

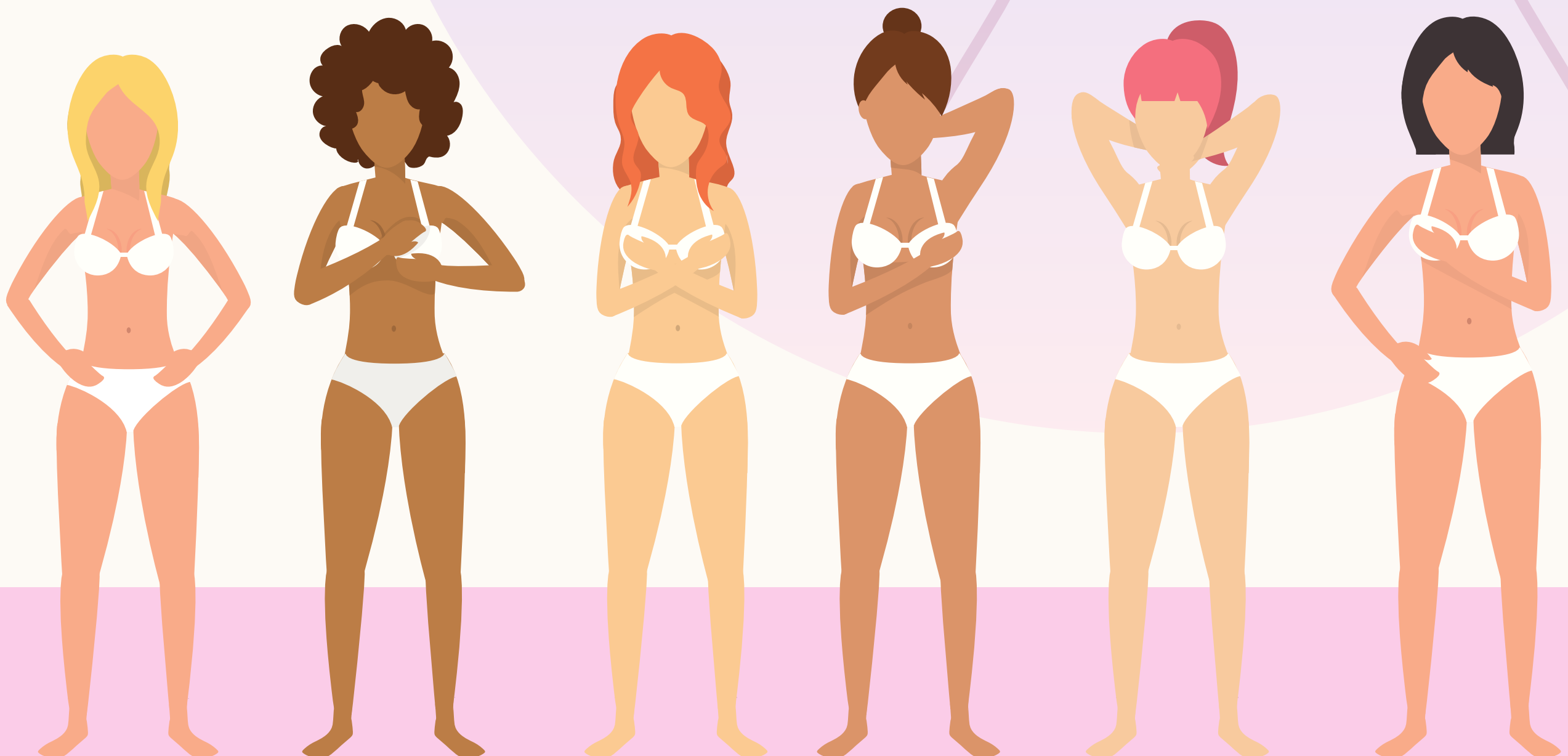


# Breast cancer

Breast cancer is the most common and lethal cancer among women worldwide. 1 in 8 women will develop breast cancer. However, it is possible to screen for breast cancer and detect it in very early stages.

Mammography can detect lesions when it is impossible to see, feel, or even notice any symptoms.

By detecting cancer in 'very early stages', the chances to survive breast cancer increase. Also, early detection will require less aggressive treatment.





