

# Prospective study of physical activity and risk of postmenopausal breast cancer b...

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The post explores a research article that was ed by Leitzmann et al on the relationship between “ physical activity and risk of postmenopausal breast cancer” (Leitzmann et al, 2008, p. 1). It defines absolute and relative risks in terms of susceptibility to the disease before exploring the exercise. It reports participation 32269 women whose data was analyzed by Cox proportional hazards regression. Following adjustments from the number of years of follow up, the results from 1506 incidents showed that women who were actively involved in physical exercise had an odds ration 0. 81 with respect to risk of the breast cancer relative to women who had the least level of involvement in the exercise. A comparison of sub cohorts by involvement in physical activity, however, identified lowest relative risk, in odds ratio, at 0. 74 among women who involved in active physical activity and relatively high-risk factor of 1. 02 among women who engaged in less or no physical activity at all. This led to a conclusion that involvement in physical activity by women reduces their relative risk of postmenopausal breast cancer, though this relationship is not significant. A comparison of the relationship among cohorts by body weighs however identifies a significant difference with lean or normal weights associated with relatively lower risks.

Its report on the likely relationship between the type of cancer and women’s weight is also consistent with the research findings (Leitmann, 2008) and is supported by published literature that identifies an indirect proportionality between body weight and a woman’s risk of developing breast cancer after her menopause (Courneya and Friedenrich, 2010; Irwin, 2012).

The post is therefore accurate on the reviewed article’s content, which is consistent with published literature.