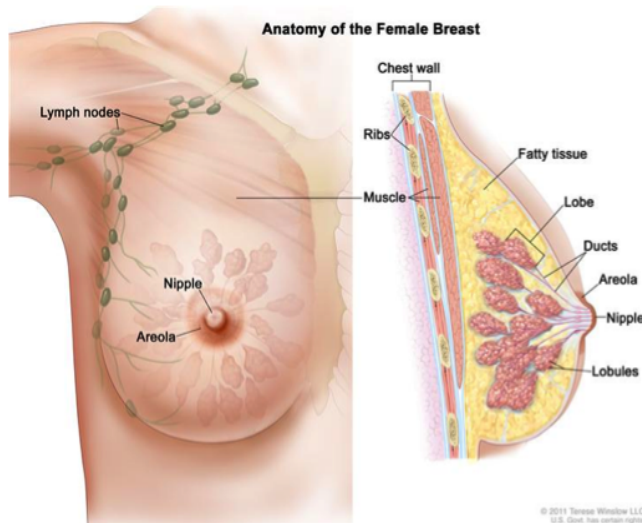




LET'S TALK BREAST CANCER

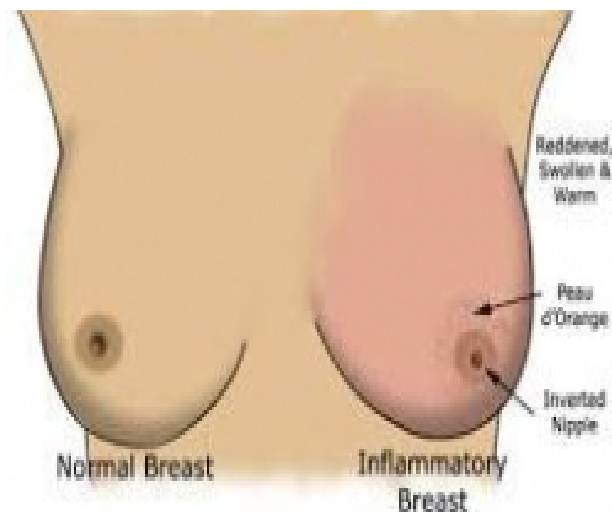
What is a breast?



One of two mammary glands on the chest of a woman that secrete milk after pregnancy

How does a breast affected by Breast Cancer look like as compared to a normal Breast?

NORMAL VS AFFECTED BREAST



FACTS ABOUT BREAST CANCER

Did you know.....

1. Breast Cancer is the 2nd leading cause of cancer death worldwide?

2. 2nd most common cancer in the world?

3. Breast cancer incidence increases with age?

4. All women are at risk of Breast Cancer?

5. 1 in 8 women will be diagnosed with breast cancer in their lifetime?

6. 85% of breast cancers occur in women with family history of breast cancer?

7. Every 13 minutes a woman dies of breast cancer in the world?



Every 13 minutes a woman dies of Breast Cancer

Do you know your Breast cancer risk?

- **Gender:** Females are at a higher risk than males
- **Age :** More than $\frac{3}{4}$ of the cases are diagnosed above 50 years
- Significant **family history** of breast cancer
- **Previous diagnosis** of Breast Cancer
- **Periods** starting **before** the **age of 12**
- **Menopause** later than average age of 52 years
- **First pregnancy** at the age of 30 or older

- **Hormone replacement therapy (HRT):** the type of therapy you take and how long you take it is relevant (the risk reduces over time once you stop)
- **Use of oral contraceptive pill** for a number of years (the risk reduces over time once you stop)

Are there any modifiable risk factors to Breast Cancer?

