

## The assessment of risk factors for prostate cancer in Mazandaran province, Iran

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### Abstract

**Background and Objective:** Prostate cancer is the most commonly diagnosed cancer in men and it is the second leading cause of cancer deaths among men after lung cancer. Therefore, this study was done to assess of risk factors for prostate cancer in Mazandaran province, Iran.

**Materials and Methods:** A matched case-control study was conducted on 104 prostate cancer patients and 104 controls in Mazandaran province during 2005. The addresses of the patients were obtained using the cancer registry information existed in Babol research center in Iran. The data were collected using a questionnaire by in-person interview of cases and their controls and were analyzed using STATA (8.0).

**Results:** Univariate condition logistic regression showed that age, prostatitis, drinking alcohol, using chopoghe, family history of prostate cancer, having other cancer, intensity of activity, time of job activity were found to be the risk factors although higher BMI and exercise were protective for prostate cancer ( $P < 0.20$ ). In multivariate analysis, after adjusting for the effect of the confounders, prostatitis, age, alcohol consumption and family history of prostate cancer were found to the most important risk factors.

**Conclusion:** This study identified prostatitis, age, alcohol consumption and family history of prostate as the independent risk factors for prostate cancer. We suggest that men after the age of 60 should be screened for prostate cancer annually.

**Keywords:** Prostate cancer, Age, BMI, Alcohol

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Received 19 Jun 2007

Revised 29 Sep 2008

Accepted 1 Oct 2008