



Breast Cancer



Breast cancer is a prevalent form of cancer that affects both women and less commonly men. It originates in the breast tissue, usually in the milk ducts or lobules. Understanding the disease and its impact is crucial for early detection and successful treatment and reducing mortality rates.



Breast Cancer in India

Breast cancer is the most common cancer among Indian women, with approximately 1 in 28 women at risk of developing it during their lifetime.



Risk Factors



GENDER



Women are at a higher risk.

AGE



The risk increases with age.

FAMILY HISTORY



A family history of breast cancer can increase your risk.

GENETICS



Mutations in BRCA1 and BRCA2 genes can predispose individuals.

HORMONE REPLACEMENT THERAPY



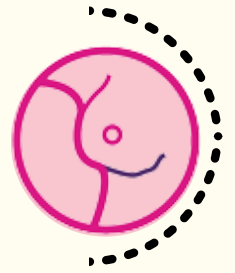
Long-term use may increase risk.

🎀 Signs and Symptoms 🎀



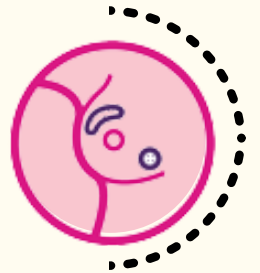
Lump in the breast or underarm

Change in breast size or shape



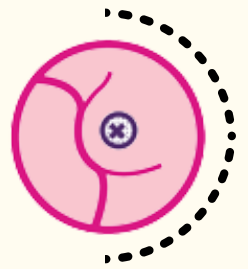
Pain or tenderness, though many lumps are painless

Unexplained skin changes



Nipple discharge (other than breast milk)

Dimpled or reddened skin



🎀 Early Detection and Diagnosis 🎀



Consultation with a Doctor



Ultrasonic research



Mammography, MRI

Early detection can save lives. Regular breast self-exams, clinical breast exams, ultrasounds and mammograms are essential for early diagnosis. Discuss screening options with your healthcare provider.



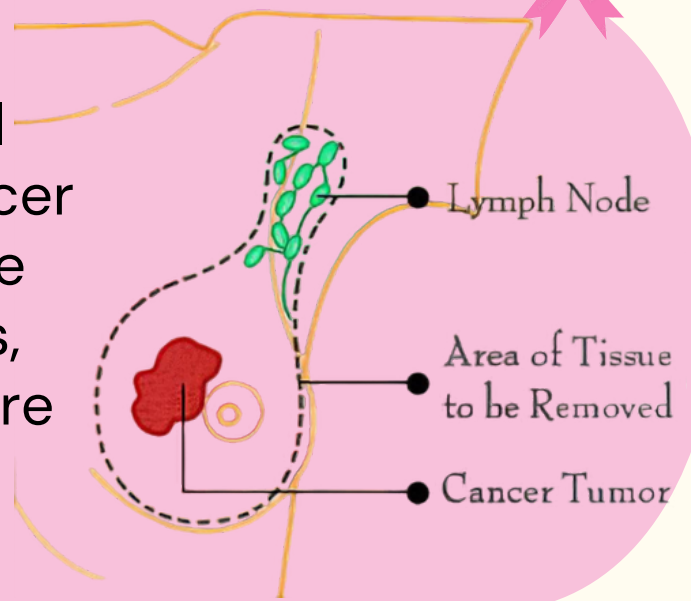
Treatment Options



Treatment depends on the stage and type of breast cancer, biomarkers and your overall health. Your healthcare team will tailor a treatment plan for you. Options include:

SURGERY

Surgery is often the initial treatment for breast cancer and involves removing the tumor and, in some cases, nearby lymph nodes. There are two main types of surgical procedures:



LUMPECTOMY (BREAST-CONSERVING SURGERY)

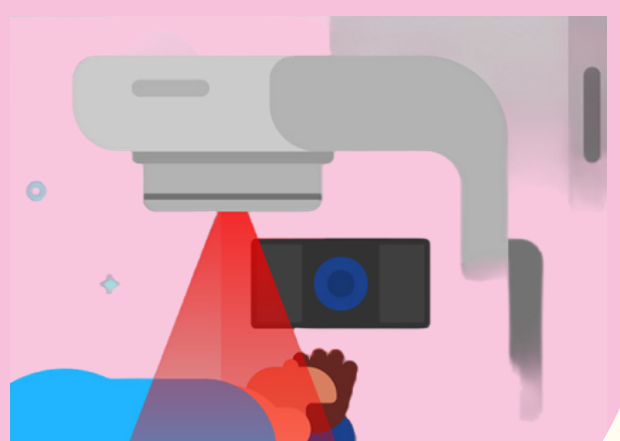
This involves removing only the tumor and a small margin of surrounding tissue, preserving as much of the breast as possible. It is usually recommended for early-stage breast cancer.