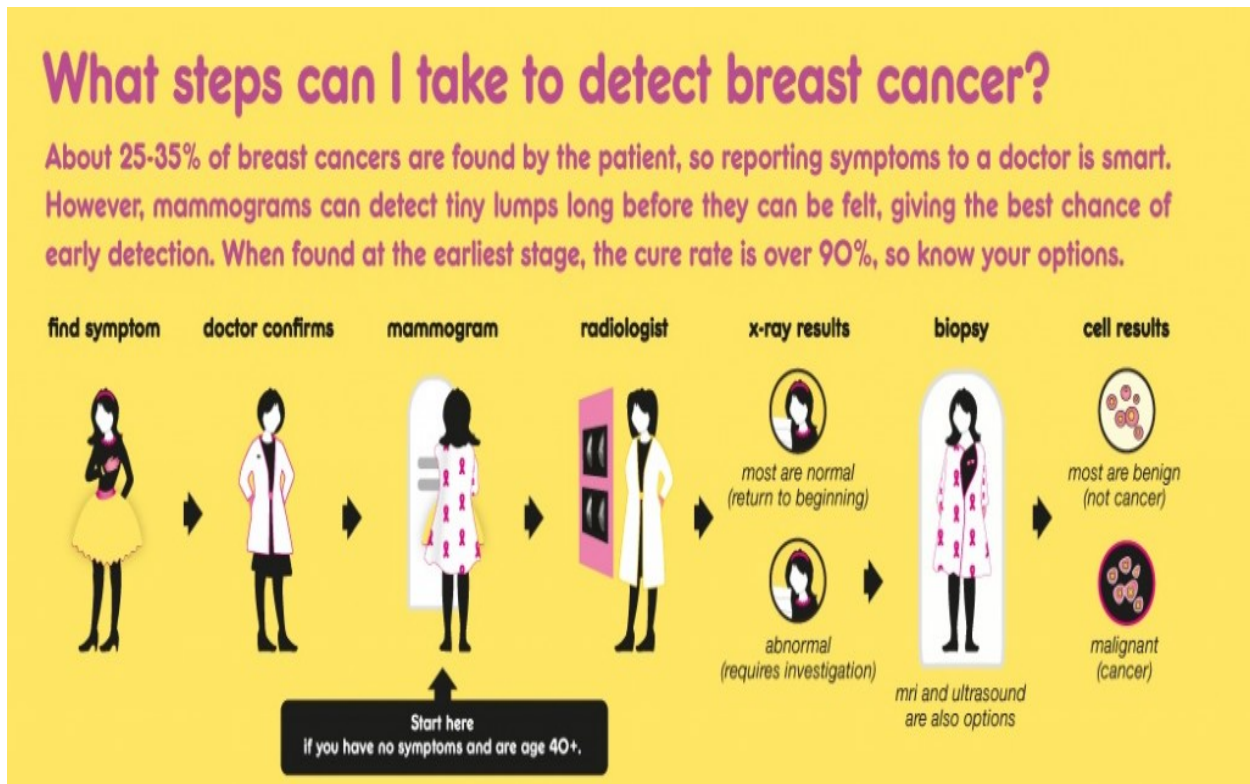
Yes. These are factors that increase the risk of breast cancer but can be controlled.

- Overweight and Obesity
- Physical inactivity
- Poor dietary practices including consuming processed foods high in energy and fat
- Alcohol consumption
- Smoking

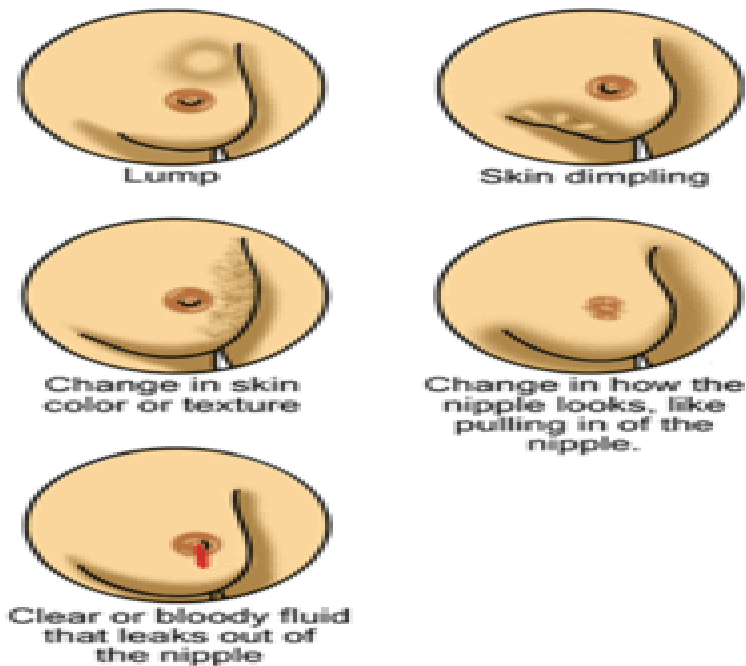
How can I prevent breast Cancer?

- Maintain Healthy weight
- Eat balanced diet limiting intake of saturated fat
- REGULAR exercise
- STOP smoking
- Limit intake of alcohol
- Practice Exclusive Breastfeeding

What Steps Can I take to detect Breast Cancer?



What are the signs and symptoms of Breast Cancer?

