younger individuals), gliomamobileular proliferation, and germ mobileular tumor boom within the testis(B.-F. Chen et al., 2014). In addition, the upregulation of hsa-miR-223 is without delay associated with periodontitis and gastric cancer(Ogata et al., 2014). It isn't always presently recognized how those miRNAs take part within the initiation and/or preservation of kind 1 and kind 2 reactions. Clinical and histopathological traits are different among reactions and scientific paperwork. There also are important modifications that arise within the composition of granulomas, within the phenotype of interstitial cells, and in angiogenesis among those mobileular types. Thus, the scientific and

histopathological traits unique to the diverse paperwork and reactions of the sickness could be defined through differentially expressed miRNAs. The position of those miRNAs in leprosy is unknown(Ogata et al., 2014).

Of the eight miRNAs verified with the help of mistreatment RT-PCR on this study (hsa-miR-1290, hsa-miR-142-3p, hsa-miR-142-5p, hsa-miR- one46b-5p, hsa-miR-342-3p, hsa-miR-361-3p, hsa-miR-3653, and hsa-miR-484), there aren't anyt any references within the literature regarding their expression in infectious disease pores and skin lesions(G. Kim et al., 2016). hsa-miR-1290, verified as downregulated in a similar way 1 reactions compared to it throughout HCs, is relating to the suppression of proliferation and invasion in NSCLC and is significantly downregulated in luminal-A breasttumors(G. Kim et al., 2016). Its ability target, arylamine N-acetyltransferase 1, is correlate with improved survival in sufferers with those neoplasm subtypes(Endo et al., 2014). hsa-miR-139-5p, that became downregulated in unwellness samples compared to expression in HC tissues, performs a important position in respiratory organ most cancers and breast most cancers. It inhibits mobileular proliferation and metastasis and promotes necrobiosis with the help of mistreatment targeting oncogenic c-Met(C. Sun et al., 2015).

### 3. Distribution of Breast Cancer in all over the world

According to the WHO, malignant neoplasms are the finest global burden for ladies, anticipated at 107.8 million Disability-Adjusted Life Years (DALYs), of which 19.6 million DALYs are because of breast most cancers(Salomon, 2010). Breast most cancers is the maximum frequently recognized most cancers in ladies global with 2.26 million [95% UI, 2.24–2.79 million new instances in 2020(Parkin, 1992). In the United States, breast most cancers on my own is predicted to account for 29% of all new cancers in ladies(DeSantis et al., 2016). The 2018 GLOBOCAN facts suggests that age-standardized prevalence costs (ASIR) of breast most cancers are strongly and definitely related to the Human Development Index (HDI)(R. Sharma, 2021). According to 2020 facts, the ASIR changed into the best in very excessive HDI international locations (75.6 in keeping with 100,000) at the same time as it changed into greater than 200crease in medium and coffee HDI international locations (27.8 in keeping with 100,000 and 36.1 in keeping with 100,000 respectively)(Forman et al., 2013).

Besides being the maximum common, breast most cancers is likewise the main reason of most cancers dying in ladies global. Globally, breast most cancers changed into chargeable for 684,996 deaths [95% UI, 675,493–694,633] at an age-adjusted price of 13.6/100,000(Forman et al., 2013). Although prevalence

costs have been the best in advanced regions, the international locations in Asia and Africa shared 63% of overall deaths in 2020 (Forman et al., 2013). Most ladies who increase breast most cancers in a excessive-earnings country will survive; the other is authentic for ladies in maximum low-earnings and plenty of middle-earnings international locations (Ginsburg et al., 2017).

In 2020 breast most cancers mortality-to-prevalence ratio (MIR) as a consultant indicator of 5-12 months survival costs (Asadzadeh Vostakolaei et al., 2011) changed into 0.30 globally (Forman et al., 2013). Taking into attention the clinical quantity of breast most cancers, in places with advanced fitness care (Hong-Kong, Singapore, Turkey) the 5-12 months survival changed into 89.6% for localized and 75.4% for nearby most cancers. In less advanced international locations (Costa Rica, India, Philippines, Saudi Arabia, Thailand) the survival costs have been 76.3% and 47.4% for localized and nearby breast most cancers respectively (Sankaranarayanan et al., 2010).

