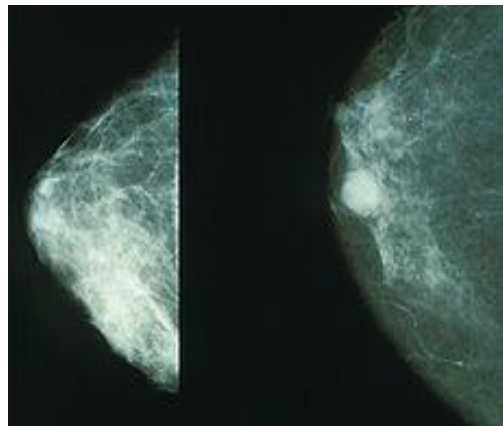




BREAST CANCER:



WHAT IS BREAST CANCER?

The term “breast cancer” refers to a malignant tumour that has developed from cells in the breast.

Usually breast cancer either begins in the cells of the lobules, which are the milk-producing glands, or the ducts, the passages that drain milk from the lobules to the nipple.

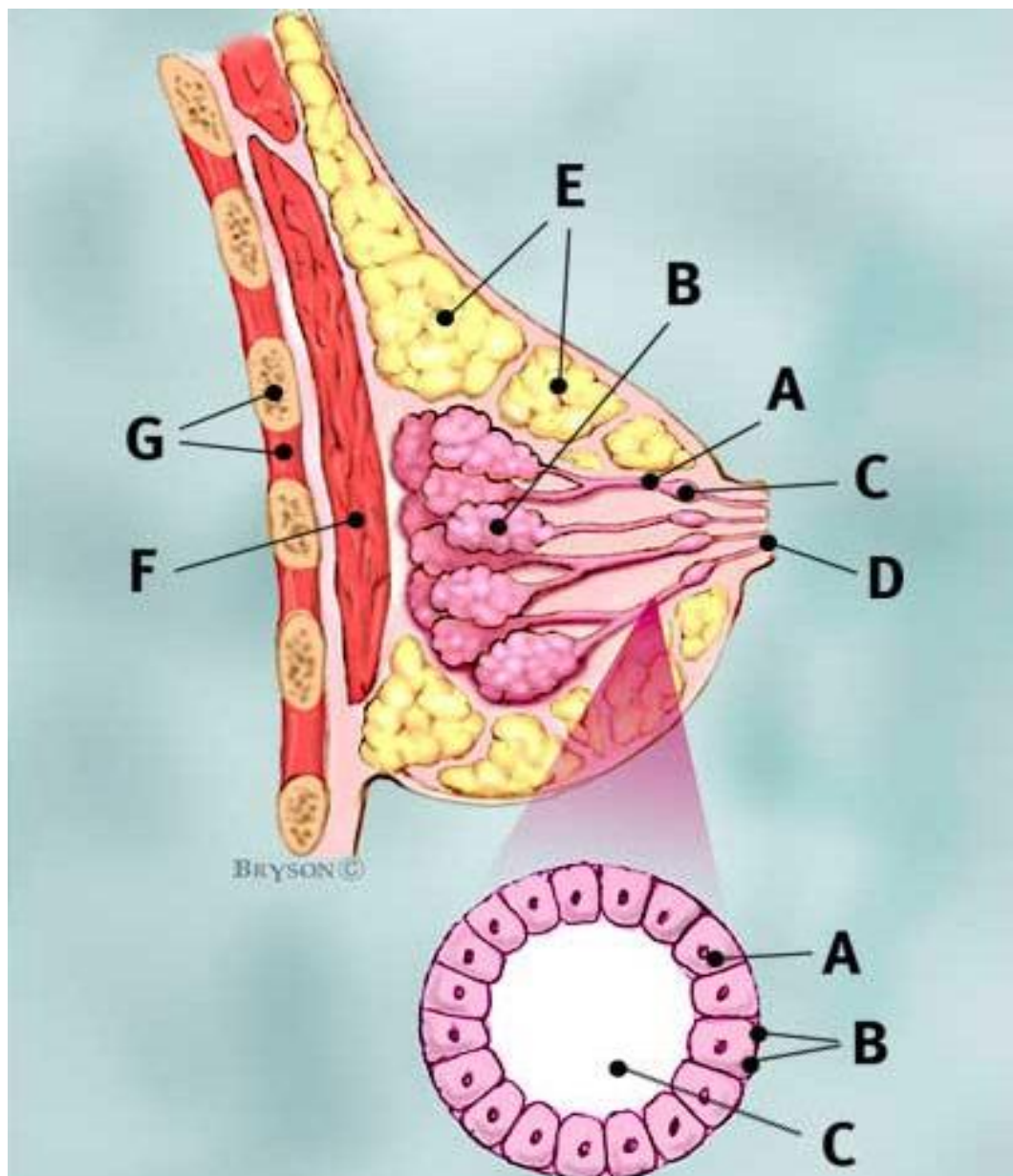
Less commonly, breast cancer can begin in the fatty and fibrous connective tissues of the breast.

