

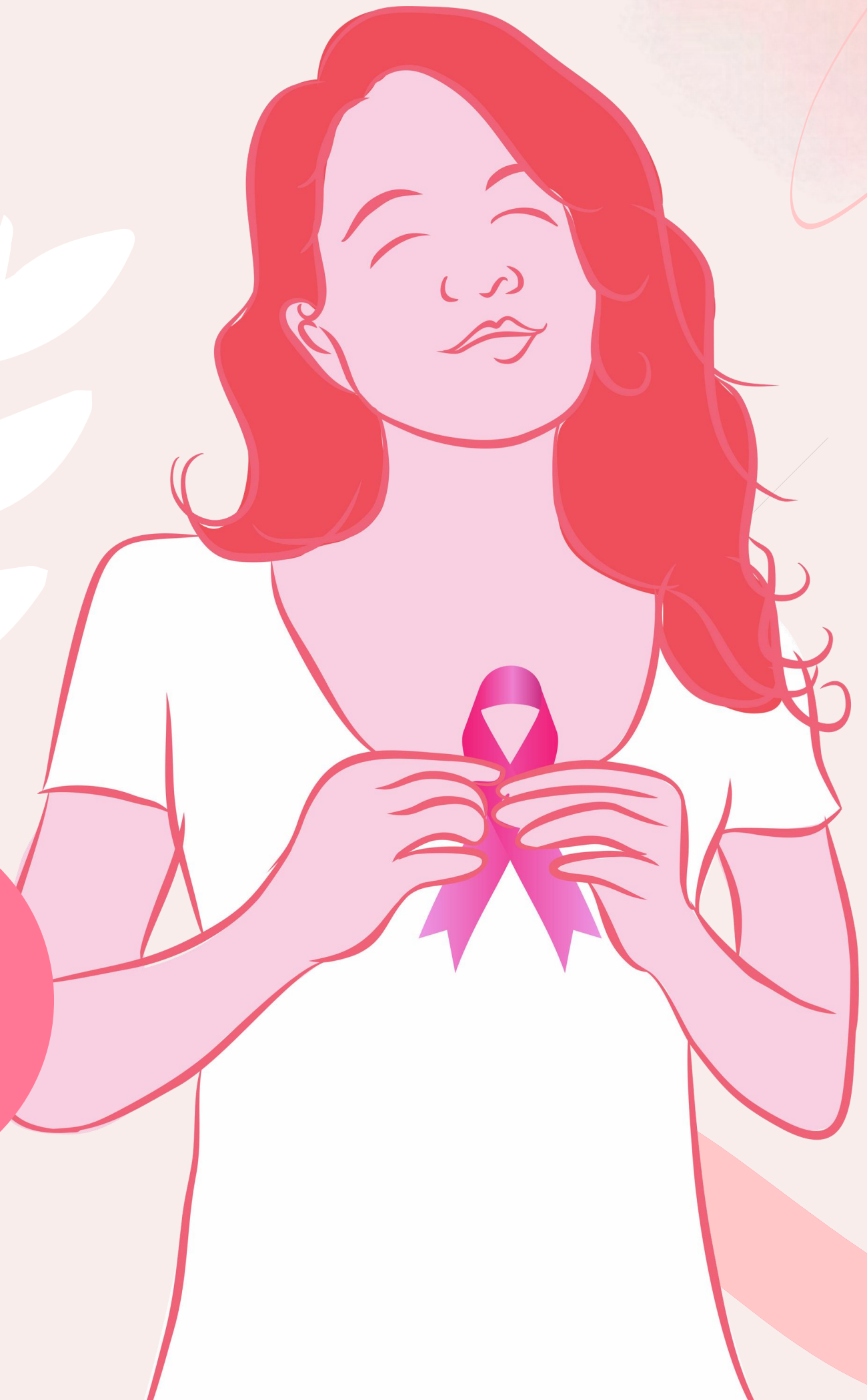
BREAST CANCER

Awareness

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*Together
We Can!*





01 Breast Cancer

I am not here to scare you..

I am here to make you
aware of yourself...



TYPES OF BREAST DISEASES

There are two main types of breast diseases.

- Benign breast diseases
- Malignant breast diseases



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Sign and Symptoms – Benign Disease

About 80% of breast lumps and hence breast diseases are benign in nature.

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A number of conditions other than breast cancer can cause breasts to change in size or feel

Other possible causes of non cancerous breast changes include fibrocystic changes, cysts, fibroadenomas, infections and injuries

If a change hasn't gone away after a month have it evaluated properly.

Mastalgia (Pain in the Breast)

A concern of our most of the young girls.

There are two important types

CYCLICAL : Linked to menstrual cycle

NON CYCLICAL : Commonly occurs in one breast in a localized area causes include trauma, medications, infections, and cancer.

What is Cancer ?

Cancer is a disease in which some of the body's cells grow uncontrollably and spread to other parts of the body.