**Table 1.** Modifiable and non-modifiable risk factor of breast cancer

Non-Modifiable Factors	Modifiable Factors
Chromosome instability	Selected Drugs
Feminine behavior	Excercise
Menopausal Age	Fitness of the body
Inheritance of breast cancer	Habitual of Alcohol
Mutation of Genetic information	Use of Tobacco
Ethnic background	Deficiency of Vitamin
History of family generation	Exposure to Unvisible light
Anatomy of Breast Tissue	Nutrition
Chronicle past of Breast Cancer	Not breast feeding
History of Breast Radiology	Airing of Hazards Chemical
	Side effect Medication

### Non-Modifiable Factors Chromosome instability

The function of genetic modifications in neoplasia has been a count number of debate for one hundred years. The earliest systematic examine of mobileular department in malignant tumors changed into made in 1890 via way of means of David Hansemann (Calkins, 1914). Later, in 1914, Theodor Boveri (Teixeira et al., 1996) first recommended that malignancy may actually end result from the disturbance of the everyday chromosome balance, important for everyday mobileular function (Teixeira et al., 1996). This somatic mutation

principle of most cancers, i.e. the idea that neoplasia originates in a unmarried mobileular via way of means of an obtained genetic change, stays the paradigmatic view of most cancers pathogenesis, supported via way of means of a wealth of experimental evidence. Spontaneous chromosome instability has been correlated with most cancers predisposition (Bradbury & Olopade, 2007). Most genetic modifications in cancers, including the nonrandom kind including the Ph1 chromosome of the chronic myelogenous leukemias, are obtained with inside the goal cells after the zygotes are shaped and the tissues differentiated. Genetic predisposition to most cancers, therefore, can be because of different mechanisms (Hall et al., 1990). One of the opportunities is genetic instability, which in a few instances is expressed as chromosome instability. Individuals with genetic instability can also additionally generate greater cells with mutations or chromosomal aberrations than people with greater strong genomes. One of those aberrant cells in a target tissue can also additionally manifest to own a genetic charter equal to the first step of carcinogenesis (Hall et al., 1990).

### Feminine behavior:

Female sex constitutes one amongst the foremost factors related to associate degree redoubled risk of carcinoma primarily due to the improved secretion stimulation. not like men who gift insignificant oestrogen levels, girls have breast cells that are terribly vulnerable to hormones (estrogen and progesterin in particular) similarly as any disruptions within their balance. current estrogens and androgens are completely associated with an increased risk of breast cancer (Hormones & Group, 2013). The alternations among the physiological levels of the endogenous levels of sex hormones end in the next risk of breast cancer in the case of biological time and biological time women; these observations were additionally supported by the Endogenous Hormones and carcinoma cooperative cluster (Folkerd & Dowsett, 2013) (Group, 2002).

Under 1% of all breast cancers occur in men. However, breast cancer in men is a rare sickness that's at the time of designation tends to be additional advanced than in women. The common age of men at the diagnosis is concerning 67. The vital factors increase a man's risk of breast cancer are: older age, BRCA2/BRCA1 mutations, redoubled oestrogen levels, Klinefelter syndrome, case history of breast cancer, and radiation exposure (Giordano, 2018).

### Menopausal Age:

Currently, approximately 80% of sufferers with breast most cancers are people aged >50 at the same time as on the identical time extra than forty% are the ones extra than sixty five years old (McGuire et al., 2015). The chance of growing breast most cancers will increase as follows—the 1.5% chance at age forty, 3% at age 50, and extra than 4% at age 70 (Feuer, 1997).

