

# Hypertension and the risk of breast cancer in Chilean women: A case-control study

Pereira, Ana

Garmendia, Maria Luisa

Alvarado, Maria Elena

Albala, Cecilia Albala

**Background:** Breast cancer is the most common cancer in women worldwide. Although different metabolic factors have been implicated in breast cancer development, the relationship between hypertension and breast cancer has not been elucidated. **Aim:** To evaluate hypertension as a risk factor for breast cancer in Chilean women of low and middle socio-economic status. **Methods:** We conducted an age-matched (1:1) case-control study in 3 hospitals in Santiago, Chile. Breast cancer cases (n=170) were histopathologically confirmed. Controls had been classified as Breast Imaging Reporting and Data System I (negative) or II (benign findings) within 6 months of recruitment. Blood pressure was measured using a mercury sphygmomanometer and standardized procedures. We used 2 hypertension cut-off points: blood pressures of  $\geq 140/90$  mmHg and  $\geq 130/85$  mmHg. Fasting insulin and glucose levels were assessed, and anthropometric, sociodemographic, and behavioral information were collected. Odds ratios and 95% con