## Risk factors

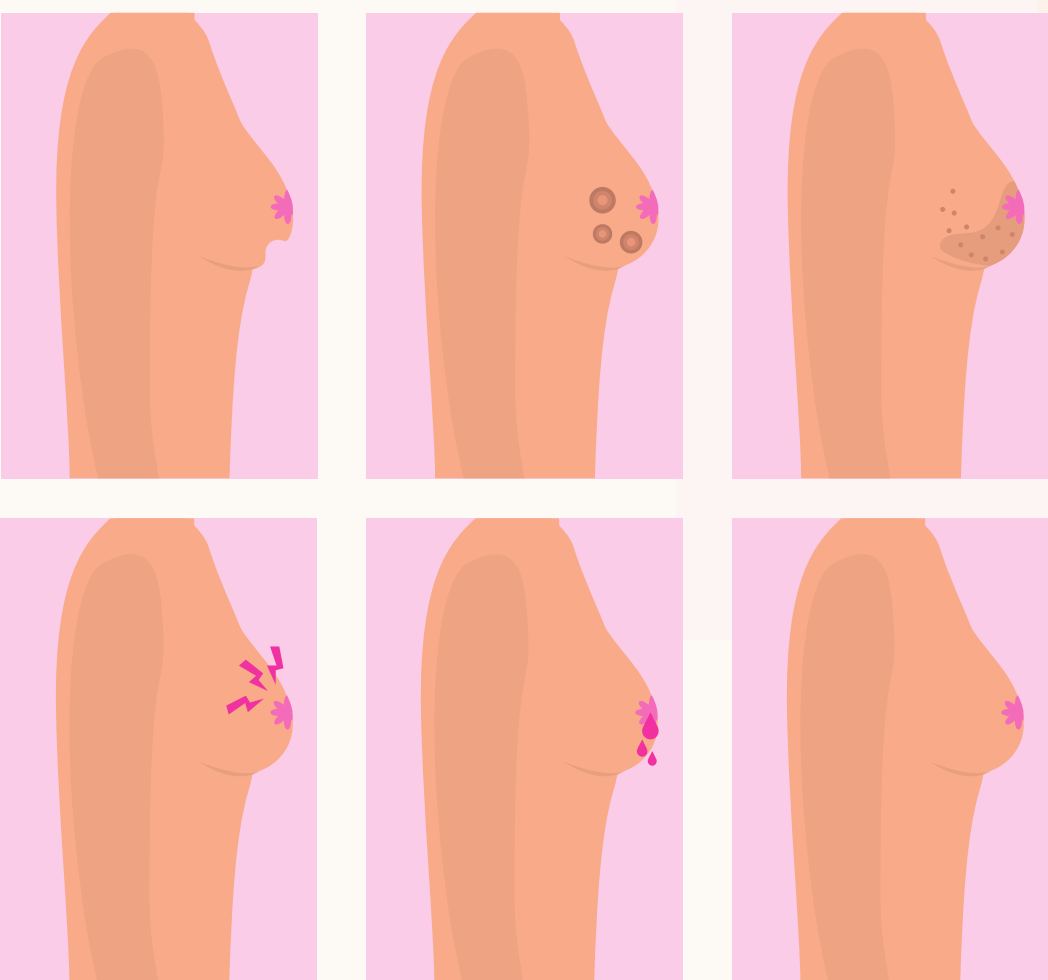
- Females from 50 years and above
- Family history of mother or sister(s) with breast and, or ovarian cancer, or who died from one of them
- Genetic mutations e.g. BRCA 1 and 2
- History of a male relative with breast cancer or who died from it
- Ashkenazi Jewish descendant (Have twice more chance)
- History of breast cancer will increase your chances 3-4 times for recurrence
- Unhealthy lifestyle such as smoking, alcohol abuse, obesity, sedentary lifestyle
- High insulin levels in the blood





