

Breast Cancer

Breast cancer is the leading cause of cancer in women both in developed and developing countries. Early detection remains the primary means to fight breast cancer and improve survival. Many low- and middle-income countries face now a double burden of breast and cervical cancer which represent top cancer killers in women over 30 years old.

1) Who are at Risk?

- ✂ Age – your risk increases as you get older
- ✂ Starting your periods at a younger age (before age 12)
- ✂ Late menopause (over age 55)
- ✂ Older age at first birth or never having given birth
- ✂ A personal history of breast cancer or benign (noncancerous) breast disease
- ✂ Family history of breast cancer, such as mother or sister with breast cancer
- ✂ Environmental and dietary factors

2) Sign and Symptoms

- ✂ Dimpling or puckering of the skin of the breast
- ✂ Change in breast size and shape
- ✂ Any lumps in the breast
- ✂ Any lumps or swelling of the underarm lymph glands
- ✂ Any retraction, bleeding, or secretion from the nipples

3) Prevention

There are ways you can help lower your risk of breast cancer
Recommendations for Cancer Prevention

1. Maintain healthy weight
2. Be physically active for at least 30 minutes every day
3. Avoid sugary drinks. Limit consumption of energy-dense foods
4. Eat more of a variety of vegetables, fruits, whole grains, and pulses such as beans
5. Limit consumption of red meats (such as beef, pork and lamb) and avoid processed meats
6. If consumed at all, limit alcoholic drinks to 2 units for men and 1 unit for women a day
7. Limit consumption of salty foods and foods processed with salt (sodium)
8. Don't use supplements to protect against cancer

5) Screening

Three main tests are used to screen the breasts for cancer

- Mammogram
- Clinical breast exam
- Breast self-exam

- Breast cancer screening means checking a woman's breasts for cancer before there are signs or symptoms of the disease
- Talk to your doctor about which tests are right for you, and when you should have them

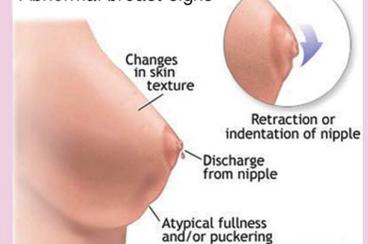
6) Special Population Recommendations

1. It is best for mothers to breastfeed exclusively for up to 6 months and then add other liquids and foods
2. After treatment, cancer survivors should follow the recommendations for cancer prevention.

Who are at Higher Risk?

- ✂ Women whose close relatives suffered from breast cancer
- ✂ Women who have had cancer in one breast

Abnormal breast signs

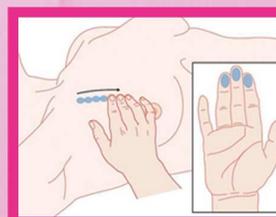


4) Early Detection

There are two early detection methods:

- ✂ Early diagnosis or awareness of early signs and symptoms in symptomatic populations in order to facilitate diagnosis and early treatment
- ✂ Screening that is the systematic application of a screening test in a presumably asymptomatic population. It aims to identify individuals with an abnormality suggestive of cancer.

Self-breast Examination



Screening Mammography