Table 2: Breast cancer genes &amp; associated syndromes: Exploring risk factors &amp; Function

Penetration	Gene	Chromosome Location	Associated Syndromes/Disorders	Major Functions	Breast Cancer Risk	Ref.
High	BRCA1	17q21.31	Breast cancer Ovarian cancer Pancreatic cancer Fanconi anemia	DNA repair Cell cycle control	45–87%	(Thompson & Easton, 2002)
	BRCA2	13q13.1	Breast cancer Ovarian cancer Pancreatic cancer Prostate cancer Fallopian tube cancer Biliary cancer Melanoma Fanconi anemia Glioblastoma Medulloblastoma Wilms tumor	DNA repair Cell cycle control	50–85%	(Hoskins et al., 2008)
	TP53	17p13.1	Breast cancer Colorectal cancer Hepatocellular carcinoma Pancreatic cancer Nasopharyngeal carcinoma Li-Fraumeni syndrome Osteosarcoma Adrenocortical carcinoma	DNA repair Cell cycle control Induction of apoptosis Induction of senescence Maintenance of cellular metabolism	20–40% (even up to 85%)	(Kamel et al., 2019)
	CDH1	16q22.1	Breast cancer Ovarian cancer Endometrial carcinoma Gastric cancer Prostate cancer	Regulation of cellular adhesions Control of the epithelial cells (proliferation and motility)	63–83%	(Heitzer et al., 2013)
	PTEN	10q23.31	Breast cancer Prostate cancer Autism syndrome Cowden syndrome 1 Lhermitte-Duclos syndrome	Cell cycle control	50–85%	(Fusco et al., 2020)
	STK11	19p13.3	Breast cancer Pancreatic cancer Testicular tumor Melanoma Peutz-Jeghers syndrome	Cell cycle control Maintenance of energy homeostasis	32–54%	(Angeli et al., 2020)
Moderate	ATM	11q22.3	Breast cancer Lymphoma T-cell prolymphocytic leukemia Ataxia-teleangiectasia	DNA repair Cell cycle control	20–60%	(Foretová et al., 2019)
	PALB2	16p12.2	Breast cancer Pancreatic cancer Fanconi anemia	DNA repair	33–58%	(Hu et al., 2020)
	BRIP1	17q23.2	Breast cancer Fanconi anemia	Involvement in the BRCA1 activity	ND	(Cantor & Guillemette, 2011)
	CHEK2	22q12.1	Breast cancer Li-Fraumeni syndrome Prostate cancer Osteosarcoma	Cell cycle control	20–25%	(Rainville et al., 2020)
	XRCC2	7q36.1	Fanconi anemia Premature ovarian failure Spermatogenic failure	DNA repair	ND	(Kluźniak et al., 2019)

Interestingly, a dating among a selected molecular subtype of most cancers and a patient's age changed

into observed-competitive resistant triple-negative breast most cancers subtype is maximum usually recognized in businesses beneath forty age, at the same time as in sufferers >70, it's far luminal A subtype(McGuire et al., 2015). Generally, the incidence of most cancers in older age is now no longer handiest confined to breast most cancers; the buildup of a big quantity of cell alternations and exposition to ability cancer agents effects in an growth of carcinogenesis with time.

### **Inheritance of breast cancer**

A own circle of relatives records of breast most cancers constitutes a main component notably associated with an extended chance of breast most cancers.

Approximately 13–19% of sufferers recognized with breast most cancers document a first-degree relative tormented by the equal condition(Cancer, 2001). Besides, the chance of breast most cancers notably will increase with increasingly more first-degree spouse and children affected; the chance is probably even better while the affected spouse and children are under 50 years old(Shiyanbola et al., 2017)(Brewer et al., 2017). The occurrence fee of breast most cancers is notably better in all of the sufferers with a own circle of relatives records regardless of the age. This affiliation is pushed through epigenetic modifications in addition to environmental elements appearing as ability triggers [57]. A own circle of relatives records of ovarian most cancers—in particular the ones characterised through BRCA1 and BRCA2 mutations—might additionally result in a more chance of breast most cancers(Çelik et al., 2015).