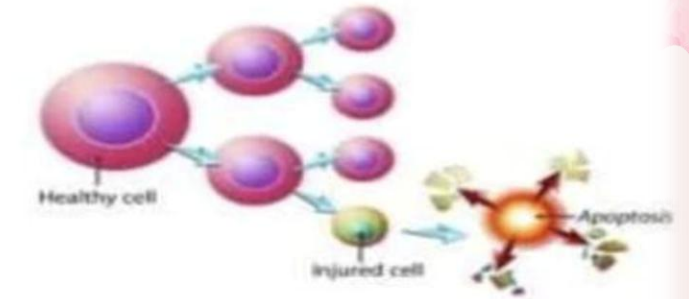
What is Breast Cancer ?

Cancer can develop from:

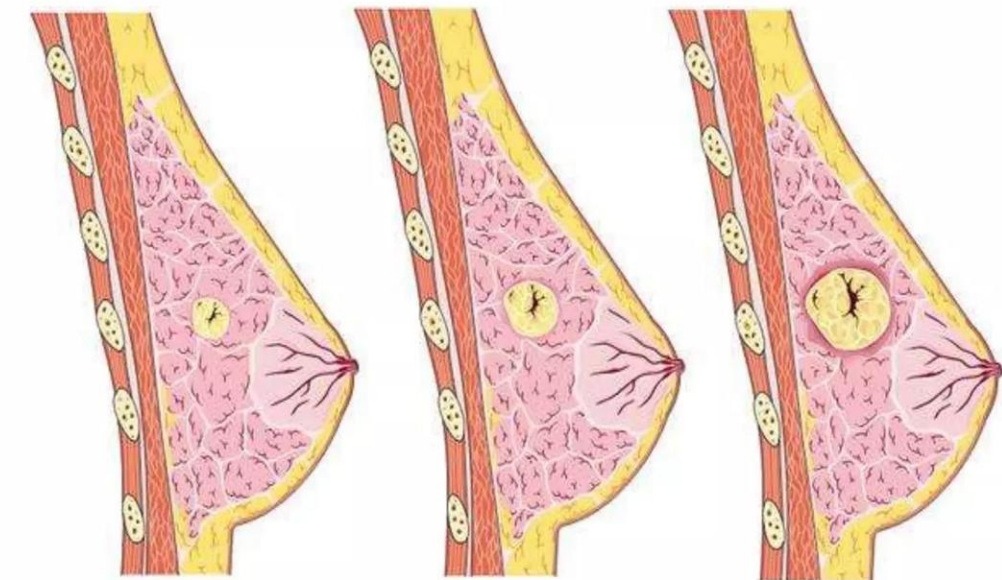
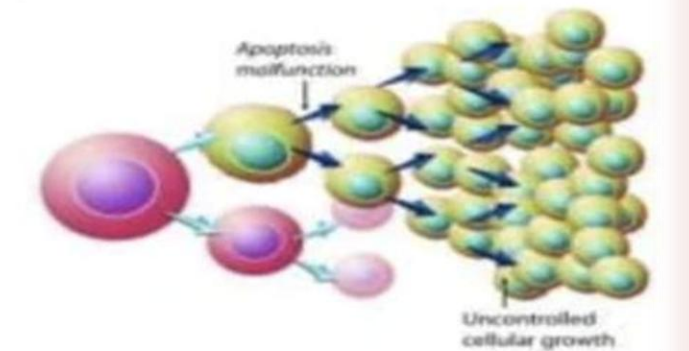
- Milk producing Glands (lobule)
- Ducts or passages that drain milk from lobules to the nipple.
- Ducts or passages that drain milk from lobules to the nipple.
- Cancer can then spread to the underarm lymph nodes (lymph nodes are: small organs that filter out foreign substances in the body).
- Cancer can spread to the rest of the body from here.

Abnormal,
Uncontrollable,
Continuous
replication of cells

Normal Cell Division



Cancer Cell Division



Malignant tumor developed from cells in the breast

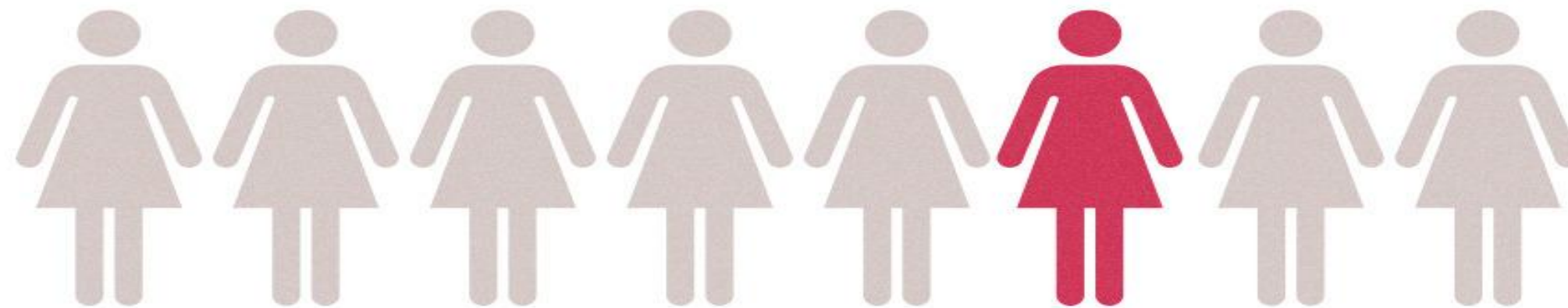
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WOMEN

