

Abstract

Obesity is a chronic multifactorial disease that is becoming a serious problem for world health. The prevalence of overweight and obesity in most countries continues to rise, not only in adults but especially in children and adolescents. The Obesity is also a demonstrable risk factor for at least fourteen cancers, including a female breast, colorectal, endometrial or pancreas tumour.

The aim of the Bachelor thesis was to evaluate the diets of cancer patients who are overweight or obese. Assess the effect of nutritional intervention on body weight and menu composition. Specifically, I focused on the intake of total fat and saturated fatty acids.

The work is divided into two parts. The first part, theoretical, contains information on obesity, there are described possible mechanisms of tumour formation from adipose tissue, individual cancers related to obesity or the relationship of obesity to cancer recurrence.

The second part, practical, describes research that consisted of a questionnaire survey of 40 patients and a menu calculation of 12 patients. The intake of total fats and saturated fatty acids was calculated 14 days prior to intervention and 14 days at the end of intervention. The research group included patients with breast cancer and BMI above 25 kg/m².

Saturated fatty acids were most commonly obtained from meat, fatty cheese, sausages and sweets, according to the nutritional frequency questionnaire. Less so from delicacies, fine and durable pastries, salty snacks, fast food products and whole milk. Intake was found to be higher in total fats, by an average of $7,42 \pm 1,51$ % as well as saturated fatty acids, by an average of $5,25 \pm 1,83$ % over the recommended amount to help prevent unhealthy weight gain in the adult population. The intervention had a significant effect in reducing saturated fatty acids by 2,33 %, but had no statistically significant effect on total fat and body weight.

Keywords: breast cancer, cancer, intervention, obesity, saturated fatty acids