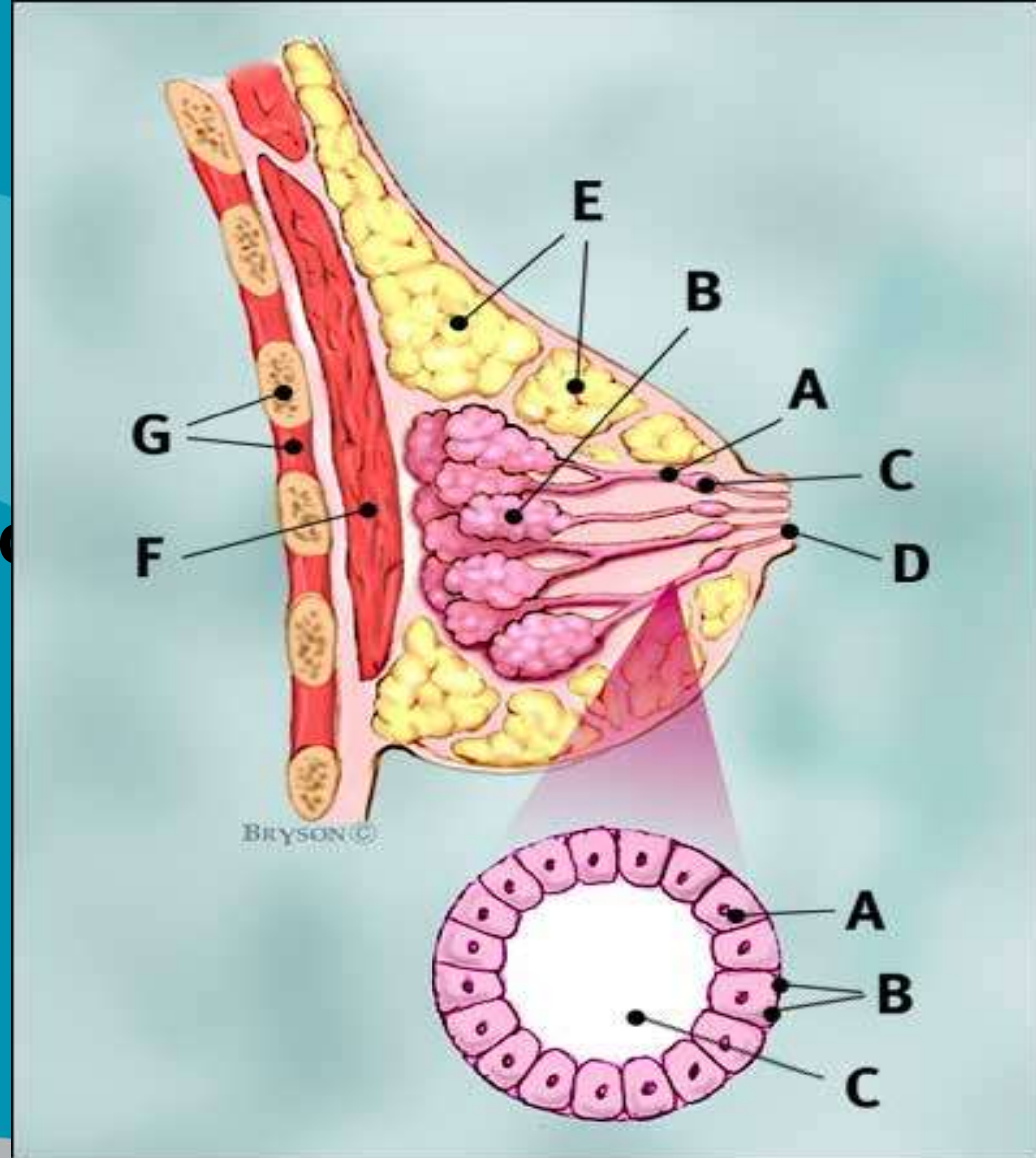


# BREAST CANCER

- **Not a new disease, it is devastating.**
- **It is a visual disease, affecting body image and sexuality**
- **Every woman is at risk**
- **Nine out of ten tumors are benign**
- **Men can also develop Breast cancer**
- **Any lump needs to be examined**



- A-Ducts**
- B-Lobules**
- C-Dilated section of duct to hold milk**
- D-Nipple**
- E-Fat**
- F-Major muscle**
- G-Chest wall/ Rib cage**



## Risk factors

- **Family history: Mother, sister, aunt, grandmother**
- **No children or the first child after the age of 30 years**
- **Early onset of menstruation**
- **Late menopause**
- **Previous history of breast cancer**
- **Obesity**
- **Prolonged use of HRT**



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- **Most prevalent cancer among woman, 1 in every 8**
- **90% of the time a lump is noticed**
- **Regular self examinations essential**
- **A baseline mammogram is recommended for all woman at 35-39 and an annual mammogram after the age of 50**



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# Self Breast Examination

## Breast-

- **Change in size or shape**
- **Dimpling of the skin**
- **Enlarged veins**
- **Lump or thickening**



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# Arm-

- **Swelling of the upper arm**
- **Swelling of the armpit**
- **Any lump or thickening**



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# Nipple-

- **Discharge (very rare)**
- **Rash on the nipple or surrounding area**
- **Inversion of nipples**
- **Lump or thickening**



# Breast self examination or BSE

- **LOOK and FEEL** what is normal for you
- **Record all your observations and mark your calendar for BSE for next month**
- **By the time you feel a lump it is usually 1cm. A cancer tumor this size contains about 100 thousand million cancer cells**
- **Early detection essential for a high cure rate**



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# Diagnosis:

- The doctor will do a breast examination, a chest x-ray and blood tests for general health.

The following tests may be done:

- Mammogram
- Needle biopsy
- Excision



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# Conclusion

- **Every 13 minutes a woman dies of breast cancer somewhere in the world**
- **Leading death cause between ages 15 – 54**
- **has 96% survival rate with early detection**
- **Do the regular self breast examination and beat the cancer before it beats you.**



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