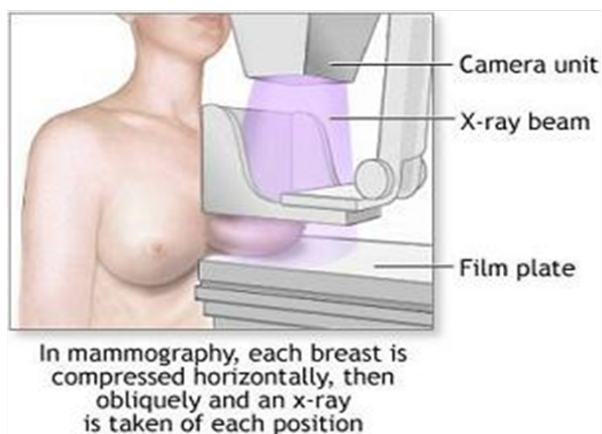


Why Breast Cancer Screening?

- Promotes **early diagnosis**
- Breast cancer Screening is done through;

How is it done?

a) Mammography



What are mammography?



Mamography is the process of using low energy x ray to examine the human breast. This method is used for both screening and diagnosing breast cancer

It helps to detect the breast cancer early through detection of the characteristics of the masses found in the breast.

Mammograms can be used to check for breast cancer in women who have no signs or symptoms of the disease (Screening mammography).

Mammograms can also be used to check for breast cancer after a lump or other sign or symptom of the disease has been found (Diagnostic mammography)

Kindly note that:

- An abnormal mammogram does not necessarily mean that cancer is present, Other tests, including biopsy, may be performed for further clarification of an abnormal mammogram.
- A normal mammogram does not exclude the presence of cancer.

Are Mamograms painful?

Mammography does compress the breasts and can sometimes cause slight discomfort for a very brief period of time. Patients who are sensitive should schedule their mammograms a week after their menstrual cycle so that the breasts are less tender.

What are the benefits of mammography?

Early detection of breast cancer with screening mammography means that treatment can be started earlier in the course of the disease, possibly before it has spread

Who is eligible to go for a mammogram?

It is recommended that women at a higher risk of breast cancer start mammograms at the age of 40 years

Those with a lower risk can start at the age of 50 years rather than 40,

How often should I go for a mammogram?

The frequency should be every two years (instead of annually) through the age of 74.

b) Clinical Breast Exam

Clinical Breast Examination

- Performed by doctor or trained practitioner
- Annually for women over 40yrs
- At least every 3 years for women between 20 and 40 yrs
- More frequent examination for high risk patients



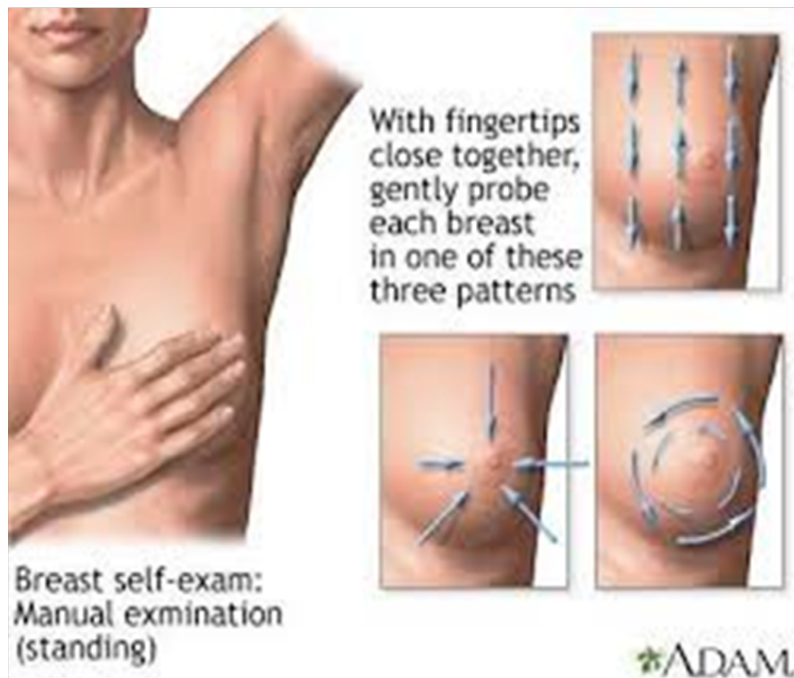
What is a clinical breast exam (CBE)

This is an examination of your breasts by a health professional such as a doctor, nurse practitioner, nurse, or physician assistant.

What happens during a clinical breast exam?

