

# Analysis of published studies links processed meat consumption to breast cancer risk

2 October 2018

---

Studies on red and processed meat consumption with breast cancer risk have generated inconsistent results. An *International Journal of Cancer* analysis has now examined all published studies on the topic.

Provided by Wiley

Comparing the highest to the lowest category in the 15 studies included in the analysis, processed [meat](#) consumption was associated with a 9% higher [breast cancer risk](#). Investigators did not observe a significant association between red (unprocessed) meat intake and risk of [breast](#) cancer.

Two studies evaluated the association between red meat and breast cancer stratified by patients' genotypes regarding N-acetyltransferase 2 acetylators. (Differences in activity of this enzyme are thought to modify the carcinogenic effect of meat.) The researchers did not observe any association among patients with either fast or slow N-acetyltransferase 2 acetylators.

"Previous works linked increased risk of some types of cancer to higher processed meat intake, and this recent meta-analysis suggests that processed meat consumption may also increase breast cancer risk. Therefore, cutting down processed meat seems beneficial for the prevention of breast [cancer](#)," said lead author Dr. Maryam Farvid, of the Harvard T.H. Chan School of Public Health.

**More information:** Maryam S. Farvid et al, Consumption of red and processed meat and breast cancer incidence: a systematic review and meta-analysis of prospective studies, *International Journal of Cancer* (2018). [DOI: 10.1002/ijc.31848](https://doi.org/10.1002/ijc.31848)

APA citation: Analysis of published studies links processed meat consumption to breast cancer risk (2018, October 2) retrieved 26 April 2021 from <https://medicalxpress.com/news/2018-10-analysis-published-links-meat-consumption.html>

*This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.*