

# 40% of women in Maharashtra are at higher risk of breast cancer reveals Indus Health Plus Report

Published on October 18, 2021

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~25% of women are at a higher genetic risk of developing breast cancer

**Chennai :** Indus Health Plus – a pioneer in preventive healthcare has conducted a study basis on the healthcare check-ups done for Breast Cancer. The observation is on mammography checkups done in Maharashtra from the period April 2020 – March 2021 where it is clearly shown that 40% females had some abnormal findings. Out of which, 37% had definite benign findings and were recommended to go for further consultation or regular screening depending upon the nature of the finding. However, the rest 3% were suggested for urgent consultation either with a gynecologist or a general surgeon and to undergo additional tests like biopsy to confirm the exact abnormality. The sample size of the study was 5,570 people.

Speaking on the health checkup data, **Mr. Amol Naikawadi, JMD & Preventive Healthcare Specialist, Indus Health Plus said**, “One can minimize the risk factors by changing their lifestyle. Big strides against breast cancer can be made by making moderate changes in your lifestyle. Not all know about the risk factors, and those who know are too shy to come forward. We are consistently trying to spread awareness and emphasizing on mammography as an important test to detect the possibility of breast cancer at an early stage for those above 40 years of age and adopting the habit of regular and timely checkups.”

Besides that, people are now aware of genetic testing to know about the risks pertaining to developing breast cancer. Considering this, Indus Health Plus also conducted a study based on 4500 genetic tests done in Maharashtra. 25% women showed higher risk to developing breast cancer. Below was consulted to them by the genetic counsellor.

1. Meet your gynecologist after self-assessment.
2. Conduct Screenings – Monthly Self Breast Examination, Clinical Breast Examination in 6 to 8 months, Sono mammography, Mammography/ Breast MRI below 35 to 40 years -once a year.
3. Above 40 years – Mammography once a year is recommended for all women.
4. Women with an increased tendency towards obesity and higher BMI were suggested nutrition and fitness
5. guidelines for effective weight and disease risk management (such as a diet rich in antioxidants, anti-inflammatory foods etc