

# Consumption of processed meat may increase the risk of breast cancer, according to a new study.

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Credit: University of Glasgow

Among the 262,195 women in the UK Biobank that were included in the study, those who consumed processed meat were at a higher risk of breast cancer; independent of sociodemographic, lifestyle, obesity and dietary factors included in this study.

The paper, 'Red and processed meat consumption and [breast cancer](#): UK Biobank cohort study and meta-analysis' is published in the *European Journal of Cancer*.

**More information:** Jana J. Anderson et al. Red and processed meat consumption and breast cancer: UK Biobank cohort study and meta-analysis, *European Journal of Cancer* (2017). [DOI: 10.1016/j.ejca.2017.11.022](https://doi.org/10.1016/j.ejca.2017.11.022)

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The paper, published in the *European Journal of Cancer*, confirmed findings of carcinogenic risk of processed meat and suggested the overall association is largely driven by the risk of post-menopausal [breast](#) cancer.

The study, led by Professor Jill Pell, Director of the Institute of Health and Wellbeing, also found red [meat consumption](#) was not associated with the risk of breast cancer.

The researchers studied data from the UK Biobank (which recruited 273,466 women aged 40–69 years from the [general population](#) between 2007 and 2010 which collected information on meat consumption). They then included the results in a meta-analysis of prospective cohort studies using rigorous criteria.

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