### **Mutation of Genetic information:**

Several genetic mutations have been found to be strongly linked to an increased risk of breast cancer. BRCA1 (located on chromosome 17) and BRCA2 are two major genes with high penetrance (located on chromosome 13). They are primarily associated with the increased risk of breast cancer (Shiovitz & Korde, 2015). The mutations found in the aforementioned Genes are mostly inherited in an autosomal dominant manner, but sporadic mutations do occur are also frequently reported. TP53 is another highly penetrant breast cancer gene. PTEN, CDH1, and STK11 (J. Chen & Lindblom, 2000; Corso et al., 2016, 2018; Kechagioglou et al., 2014; Shahbandi et al., 2020). Aside from the increased risk of breast cancer, carriers have no other disadvantages. Those with such mutations are also more likely to develop ovarian cancer as well. a substantial number ATM, PALB2, CHEK2 and BRIP1 are examples of DNA repair genes that can interact with BRCA genes were found to be involved in the induction of breast carcinogenesis; however, they have a lower

penetrance (moderate degree) than BRCA1 or BRCA2 , [59], [65]–[68]. According to a recent Polish study, mutations in the XRCC2 gene may also be linked to an increased risk of breast cancer (Park et al., 2012).

### **Effect of socioeconomics/ Ethnic background**

Disparities concerning race and quality still be broadly speaking set amongst people tormented by breast most cancers; the mechanisms relating to this development aren't nonetheless understood. Generally, the breast most cancers prevalence value stays the most effective amongst white non-Hispanic ladies(Hill et al., 2019). Contrarily, the mortality price owing to this malignancy is notably higher amongst black women; this establishment is likewise defined via approach of means of rock bottom survival rates(Society, 2014).

### **History of family generation**

Numerous studies confirmed a strict relationship between exposure to endogenous hormones—estrogen Associate in Nursing progesterin in particular—and excessive risk of carcinoma in females. Therefore, the incidence of specific events like physiological state, breastfeeding, first menstruation, and climacteric at the side of their period and also the concomitant secretion imbalance, are crucial in terms of a possible induction of the malignant neoplastic disease events within the breast microenvironment. the primary full-term pregnancy at an early age (especially in the early twenties) along with a later increasing variety of births are related to a reduced risk of breast cancer(Albrektsen et al., 2005; Bernstein, 2002). Besides, the physiological state itself provides protecting effects against potential cancer. However, protection was ascertained at or so the thirty fourth pregnancy week and wasn't confirmed for the pregnancies lasting for 33 weeks or less(Husby et al., 2018). Female with a history of toxemia of pregnancy throughout pregnancy or kids born to a preeclamptic pregnancy are at lower risk of developing carcinoma(Innes & Byers, 1999). No association between the enhanced breast cancer risk and abortion was explicit to this point(Reeves et al., 2006). The dysregulated endocrine levels during preeclampsia together with increased progesterin and reduced oestrogen levels at the side of insulin, cortisol, insulin-like growth factor-1, androgens, human sac gonadotropin, corticotropin-releasing issue, Associate in Nursing IGF-1 binding supermolecule deviating from the physiological ranges, show a protecting result preventing from breast carcinogenesis. The longer period of the breastfeeding period additionally reduces Cancers 2021, 13, 4287 vi of thirty the chance of each the ER/PR-positive and -negative cancers(Ursin et al., 2005). Early age at start is another risk factor of breast cancer; it's probably also related to a growth grade and node involvement(Orgéas et al., 2008). Besides, the sooner age of the primary flow may result in an overall poorer prognosis. Contrarily, early climacteric despite

whether natural or surgical, lowers the carcinoma risk(Orgéas et al., 2008).

### **Anatomy of Breast Tissue**

The density of breast tissue stays inconsistent within the course of the lifetime; however, various categories comprehensive of low-density, high-density, and fatty breasts had been established in medical practice. bigger density of breasts is found in girls of younger age and reduce BMI, who're pregnant or at some stage in the breastfeeding period, additionally to at some stage in the consumption of hormonal replacement therapy(Checka et al., 2012). Generally, the additional breast tissue density correlates with the more breast most cancers chance; this fashion is found every in postmenopausal ladies(E. Y. Kim et al., 2020). It changed into projected that screening of breast tissue density is also a promising, non-invasive, and short approach allowing rational police investigation of girls at improved likelihood of most cancers(Duffy et al., 2018).

