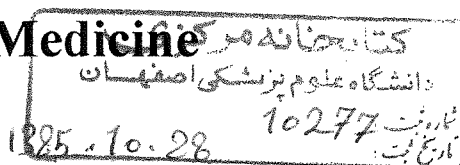


**Isfahan University of Medical Sciences and  
Health Services**

**Faculty of Medicine**



**Thesis for Partial Fulfillment of  
Master of Doctorate (MD) Degree**

**Title:**

**Relation between physical activity and  
Ovarian carcinoma among  
Women at Shariati, Alzahra, Seyed Shohada  
Hospitals.**

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**Spring, May, 2006**

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## **Abstract:**

### **Objectives:**

Ovarian cancer is the fourth cause of death ( cancer related) . Ovarian cancer is the second most frequent gynecologic malignancy. It seems that western life style is related with biological mecanism of ovarian cancer and evaluation of phisical activity is one of the most important methodical discussion regarding this cancer in research. The goal of this research is stablishing the relation between physical activity and ovarian cancer in city of Isfahan.

### **Methods:**

We used a population based case-control study. Cases were (n=80), controls were 120. Newly diagnosed women with ovarian cancer in the city of Isfahan between (2001- 2005) recognized and entered the study. By a standard physical activity questionnaire, the physical activity has been considered since five years before of the beginning disease. Matching based on age. Data was analyzed by SPSS software and we used multivariable logistic regression to estimate OR.

### **Results:**

Physical activity was significantly associated with reduced ovarian cancer (T-Test  $P < 0.001$  95% CI=-27.13, -11.70)

After adjustment for age , number of pregnancy, BMI, marital status, past history of cancer, age at first pregnancy, family history of cancer and hormone use we found odds ratio of 0.63(95%ci=0.45,0.89  $p=0.008$ ) (multiviable logistic regression).

## **Conclusion:**

Physical activity is associated with reduced occurrence of epithelial ovarian cancer.

## **Key words:**

- 1- Ovarian cancer
- 2- Physical activities
- 3- Case-control studies
- 4- Body mass index
- 5- Isfahan
- 6- Motor activity

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