

What is breast cancer?

Cancer is a disease in which cells in the body grow out of control. When cancer starts in the breast, it is called breast cancer.

Many conditions can cause lumps in the breast, including cancer. But most breast lumps are caused by other medical conditions.

The two most common causes of breast lumps are fibrocystic breast condition and cysts. Fibrocystic condition causes noncancerous changes in the breast that can make them lumpy, tender, and sore. Cysts are small fluid-filled sacs that can develop in the breast.



What are the symptoms of breast cancer?

- ◆ New lump in the breast or underarm (armpit).
- ◆ Thickening or swelling of part of the breast.
- ◆ Irritation or dimpling of breast skin.
- ◆ Redness or flaky skin in the nipple area or the breast.
- ◆ Pulling in of the nipple or pain in the nipple area.
- ◆ Nipple discharge other than breast milk
- ◆ Any change in the shape of the breast.
- ◆ Pain in any area of the breast.

Common kinds of breast cancer

Ductal carcinoma- The most common kind of breast cancer. It begins in the cells that line the milk ducts in the breast, also called the lining of the breast ducts.

- ◆ **Ductal carcinoma *in situ* (DCIS).** The abnormal cancer cells are only in the lining of the milk ducts, and have not spread to other tissues in the breast.
- ◆ **Invasive ductal carcinoma.** The abnormal cancer cells break through the ducts and spread into other parts of the breast tissue. Invasive cancer cells can also spread to other parts of the body.

Lobular carcinoma- In this kind of breast cancer, the cancer cells begin in the lobes, or lobules, of the breast. Lobules are the glands that make milk.

- ◆ **Lobular carcinoma *in situ* (LCIS).** The cancer cells are found only in the breast lobules. Lobular carcinoma *in situ*, or LCIS, does not spread to other tissues.
- ◆ **Invasive lobular carcinoma.** Cancer cells spread from the lobules to the breast tissues that are close by. These invasive cancer cells can also spread to other parts of the body.

What can be detected during screening?

Screening allows breast cancers to be detected early, even before they produce symptoms or can be felt. This gives a greater chance that treatment will be successful. This is an important benefit of screening.

Who should have screening?

All women over 50 years are advised to have a breast cancer screening every two years.

Women with a breast prosthesis can also take part in the screening programme. Women with a higher risk of breast cancer may be offered screening at a younger age.

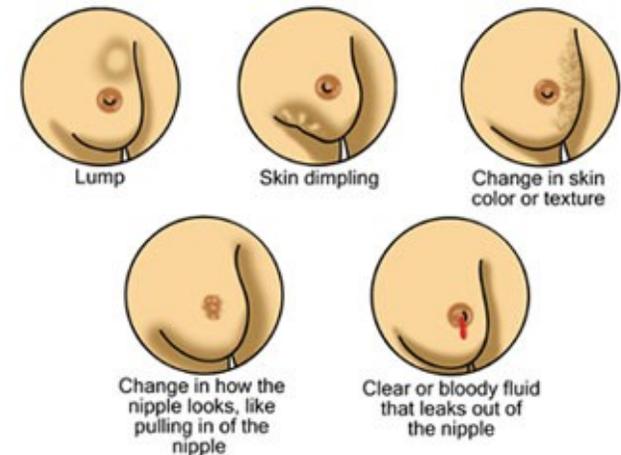
This applies to women who for example have family members with breast or ovary cancer at a young age. If you think that you have a higher-than-average risk of developing breast cancer please arrange an appointment with one of our doctors.

You do not have to partake in the screening program if:

You are being treated by a specialist for an existing breast condition.

If you are in doubt, ask your specialist if you should take part in the screening program.

ILLUSTRATION OF SYMPTOMS OF BREAST CANCER



How is breast cancer treated?

Breast cancer is treated in several ways. It depends on the kind of breast cancer and how far it has spread. People with breast cancer often get more than one kind of treatment.

- ◆ **Surgery**- An operation where doctors cut out cancer tissue.
- ◆ **Chemotherapy**- Using special medicines to shrink or kill the cancer. The drugs can be pills you take or medicines given in your veins, or sometimes both.
- ◆ **Hormonal therapy**- Blocks cancer cells from getting the hormones they need to grow.
- ◆ **Biological therapy**- Works with your body's immune system to help it fight cancer or to control side effects from other cancer treatments.
- ◆ **Radiation therapy**- Using high-energy rays (similar to X-rays) to kill the cancer.



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Breast Cancer



Early detection saves lives
Knowledge is Power!