

**Abstract #:** 282

**Presented by:** Melanie Burgos-Martínez, Graduate Student

***The Relationship Between Breast Cancer and Shift Work***

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**Keywords:** Breast cancer, shift work, light at night

**Objective:** It has been proposed that workers with night shifts are at greater risk of developing breast cancer than workers with day shifts.

**Methods:** A literature review of publications studying the relationship of workers with night shifts and risk of breast cancer was conducted. These publications were chosen through PubMed and Science Direct databases and references found in the literature.

**Results:** Studies selected reported a relationship between decreased melatonin with breast cancer, the ratio of night work with breast cancer, and disruption of the circadian cycle with breast cancer.

**Conclusion:** More clinical studies are needed evaluating the relationship between night work and breast cancer.

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**Abstract #:** 283

**Presented by:** Karen Campbell, MS, Graduate Student

***Workplace Exercise Programs***

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**Keywords:** Workplace, exercise, musculoskeletal disorders, injury, strain

**Objective:** As healthcare professionals in the workplace environment, occupational health nurses (OHN's) are uniquely poised to present and model healthy lifestyle choices, including sound exercise programs. Cancer, diabetes and cardiovascular disease are responsible for over 1.6 million deaths per year in the U.S., and are often preventable. (NIOSH, 2010). Working adults spend nearly half of their waking hours in their occupational settings, offering consistent backdrops for education and training.

**Methods:** Literature Review

**Results:** Individual's intrinsic motivation is the chief determining factor in the long term lifestyle change, however, supportive work environment and encouragement in exercise programs at work assisted and supported individuals in making that choice.

**Conclusion:** Workplace exercise programs are effective in assisting some employees in making lifestyle changes.

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