

Abstract

Breast cancer is one of the most prevalent cancers among women globally. Modifiable risk factors such as diet and physical activity play a significant role in developing prevention strategies and interventions. The influence of diet and physical activity on the incidence and development of breast cancer is a subject of ongoing research. Healthy lifestyle patterns, characterized by balanced nutrition and regular physical activity, have shown positive implications in preventing the onset of breast cancer.

The practical part of this paper uses data from 15 patients who participated in and completed the three-month ONKO-FIT intervention programme. The program aimed to evaluate the effects of targeted nutritional and exercise therapy on the physical condition of breast cancer patients. While the results did not show a statistically significant improvement due to the relatively small sample size, there was a non-zero positive effect, suggesting a possible influence of the therapy on the patients' physical condition. These initial findings underline the potential benefits of such lifestyle interventions, which could significantly impact the treatment and recovery process for breast cancer patients.

However, these results also highlight the need for further studies with larger sample sizes to confirm the potential benefits of dietary and physical activity interventions for breast cancer patients.

Keywords: breast cancer, modifiable risk factors, nutrition, physical activity, ONKO-FIT program, lifestyle interventions.