



HUMAN BODY & HEALTH- ASSIGNMENT(1)

Breast Cancer: Causes, Awareness and Prevention

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Introduction

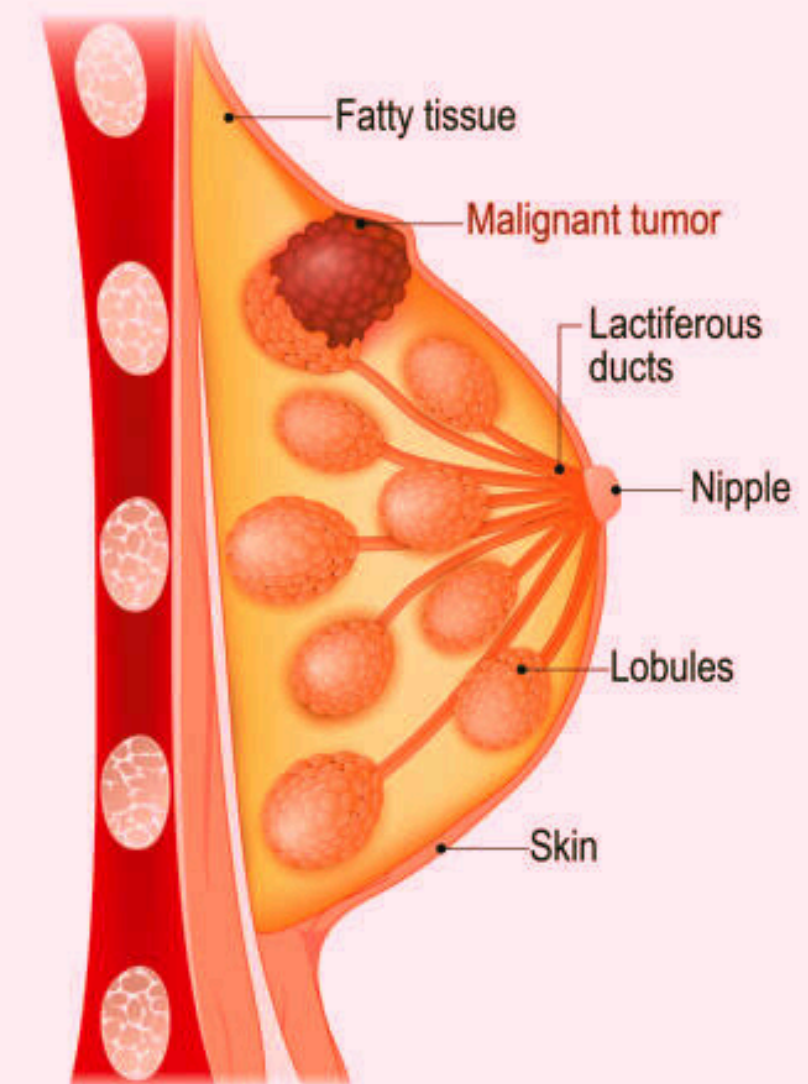
What is Breast Cancer?

Breast cancer is a type of cancer that develops in the cells of the breast.

It usually begins in the ducts or lobules and can spread to other parts of the body if not detected early. It is one of the most common cancers affecting women worldwide.