### **Chronicle past of Breast Cancer**

Personal history of carcinoma is related to a larger risk of a revived cancerous lesions inside the breasts(Schacht et al., 2014). Besides, a history of the other non-cancerous alternations in breasts adore atypical hyperplasia, cancer in situ, or several other proliferative or non-proliferative lesions, conjointly will increase the danger considerably(Dyrstad et al., 2015; J. Wang et al., 2004). The histological classification of benign lesions and a case history of breast cancer are 2 factors that are powerfully associated with breast cancer risk(J. Wang et al., 2004).

### **History of Breast Radiology**

The risk of secondary tumors after radiotherapy treatment remains an individual matter which depends on the characteristics of the patient, although it is a fairly frequent phenomenon which gives rise to a great deal of clinical concern. Cancer induced by radiation therapy is closely related to an individual's age; patients who receive radiation therapy before the age of 30 are at increased risk of breast cancer(Ng & Shuryak, 2015). Selection of the appropriate radiotherapy technique is crucial in terms of secondary cancer risk, for example, tangential field IMRT (2FIMRT) is associated with a significantly lower risk than multi-field IMRT (6FIMRT) or partial double arches (VMAT)(Zhang et al., 2020).

### **Modifiable Factors**

#### **Selected Drugs**

Data from some analysis indicates that the intake of stilbestrol throughout physiological condition could be related to a larger risk of carcinoma in children; this, however, remains inconsistent between studies ANd needs additional analysis(Hoover et al., 2011). The intake of diethylstilbestrol during pregnancy is associated with an increased risk of breast cancer not solely in mothers however additionally within the

offspring(Hilakivi-Clarke, 2014). This relationship is determined despite the expression of neither estrogen nor progesterin receptors and might be associated with each breast cancer microscopic anatomy type. the danger will increase with age; girls at age of one hundred forty years are nearly 1.9 times a lot of vulnerable compared to girls beneath 40. Moreover, carcinoma risk will increase withhighdiethylstilbestrol doses(Palmer et al., 2006). varied researches indicate that females who use secretion replacement medical care (HRT) particularly longer than five or seven years also are at increased risk of breast cancer(Vinogradova et al., 2020). many studies indicated that the intake of chosen antidepressants, chiefly paroxetine, tricyclic antidepressant antidepressants, and selective monoamine neurotransmitter uptake inhibitors could be related to a greater risk of breast cancer(Steingart et al., 2003). Lawlor et al. showed that similar risk might be achieved because of the prolonged intake of antibiotics; Friedman et al. determined that breast risk is usually elevated whereas victimization tetracyclines(Friedman et al., 2006; Lawlor et al., 2003). makes an attempt were created to research a possible relationship between hypertensive medications, non-steroidal medication drugs, similarly as statins, and an elevated risk of breast cancer, however, this knowledge remains extremely inconsistent(Coogan et al., 1999; Pahor et al., 1996).

### **Excercise**

Even though the mechanism remains nevertheless undeciphered, regular physical activity is thought-about to be a protecting issue of breast cancer incidence(X. Chen et al., 2019). Chen et al. observed that amongst females with a case history of breast cancer, physical activity was associated with a reduced risk of cancer however restricted solely to the menopausalage(Hormones & Group, 2013).However, physical activity is useful not only in females with a family history of breast cancer but additionally in those while not such a history. Contrarily to the above-named study, Thune et al. noted a lot of pronounced effects in menopausal women(Bernstein & Ross, 1993). There are many hypotheses attending to make a case for the protecting role of physical activity in terms of carcinoma incidence; physical activity would possibly stop cancer by reducing the exposure to the endogenous sex hormones, fixing system responses or insulin-like growth factor-1 levels(Bernstein & Ross, 1993; Hoffman-Goetz, 1998)