MASTECTOMY

A mastectomy is the surgical removal of the entire breast. There are different types of mastectomy, including a simple mastectomy (removal of the breast tissue), a modified radical mastectomy (removal of the breast tissue and some lymph nodes), and a radical mastectomy (removal of the breast tissue, chest muscles, and lymph nodes).

RADIATION THERAPY

Radiation therapy uses high-energy X-rays or other forms of radiation to destroy cancer cells or shrink tumors. It is often recommended after a lumpectomy to reduce the risk of cancer recurrence.





Treatment Options



CHEMOTHERAPY

Chemotherapy involves the use of drugs to kill cancer cells or prevent their growth and is typically administered intravenously. It may be used before or after surgery, depending on the cancer's stage and characteristics.

Chemotherapy can also be used to treat metastatic breast cancer that has spread to other parts of the body.



HORMONE THERAPY

Some breast cancers are hormone receptor-positive, which means they are influenced by hormones like estrogen and progesterone. Hormone therapy aims to block these hormones or their effects on cancer cells.



Hormone therapy

TARGETED THERAPY

Targeted therapy drugs are designed to target specific molecules or proteins involved in cancer growth.



PALLIATIVE CARE

Palliative care focuses on improving the quality of life for patients with advanced or metastatic breast cancer. It addresses pain management, symptom control, emotional support, and overall well-being.



Palliative



Coping and Support



A breast cancer diagnosis can be overwhelming. Seek support from family, friends, or support groups. Mental health is as important as physical health during treatment.



Prevention

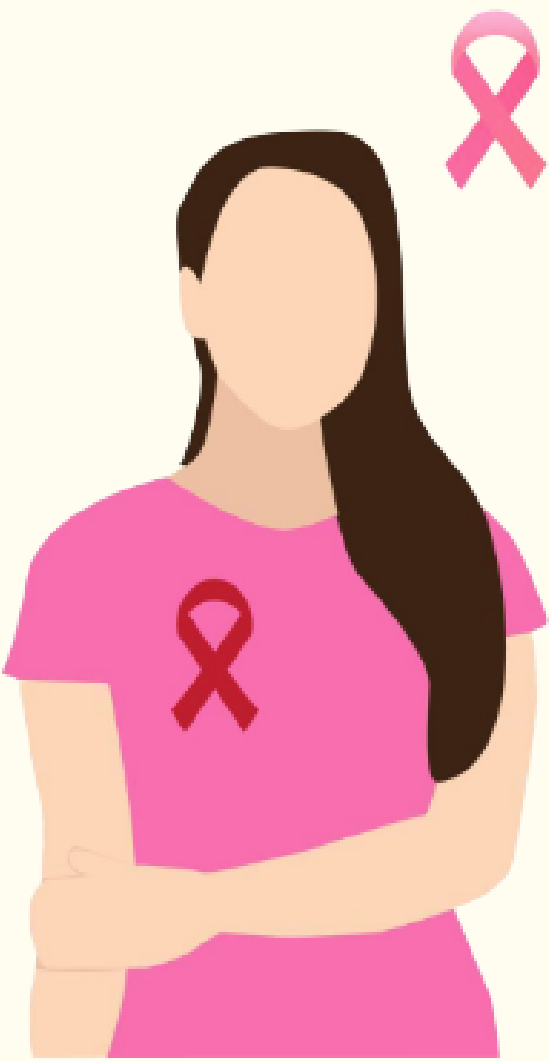
Reduce your risk by maintaining a healthy lifestyle:



Regular exercise



A balanced diet



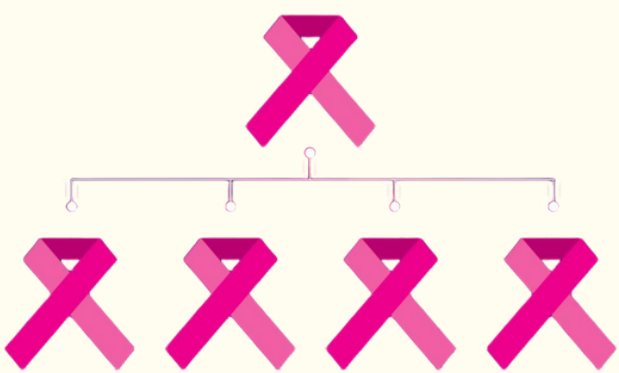
Avoid alcohol consumption



Avoid smoking



Breastfeeding, if possible



Know your family's medical history so you can get screened early