THE HUMAN BREAST MADE UP OF:

- **Breast profile:**
 - A Ducts
 - B Lobules
 - C Dilated section of duct to hold milk
 - D Nipple

- E** Fat
- F** Pectoralis major muscle
- G** Chest wall/rib cage

- **Enlargement**
 - A** Normal duct cells
 - B** Basement membrane
 - C** Lumen (centre of duct)



Over time, cancer cells can invade nearby healthy breast tissue and make their way into the underarm lymph nodes, small organs that filter out foreign substances in the body. If cancer cells get into

the lymph nodes, they then have a pathway into other parts of the body.

CAUSES:

UNMODIFIABLE RISK FACTORS

Risk factors you cannot change

1. Gender

Being a woman is main risk factor for developing breast cancer. Women have more breast cells than men, and breast cells are constantly exposed to the growth-promoting effects of the female hormones estrogens and progesterone. Men can develop breast cancer, but this disease is about 100 times more common among women than men

2. Aging

Your risk of developing breast cancer increases with age (55 and above)

3. Genetic risk factors

- About 5% to 10% of breast cancer cases are thought to be hereditary (**BRCA1 and BRCA2 80% more risk**)
- Family history: higher risk in women with blood relatives that have had the disease.
- 1 relative-double risk
- 2 relatives-triple risk

4. Race and ethnicity – Caucasians more affected

5. Menstrual periods – Early start e.g. 12 yr = more risk, your body is exposed to hormones for longer.

6. Previous chest radiation

MODIFIABLE FACTORS:

1. Children or who had their first child after age 30 have a slightly higher breast cancer risk

2. Recent oral contraceptive use

Studies have found that women using oral contraceptives (birth control pills) have a slightly greater risk of breast cancer than women who have never used them

3. Hormone therapy after menopause

4. Alcohol intake

5. Being overweight after menopause

EARLY DETECTION:

1 .CLINICAL BREAST EXAM EVERY YEAR if you are between 20 and 40 yrs

2. MAMMOGRAM YEARLY for women over the age of 40.

3. BREAST SELF EXAM:

By doing the exam regularly, you get to know how your breasts normally look and feel.

If a change occurs, such as development of a lump or swelling, skin irritation or dimpling, nipple pain or retraction (turning **inward**), redness or scaliness of the nipple or breast skin, or a discharge other than breast milk. Should you notice any changes you should see your health care provider as soon as possible for evaluation.

WHAT ARE THE SYMPTOMS OF BREAST CANCER?



1. LUMP(s) in breast /armpit
2. Changes in breast size or shape,
3. skin dimpling,
4. nipple inversion,
5. redness and mild flaking of the nipple skin
6. spontaneous single-nipple discharge
7. pain, swelling, warmth and redness throughout the breast,
8. An orange-peel texture to the skin referred to as *peau d'orange*.

DIAGNOSIS:

1. CLINICAL BREAST EXAM-LUMPS
2. MAMMOGRAM
3. BIOPSY
4. ASPIRATION OR LAVAGE OF FLUID
5. BLOOD TESTS-HORMONE LEVELS
6. TREATMENT FOR BREAST CANCER:

There are 5 basic types of treatment for those diagnosed with breast cancer:

1. SURGERY

LUMPECTOMY-removal of lump and some tissue

PARTIAL MASTECTOMY-removal of part of breast with ca and some tissue around there

SIMPLE MASTECTOMY-removal of breast

RADICAL MASTECTOMY-removal of breast and lymph nodes as well as surrounding tissue

2. Radiation therapy: Radiation therapy is a cancer treatment that uses high-energy x-rays or other types of *radiation* to kill cancer cells or keep them from growing.

3. Chemotherapy: Chemotherapy is a cancer treatment that uses *drugs* to stop the growth of cancer cells, either by killing the cells or by stopping them from dividing.

4. Hormone therapy is a cancer treatment that removes *hormones* or blocks their action and stops cancer cells from growing. Hormones are substances produced by *glands* in the body and circulated in the bloodstream. Some hormones can cause certain cancers to grow

6. Targeted therapy is a type of treatment that uses drugs or other substances to identify and attack specific cancer cells without harming normal cells.

WHAT YOU CAN DO TO PREVENT BREAST CANCER

1. REGULAR SCREENING-yearly mammogram especially after 40
2. SELF BREAST EXAM
3. KEEP PHYSICALLY ACTIVE
4. AVOID HORMONAL THERAPY ESP AFTER 35 YR
5. BREASTFEED FOR AS LONG AS POSSIBLE
6. REDUCE OR TAKE NO ALCOHOL

Important note:

80-90% of breast cancers are curable if caught early, so the importance of screening cannot be over emphasized.

BREAST CANCER

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