### **Fitness of the body**

According to medicine evidence, fat is related to a bigger chance of breast cancer. This association is usually intense in rotund post-menopausal females who tend to develop estrogen-receptor-positive breast cancer. Yet, severally to menopausal status, obese ladies win poorer clinical outcomes(Kolb & Zhang,

2020). Wang et al. showed that females higher than fifty years recent with greater Body Mass Index (BMI) are at a greater risk of cancer compared to those with low BMI(X. Wang et al., 2019). Besides, the researchers discovered that greater BMI is associated with additional aggressive biological options of growth as well as the next share of lymph node metastasis and bigger size. fat may well be a reason for greater mortality rates and the next chance of cancer relapse, particularly in menopausal ladies(L. Sun et al., 2018). multiplied body fat may enhance the inflammatory state and affects the amount of current hormones facilitating pro-carcinogenic events(James et al., 2015). Thus, poorer clinical outcomes are primarily discovered in females with BMI 25 kg/m<sup>2</sup>(Protani et al., 2010).Interestingly, biological time women tend to gift poorer clinical outcomes despite correct BMI values however particularly thanks to excessive fat volume(Iyengar et al., 2019).bigger carcinoma risk with regards to BMI conjointly correlates with the concomitant case history of breast cancer(Hopper et al., 2018).

#### **Habitual of Alcohol**

Numerous evidences ensure that excessive alcohol consumption may be a issue which may enhance the danger of malignancies among the epithelial duct tract; however, it absolutely was well-tried that it's conjointly coupled to the risk of breast cancer. Namely, it is not alcohol sort however rather the content of alcoholic beverages thatmostly have an effect on the risk of cancer. the reason for this association is that the augmented levels of estrogens elicited by the alcohol intake and therefore secretion imbalance moving the risk of carcinogenesis within the feminine organs(Erol et al., 2019).Besides, alcohol intake usually leads to excessive fat gain with higher BMI levels, that to boot will increase the risk. alternative hypotheses embrace direct and indirect cancer effects of alcohol metabolites and alcohol-related impaired nutrient intake. Alcohol consumption was determined to increase the danger of estrogen-positive breast cancers especially(Zeinomar et al., 2019). Consumed before the initial pregnancy, it considerably contributes to the induction of morphological alterations of breast tissue, predisposing it to any carcinogenic events(Y. Liu et al., 2015).

#### **Use of Tobacco**

Carcinogens found in tobacco are transported to the breast tissue increasing the quality of mutations within oncogenes and suppressor genes (p53 in particular). Thus, not alone active but conjointly passive smoking significantly contributes to the induction of procarcinogenic events(Terry & Rohan, 2002). Besides, longer smoking history, furthermore as smoking before the initial mature pregnancy, are more risk factors that are additionally pronounced in females with a account of cancer(Catsburg et al., 2015; Misotti & Gnagnarella, 2013)

#### **Deficiency of Vitamin**

Vitamins exert antitumour properties, which could probably profit within the bar of many malignancies as well as breast cancer, however, the mechanism isn't however absolutely understood. makes an attempt are regularly created to research the consequences of sustenance intake (vitamin C, vitamin E, B-group vitamins, folic acid, multivitamin) on the danger of breast cancer, nevertheless, the information remains inconsistent and not ample to check the results and draw credible data(Misotti & Gnagnarella, 2013). In terms of breast cancer, most studies are presently targeted on ergocalciferol supplementation confirming its potentially protecting effects(Cui & Rohan, 2006)(Atoum & Alzoughool, 2017)(El-Sharkawy & Malki, 2020). High serum 25-hydroxyvitamin D levels are related to a lower incidence rate of breast cancer in biological time and menopausal ladies(El-Sharkawy & Malki, 2020; Estébanez et al., 2018). intense expression of ergocalciferol receptors was shown to be associated with lower mortality rates because of breast cancer(Huss et al., 2019). Even so, any analysis is needed since knowledge remains inconsistent during this matter(Zhou et al., 2020).