# Symptoms

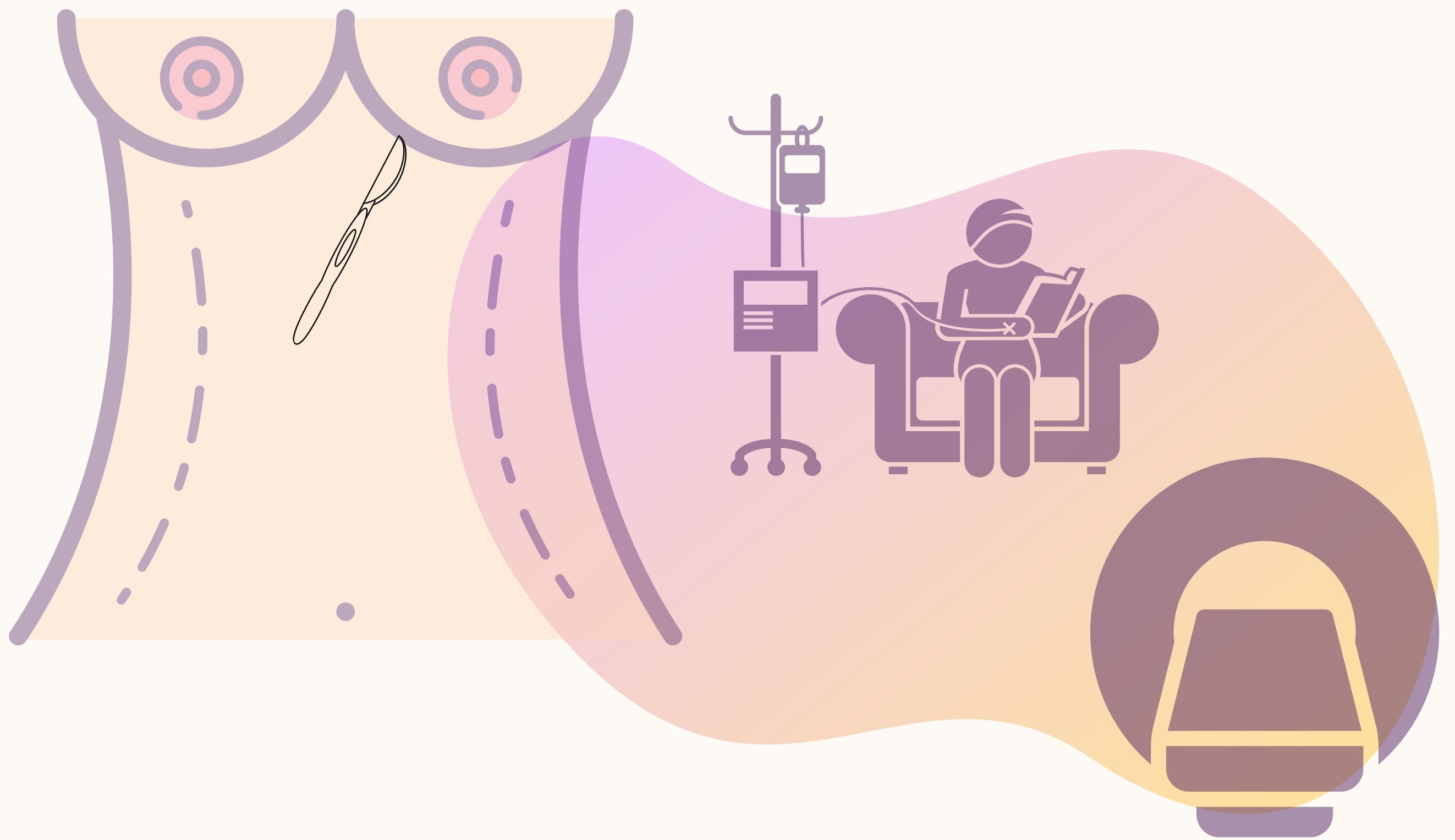
- Skin dimpling
- Change in
  - Color or structure aspects of the skin
  - Size or shape of the breast
  - Form of the nipple, sometimes the nipple can invert
- Blood or other discharge from the nipple
- Newly or unchecked lumps around the armpit and sternum (breastbone)



*Breast  
Cancer*

# Diagnosis

- Imaging by mammography, ultrasound, MRI
- Needle biopsy



## Treatment

- Surgery: partial (Lumpectomy) or total removal of the breast (mastectomy)
- Radiation therapy may follow surgery in order to eradicate all possible remaining tumor cells.

Additional treatments only on indication

- Chemotherapy
- Hormone therapy



# Prevention

**Healthy lifestyle. Avoid risk factors such as smoking, alcohol abuse, sedentary lifestyle, and obesity;**

**Clinical breast examination, by your family practitioner;**

**Monthly self-breast exam.**

Women who are still in the menstrual cycle should preferably do this one week after their period;

**Screening by mammography every two years, starting at the age of 50 till 75 years.**

**People with risk factors should be extra vigilant and discuss screening options at an earlier age with their family practitioner. In case of symptoms or doubts, the family practitioner should be consulted.**

Sources: Medscape, WHO

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