Breast cancer



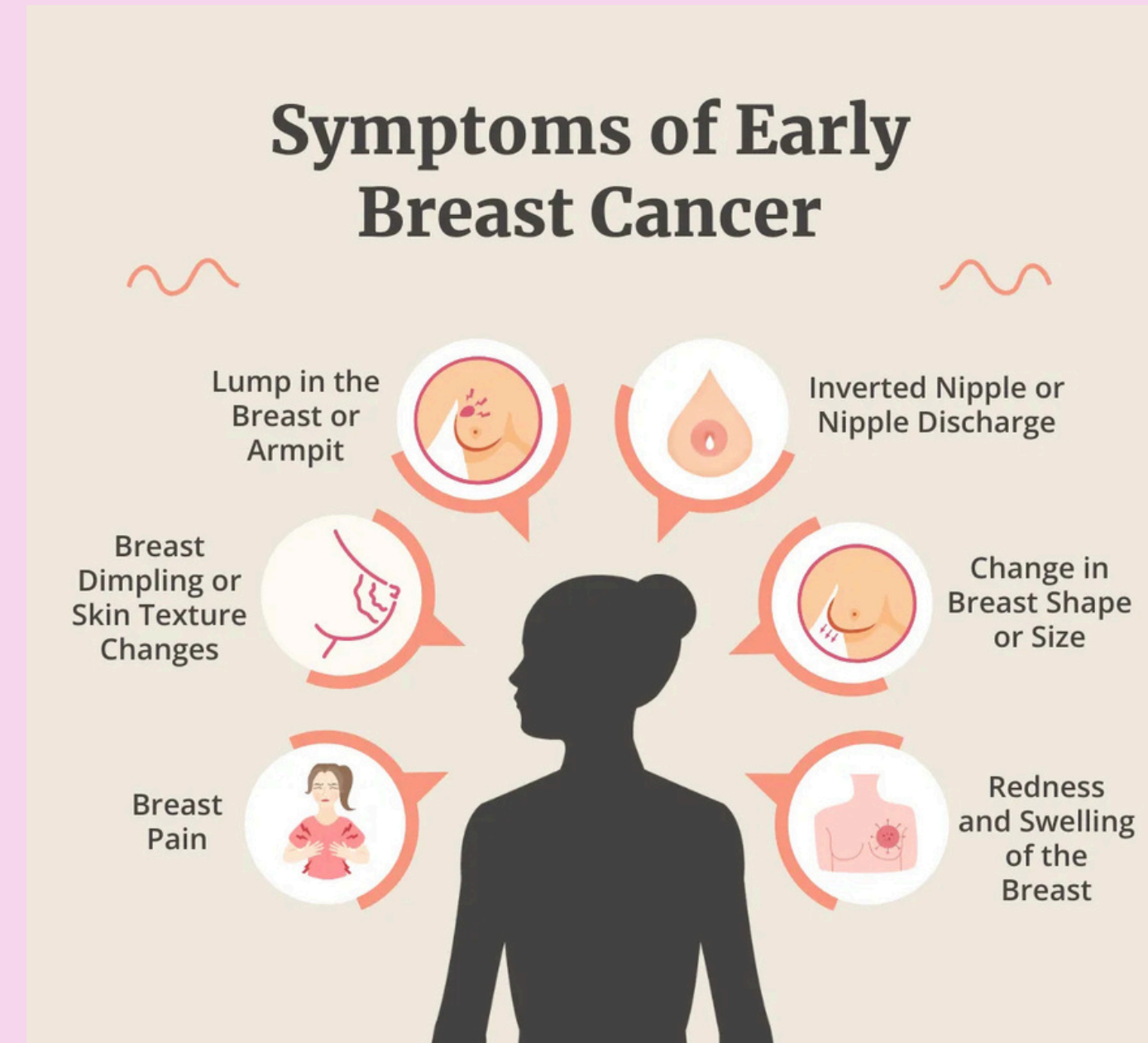
Causes and Risk Factors

- Genetic mutations (BRCA1 and BRCA2 genes)
- Family history of breast cancer
- Hormonal changes and early menstruation
- Late pregnancy or no pregnancy
- Obesity and lack of physical activity
- Alcohol consumption and smoking
- Radiation exposure



