

## ARIC MANUSCRIPT PROPOSAL FORM

Manuscript #570

1. Full Title: Physical Activity and Risk of Breast Cancer in Post-menopausal women  
Abbreviated title (length 26): Exercise and Breast Cancer

2. Writing Group (list individual with lead responsibility first):

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3. Timeline (anticipated completion dates):

Data analysis                      10/98

Ms. prep.                              1/99

4. Rationale:

Low physical activity has been hypothesized to be a modifiable risk factor for breast cancer. Stronger associations have been observed in case-control versus cohort studies, and among premenopausal versus post-menopausal women. Data from cohort studies which can assess dose-response are lacking.

5. Main Hypothesis:

Physical activity is associated inversely with risk of breast cancer among post-menopausal women.

6. Data (variables, time window, source, inclusions / exclusions):

Incident breast cancer cases are identified as part of the ARIC Ancillary Cancer Study. V1 values of physical activity (occupational, sport, and leisure), age, race, education, weight, height, BMI, weight at age 25, WHR, ages at menarche and menopause, type of menopause, exogenous estrogen use, total energy and dietary fat intake, alcohol, smoking, parity. V3 values of physical activity.

AMHA form: values of age at first birth, mammography, lactation history, family history of breast cancer.

Study design: prospective cohort study

Analysis: proportional hazards regression

Inclusions: females, post-menopausal, no self-reported history of cancer at V1.