#### **Exposure to Invisible light**

Artificial light-weight in the dark (ALAN) has been recently coupled to multiplied carcinoma risk. The probable effort may well be a discontinuous endocrine rhythm and resultant epigenetic alterations(AI-Naggar & Anil, 2016). in line with the studies conducted therefore far, increased exposure to ALAN is related to a considerably bigger risk of breast cancer compared to people with down ALAN exposure(Johns et al., 2018). Nonetheless, information relating to the excessive usage of light-emitting diode electronic devices and increased risk of breast cancer is shy and needs additional analysis as some results are contradictory(Johns et al., 2018).

#### **Nutrition**

According to the world Health Organization (WHO), extraordinarily processed meat was classified as a bunch one substance which can increase the possibility of not alone gi malignancies but collectively carcinoma. Similar observations were created in terms of AN excessive intake of saturated fats(Dandamudi et al., 2018). Ultra-processed food is formed in sodium, fat, and sugar that presently predisposes to obesity recognized as another issue of breast cancer risk(Fiolet et al., 2018). it fully was resolute that a 10% increase of ultra-processed food at intervals the diet is expounded to an 11% larger risk of breast cancer(Fiolet et al., 2018). Contrarily, a diet high in vegetables, fruits, legumes, whole grains, and lean organic compound is expounded



to a down risk of B.C.(Castello et al., 2014). Generally, a diet that options food containing high amounts of n-3 PUFA, sustenance D, fiber, folate, and phytoestrogen may possibly be useful as a interference of B.C. Besides, lower intake of n-6 PUFA and saturated fat is suggested. several in vitro and in vivo studies collectively recommend that specific compounds found in tea might gift anti-cancer effects that has conjointly been studied regarding breast cancer(M.-J. Li et al., 2014). Similar properties were determined just in case of turmeric-derived curcuminoids still as sulforaphane (SFN)(D. Liu & Chen, 2013).

### Not breast feeding

Some research advocate that breast feeding may also barely decrease breast most cancers risk, mainly if breast feeding is sustained for 1.5 to 2 years. Other research determined no effect on breast most cancers(Rajagopalan & Lengauer, 2004).

### Airing of Hazards Chemical

Chronic exposure to chemicals can promote breast carcinogenesis by touching the growth microenvironment soon inducement epigenetic alterations beside the induction of pro-carcinogenic events(Casey et al., 2015). Females chronically exposed to chemicals gift significantly larger believability of malignant neoplastic disease that's further utterly concerning the amount of the exposure(Videnros et al., 2020). the number of chemicals projected to induce breast carcinogenesis is significant; so far, insecticide (DDT) and polychlorinated biphenyl (PCB) are in the main investigated in terms of carcinoma since early exposure to those chemicals disrupts the event of mammary glands(Eve et al., 2020; Rodgers et al., 2018) a potential relationship was conjointly determined inside the case of increased exposure to polycyclic aromatic hydrocarbons (PAH), artificial fibers, organic solvents, oil mist, and pesticides(Leso et al., 2019).

### Side effect Medication

Other medicine that may represent potential risk factors for carcinoma embody antibiotics, antidepressants, statins, medication medications (e.g., metallic element channel blockers, angiotonin II-converting accelerator inhibitors), further as NSAIDs (including aspirin, ibuprofen)(Bjarnadottir et al., 2013; Brandes et al., 1992; Olsen et al., 1997; Velicer et al., 2003).

### Types of breast cancer;

#### According to site

**Non-Invasive Breast Cancer** cells which can be limited to the ducts and do now no longer invade surrounding fatty and connective tissues of the breast.

Ductal carcinoma in situ (DCIS) is the maximum not unusualplace shape of non-invasive breast most cancers (90%). Lobular carcinoma in situ (LCIS) is much less not unusualplace and taken into consideration a marker for accelerated breast most cancers risk.

**Invasive carcinoma** cells that injury the duct and lobe wall and invade the fatty and connective tissues of the breast. cancer will be invasive while not being pathological process (spreading) to single humor nodes or organs(Ali et al., 2021).

