

ANALYSIS OF BREAST CANCER RISK FACTORS AT INDONESIAN HEALTH CARE CORPORATION LAVALETTE HOSPITAL MALANG

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ABSTRACT

Background: Breast cancer is the type of cancer with the highest number of cases worldwide and in Indonesia. Research integrating lifestyle factors, carcinogenic exposure, and nutritional intake simultaneously is still limited, particularly in Malang City. **Objective:** To analyze the association between these factors and the incidence of breast cancer. **Methods:** This was an analytical observational study with a cross-sectional approach. A total of 10 respondents (5 cases, 5 controls) were selected using purposive sampling. Data were analyzed using Fisher's Exact Test with a 95% confidence level ($\alpha = 0.05$). **Results:** All analyzed variables showed no significant association ($p > 0.05$): age ($p=1.000$), education ($p=0.228$), income ($p=1.000$), exposure to food carcinogens ($p=1.000$), exposure to environmental carcinogens ($p=1.000$), water consumption ($p=1.000$), sleep duration ($p=0.444$), stress level ($p=0.572$), and fat intake ($p=0.135$). Variables such as smoking, alcohol consumption, viral infection, and fiber intake could not be analyzed due to no data variation. **Conclusion:** There is no significant association between all variables studied and the incidence of breast cancer. The small sample size limitation is the main factor for not detecting significant associations.

Keywords: Risk factors, nutritional intake, breast cancer, lifestyle