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### Night shifts and breast cancer

Funded by the Institution of Occupational Safety and Health, scientists at IOM completed research into the possible risk of breast cancer amongst women who work night shifts. The evidence from the research indicated a weak association, with the risk of developing breast cancer for those doing long-term night shift work being increased slightly but no more than 10% to 20%.

It was noted within the research findings that any increased risks for those doing night shift work could be attributed to a variety of possible causes including the difficulties that shift workers have in maintaining a healthy diet and bodyweight.