#### Frequently going on Breast most cancers

**Lobular carcinoma in situ (LCIS, lobular neoplasia):** The term, "in situ," refers to most cancers that has now no longer unfold beyond the region wherein it to start with developed. LCIS is a pointy growth withinside the wide variety of cells in the milk glands (lobules) of the breast.

**Ductal carcinoma in situ (DCIS):** DCIS, the maximum not unusualplace kind of non-invasive breast most cancers, is restricted to the ducts of the breast. For example, ductal comedocarcinoma.

#### Typical Structure related to ductal carcinoma

**Infiltrating lobular carcinoma (ILC)** ILC is likewise referred to as invasive lobular carcinoma. ILC starts withinside the milk glands (lobules) of the breast, however frequently spreads (metastatizes) to different areas of the body. ILC bills for 10% to 15% of breast cancers.

**Infiltrating ductal carcinoma (IDC):** IDC is likewise referred to as invasive ductal carcinoma. IDC starts withinside the milk ducts of the breast and penetrates the wall of the duct, invading the fatty tissue of the breast and probable different areas of the body. IDC is the maximum not unusualplace sort of breast most cancers, accounting for 80% of breast most cancers diagnoses(G. N. Sharma et al., 2010)

#### Less ordinarily occurring carcinoma

**Medullary cancer:** Medullary carcinoma could be an invasive breast cancer that forms a definite boundary between tumor tissue and traditional tissue. Solely 5% of breast cancers are medullary carcinoma.

**Mutinous carcinoma:** additionally known as mixture carcinoma, mutinous carcinoma is a rare breast cancer shaped by the mucus-producing cancer cells. Ladies with mutinous carcinoma typically have a much better robust an improved} prognosis than women with more common sorts of invasive carcinoma.

**Tubular carcinoma:** Tubular carcinomas are a special kind of infiltrating (invasive) breast carcinoma. Ladies with tubular carcinoma generally have a better prognosis than women with additional common sorts of invasive carcinoma. Hollow carcinomas account for around 2% of carcinoma diagnoses.

#### Inflammatory Breast carcinoma

Inflammatory breast most cancers is that the appearance of infected breasts (crimson and warm) with

dimples and/or thick ridges because of most cancers cells interference liquid frame substance vessels or channels in the heal the breast. Even though inflammatory breast most cancers is uncommon (accounting for beneathneath 1% of breast cancers), it is very fast-growing.

#### Paget' illness of Nipple

A uncommon sort of breast most cancers that starts off evolved within side the milk ducts and spreads to the pores and skin of the nipple and areola, Paget' sickness of the nipple handiest bills for regarding 1% of breast cancers.

#### Phylloides neoplasm

Phylloides tumors (additionally spelled "phylloides") are can be both benign (non-cancerous) or malignant (cancerous). Phylloides tumors expand in the connective tissues of the breast and may be handled with the aid of using surgical removal. Phylloides tumors are extraordinarily uncommon; now no longer up to 10 ladies die of this type of carcinoma yearly withinside the United States (Pandey et al., n.d.).

## CONCLUSIONS

The purpose of this review was to summarize and update current knowledge about breast cancer, with a strong emphasis on its current prevalence and incidence, risk factors, and classification. Because of the morbidity and Breast cancer mortality rates have risen significantly in recent decades, and this is a cause for concern.

There is an urgent need to provide the most effective prevention possible while keeping in mind that it is modifiable.

Risk factors may be critical in lowering the number of breast cancer cases. Thus far, Mammography and sonography are now the most common screening tests, allowing for early detection. Breast cancer detection. This disease has an impact on the physical, psychological, and social aspects of a woman's life. On the other hand, during the illness, such factors as family and social support can mitigate its negative consequences The future hunt for prognostic biomarkers and targets for potential biological therapies has made a significant contribution to the advancement of Breast cancer patients' management and clinical outcomes.

#### Supplementary materials

Not applicable

#### Author contributions

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#### Conflict of interest

The authors declare no conflict of interest.

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