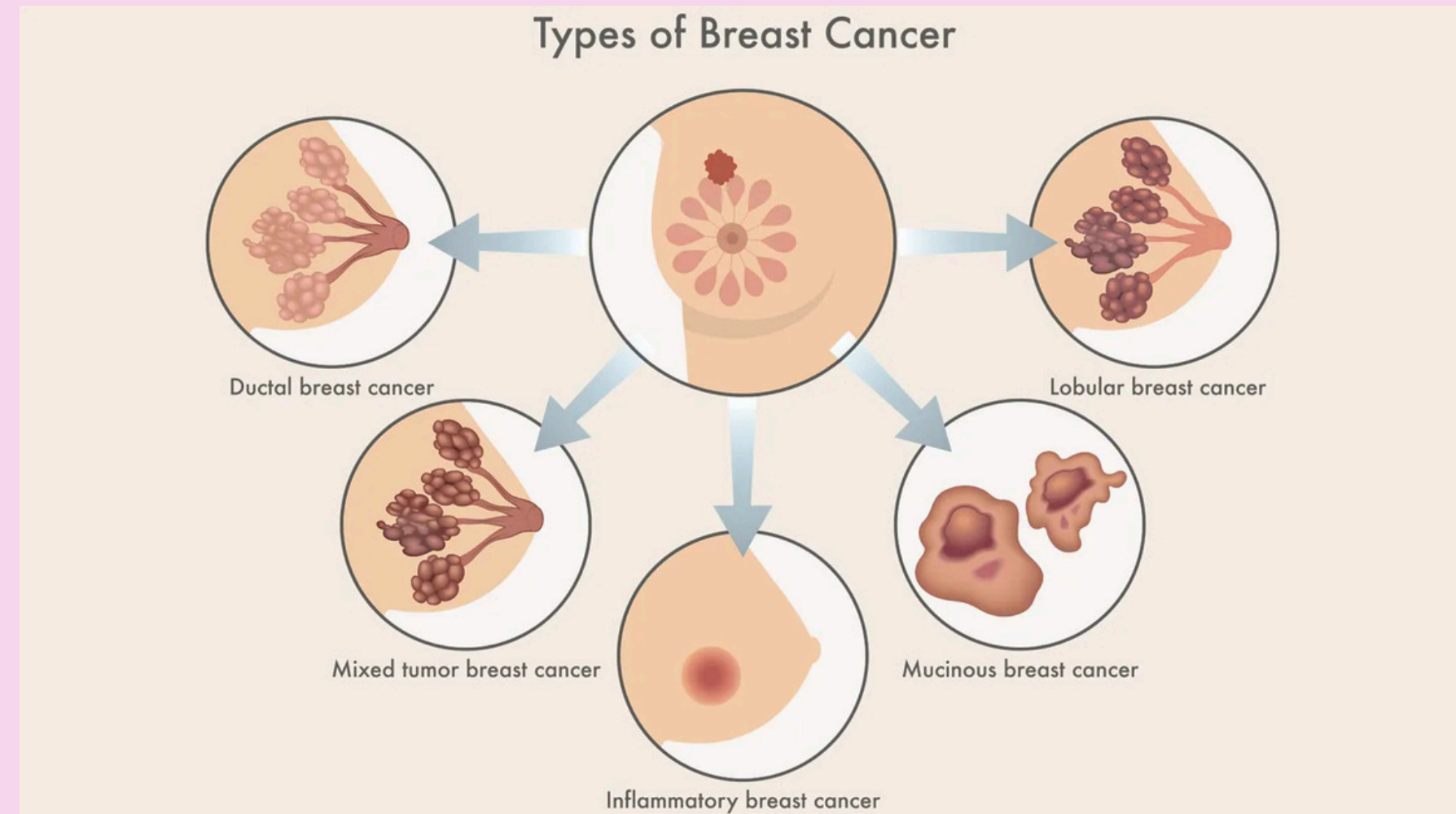
Signs and Symptoms

- A lump or thickening in the breast or underarm area
- Change in the size, shape, or appearance of the breast
- Nipple discharge (sometimes bloody)
- Inverted nipple or nipple pain
- Redness, swelling, or dimpling of the breast skin



Types of Breast Cancer

1. Ductal Carcinoma: Begins in the milk ducts (most common type).
2. Lobular Carcinoma: Starts in the milk-producing glands.
3. Invasive Cancer: Spreads to nearby tissues.
4. Non-Invasive Cancer: Remains confined to ducts or lobules.



Diagnosis

- Self-Examination: Regularly checking for lumps or changes.
- Clinical Breast Exam: Done by a doctor.
- Mammography: X-ray imaging to detect tumors.
- Ultrasound and MRI: To get detailed breast images.
- Biopsy: Confirming cancer by examining tissue samples.



Treatment Options

- Surgery: Removal of tumor (lumpectomy/mastectomy).
- Chemotherapy: Using drugs to kill cancer cells.
- Radiation Therapy: High-energy rays to destroy cancer cells.
- Hormone Therapy: Blocks hormones that promote cancer growth.
- Targeted Therapy: Attacks specific cancer cells without harming normal ones.



Prevention & Early Detection

- Maintain a healthy weight and balanced diet.
- Exercise regularly.
- Avoid smoking and limit alcohol.
- Breastfeed if possible (lowers risk).
- Get regular screening and mammograms after 40 years of age.
- Perform monthly self-breast examination.



Awareness & Support

- October is Breast Cancer Awareness Month.
- Pink Ribbon is the international symbol of breast cancer awareness.
- Many NGOs and hospitals run screening and support programs.
- Early detection saves lives — encourage awareness among women.



Conclusion

Breast cancer can be life-threatening, but early detection and proper treatment can ensure complete recovery.

Awareness, regular check-ups, and a healthy lifestyle are the key to prevention

“Breast cancer is not the end of life — it’s the beginning of the fight for it.” ❤️

*Fight
Cancer!*

Thank You! 🙏