WILL BE DIAGNOSED WITH

Breast Cancer

IN THEIR LIFETIME



RISK OF DEVELOPING CANCER

UNCONTROLLABLE

- Positive family history
- One or more blood relatives with breast or ovarian cancer
- Genetic predisposition (BRCA 1 or 2)
- Previous history of radiation to chest wall Early menarche (<12yr)
- Late menopause

CONTROLLABLE

- Obesity
- Older age at first live birth / never having children
- Alcohol

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Early Detection



Many Young Girls are unaware of the possibility of developing breast cancer as a young adult

Screening

- Breast self examination
- Clinical breast examination
- Mammogram
- Ultrasound



Breast Self Examination



- Even with the lowered rates of breast cancer, always stay aware of your body.
- A breast self exam is a check-up a woman does at home.
- The best time to do a self breast exam is about 3-5 days after your period starts
- Your breasts are not as tender or lumpy at this time in your monthly cycle.
- If you have gone through menopause, do your exam on the same day every month.

What to look for ?

1

- Painless lump in the breast or in the armpit



- Changes in breast size or shape

2

- Nipple retraction or discharge



3

- Changes in skin texture, such as dimpling, puckering, or Skin that looks like an orange peel.



- Breast pain may also be a symptom as well.

Rare Signs to Be aware of

Inflammatory breast cancer

- Uncommon types of breast cancer
- no distinct lump
- skin become thick, red, and look pitted
- warm or tender with a rash-like look



Inflammatory Breast Cancer





Breast Cancer **SCREENING**

AGE
20+

MONTHLY

Women should be familiar with their breasts and promptly report any changes to a healthcare provider.

AGE
20-40

EVERY 3 YEARS

Breast exam by your physician or practitioner

AGE
40+

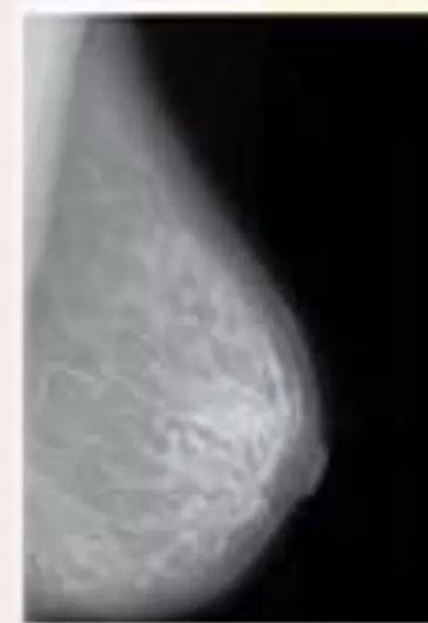
CONSULT MD
ANNUALLY

Mammogram and breast exam by your physician or practitioner

Women should talk with their physicians regularly starting as early as age 25 about their individualized risk for breast cancer, as higher risk women may benefit from genetic counseling or early screening.



Mammogram



Normal
mammogram



Benign cyst
(not cancer)



Cancer

BREAST CANCER MYTHS

"Only women with a family history of breast cancer are at risk".

Roughly 70% of women diagnosed with breast cancer have no identifiable risk factors

"Most breast lumps are cancerous."

80% of breast lumps are benign (noncancerous)

"Breast cancer is non curable."

90% of early stage breast cancers are curable, often with breast conserving treatments

"Only women can get breast cancer."

For every 135 cases of Breast Cancer in women, one man is diagnosed.

"Small-breasted women have less chance of getting breast cancer."

no connection between the size of your breasts and your risk of getting breast cancer.

"Breast cancer always comes in the form of a lump."

A lump may indicate breast cancer, but women should also be on the alert for other kinds of changes that may be signs of cancer.

BREAST CANCER MYTHS

"Having a risk factor-or even several-mean you'll definitely get the disease"

it just increases your chances

"Your father's family history of breast cancer doesn't affect your risk as much as your mother's."

Your father's family history of breast cancer is just as important as your mother's in understanding your risk.

"Wearing antiperspirant increases your risk of getting breast cancer."

90% of early stage breast cancers are curable, often with breast conserving treatments

"Caffeine causes breast cancer."

No causal connection has been found between drinking caffeine and getting breast cancer.

"Annual mammograms expose you to so much radiation that they increase your risk of cancer."

While it's true that radiation is used in mammography, the amount is so small that any associated risks are tiny when compared to the huge preventive benefits reaped from the test.

Things Are Looking Up

Death rates from breast cancer have been declining since about 1990, in part to better due to screening and early detection, increased awareness, and continually improving treatment options.

Breast cancer can be cured if diagnosed Early

Kindly spread the message to your dear ones ...



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Thank you!