

# Breast cancer

## Q. *What is breast cancer*

**Breast cancer** is a type of cancer originating from breast tissue, most commonly from the inner lining of the milk ducts or the lobules that supply the ducts with milk.

## Q. *What is cause of breast cancer*

**The cause** of breast cancer **is unknown**. Early detection is the best way of saving lives.

## Q. *Who are the women prone for breast cancer?*

Over the course of a lifetime, 1 in 8 women will be diagnosed with breast cancer.

*Risk factors you cannot change include:*

**Age and gender** -- Your risk of developing breast cancer increases as you get older..

**Family history of breast cancer** -- You may also have a higher risk for breast cancer if you have a close relative who has had breast, uterine, ovarian, or colon cancer.

**Genes** -- Some people have genes that make them more likely to develop breast cancer. Women with one of these defects have up to an 80% chance of getting breast cancer sometime during their life.

**Menstrual cycle** -- Women who got their periods early (before age 12) or continued to have periods even after age 55 have an increased risk for breast cancer

Other risk factors include:

**Alcohol use**

**Childbirth** -- Women who have never had children or who had them only after age 30 have an increased risk for breast cancer.

**Hormone replacement therapy (HRT)** -- You have a higher risk for breast cancer if you have received hormone replacement therapy with estrogen for several years or more.

**Obesity** -- Obesity has been linked to breast cancer,

**Radiation** -- If you received radiation therapy as a child or young

## Q. *What makes one suspicious of breast cancer?*

Early breast cancer usually does not cause symptoms. This is why regular breast exams are important. As the cancer grows, symptoms may include:

[Breast lump](#)

[Change in the size, shape, or feel of the breast or nipple](#)

[Fluid coming from the nipple](#) -- may be bloody, clear to yellow, green, and look like pus

## Q. *What are Symptoms of advanced breast cancer ?*

Bone pain

Breast pain or discomfort

Skin ulcers

Swelling of one arm (next to the breast with cancer)

Weight loss

## Q. HOW TO DO A BREAST SELF-EXAMINATION

**In the Shower** Fingers flat, move gently over every part of each breast. Use your right hand to examine the left breast, left hand for the right breast. Check for any lump, hard knot, or thickening. Carefully observe any changes in your breasts.

**Before a Mirror** Inspect your breasts with your arms at your sides. Next, raise your arms high overhead.

Look for any changes in the contour of each breast, a swelling, a dimpling of the skin, or changes in the nipples. Then rest your palms on your hips and press firmly to flex your chest muscles. Left and right breasts will not exactly match—few women's breasts do.

**Lying Down** Place a pillow under your right shoulder and put your right arm behind your head. With the fingers of your left hand flat, press your right breast gently in small circular motions, moving vertically or in a circular pattern covering the entire breast.

Use light, medium, and firm pressure. Squeeze the nipple; check for discharge and lumps. Repeat these steps for your left breast



Q. *If there is any suspicion of breast cancer to whom I should contact ?*

Cancer surgeon

## Q. *How is breast cancer diagnosed?*

The doctor will ask you about your symptoms and risk factors. Then the doctor will perform a physical exam, which includes both breasts, armpits, and the neck and chest area. Few tests may be advised.

## Q. *What is breast cancer staging?*

Breast cancer stages range from 0 to IV. The higher the staging number, the more advanced the cancer. Staging helps guide future treatment and follow-up and gives you some idea of what to expect in the future.

## Q. *what is breast cancer screening?*

Breast cancer screening refers to testing otherwise-healthy women for breast cancer in an attempt to achieve an earlier diagnosis. The assumption is that early detection will improve outcomes.

## Q. *When should be mammography done*

For the average woman, the U.S. Preventive Services Task Force recommends (2009) mammography every two years in women between the ages of 50 and 74.

## Q. *Can breast cancer be prevented?*

We should try to reduce risk factors if possible. There is role of prophylactic removal of breast in very few cases.