

Behavioral Factors and Readiness for Change: Innovative Perspectives in Endometrial Cancer Prevention

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Abstract:

The prevalence of endometrial cancer has increased substantially in recent years across industrialized countries, paralleling the rising rates of obesity, sedentary lifestyles, and metabolic disturbances. Extensive research demonstrates that several behavioral factors—including dietary patterns, physical activity, smoking, and weight management—play a critical role in determining the risk of developing the disease. Nevertheless, the integration of these modifiable factors into routine clinical practice remains limited due to low health literacy, underestimation of personal risk, and various individual and social barriers to behavioral change.

Objective: The aim of this study was to assess lifestyle behaviors, dietary habits, attitudes toward behavioral change, and the level of health literacy among women diagnosed with endometrial cancer.

Materials and Methods: In a survey conducted among 128 patients, 55.5% reported low levels of physical activity, and only 44.5% consumed fruits and vegetables daily. The combination of excess body weight and suboptimal dietary patterns indicated an elevated risk profile. A substantial proportion of women reported difficulties in interpreting health information and navigating preventive healthcare services.

Conclusion: The findings highlight the need for integrated interventions that combine education, behavioral support, and active engagement in prevention programs to effectively address lifestyle-related risk factors in this population.

Keywords:

Endometrial cancer, EC, lifestyle behaviors, integrated interventions.