

Annual Academic Sessions – 2019

Faculty of Health – Care Sciences

Eastern University, Sri Lanka

27th August 2019

BOOK OF ABSTRACTS



Faculty of Health – Care Sciences

Eastern University, Sri Lanka

AAS/FHCS/2019/018

DIETARY HABITS AND CARCINOGENIC EFFECT ON PATIENTS IN ONCOLOGY UNIT OF TEACHING HOSPITAL BATTICALOA

Weheragoda K¹, Pushpakumara NI¹, Hasna HMF¹, Irfan MMZ¹, Mahinthan J²

¹ Faculty of Health-Care Sciences, Eastern University, Sri Lanka

² Department of Human Biology, Faculty of Health-Care Sciences, Eastern University, Sri Lanka

Background: Cancer is multi factorial in origin. Analysis of dietary patterns which lead to cancer has emerged as a complimentary approach in evaluating cancer patients and to educate about heathy dietary practices for people.

Objective: To describe the association between dietary patterns and the incidence of cancer.

Methods: Cross sectional descriptive study was carried among the patients attending to oncology clinic at Teaching Hospital Batticaloa. A total of 121 patients were selected via simple random sampling method with exclusion of patients who were not willing to participate in the study on the day of visit. Interviewer administered questionnaire was used which comprised tools to analyze patterns and factors influencing on it.

Results: Out of seven associations between cancer and consumption of red meat, vegetables and green leaves, egg, restaurant food , reuse of cooking oil, exercise, betel chewing/smoking that were analyzed, only betel chewing showed significant association between incidence of upper gastro-intestinal cancers.

Conclusions: This study suggests that it's not certain that consumption of certain foods will cause cancer or guarantee cancer protection.

Keywords: Dietary habits, Teaching Hospital Batticaloa, carcinogenic effect