- The doctor will advise you to undress from the waist up.
- The health professional will first look at your breasts for abnormalities in size or shape, or changes in the skin of the breasts or nipples.
- Then, using the pads of the fingers, the examiner will gently feel (palpate) your breasts.
- Special attention will be given to the shape and texture of the breasts, location of any lumps, and whether such lumps are attached to the skin or to deeper tissues.
- The area under both arms will also be examined.

c) Self Breast Exam



Who is eligible to carry out a Breast Self exam?

- Women from the age of 20 years should be aware of how their breasts normally look and feel and report any new breast changes to a health professional as soon as they are found.
- Women who are pregnant or breastfeeding can also choose to examine their breasts regularly.
- Women with breast implants can do also carry out BSE. It may be useful to have the surgeon help identify the edges of the implant so that you know what you are feeling

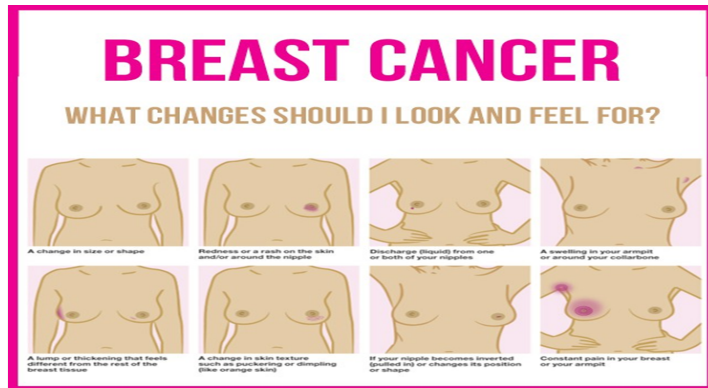
How is the Self Breast Exam done?

Self breast exam can be done in the following positions:

- ***When lying down***-This is recommended because when lying down the breast tissue spreads evenly over the chest wall and is as thin as possible, making it much easier to feel all the breast tissue.
 - Lie down on your back and place your right arm behind your head.
 - Use the finger pads of the 3 middle fingers on your left hand to feel for lumps in the right breast.
 - Use overlapping dime-sized circular motions of the finger pads to feel the breast tissue.
 - Use 3 different levels of pressure to feel all the breast tissue.
 - Light pressure is needed to feel the tissue closest to the skin
 - Medium pressure to feel a little deeper; and firm pressure to feel the tissue closest to the chest and ribs.
 - It is normal to feel a firm ridge in the lower curve of each breast, but you should tell your doctor if you feel anything else out of the ordinary.
 - If you're not sure how hard to press, talk with your doctor or nurse.
 - Use each pressure level to feel the breast tissue before moving on to the next spot.

- Move around the breast in an up and down pattern starting at an imaginary line drawn straight down your side from the underarm and moving across the breast to the middle of the chest bone (sternum or breastbone). Be sure to check the entire breast area going down until you feel only ribs and up to the neck or collar bone (clavicle).
- *Repeat the exam on your left breast, putting your left arm behind your head and using the finger pads of your right hand to do the exam.*
- ***While standing in front of a mirror***
 - *With your hands pressing firmly down on your hips, look at your breasts for any changes of size, shape, contour, or dimpling, or redness or scaliness of the nipple or breast skin.*
 - *Examine each underarm while standing and with your arm only slightly raised so you can easily feel in this area. Raising your arm straight up tightens the tissue in this area and makes it harder to examine.*

What breast changes should you look for when carrying out a self breast exam? Look for any changes in breast tissue, such as changes in size, feeling a palpable lump, dimpling or puckering of the breast, inversion of the nipple, redness or scaliness of the breast skin, redness or scaliness of the nipple/areola area, or discharge of secretions from the nipple.



How often should I do a self breast exam?

- Carry out a self-breast exam once per month
- Women should perform their breast self exam between 7-10 days after their menstrual period
- Women who have reached menopause and are no longer menstruating, should select the same day of the month and mark it on the calendar as are reminder of when to perform this self exam.
- If you discover a persistent lump in your breast or any changes, it is very important that you see a physician immediately.
- All women should know the geography of their own breasts. If having trouble remembering, draw a diagram of where the lumps, bumps, grooves, and other findings are felt so that this can be used as a reminder from month to month.

What are the breast cancer treatment options?

- ✓ *Chemotherapy (Neo adjuvant, adjuvant or palliative chemotherapy)*
- ✓ *Radiotherapy*

- ✓ *Surgery(mastectomy)*
- ✓ *Hormonal therapy*
- ✓ *Other targeted therapies-Nutrition management*

N/B: The type of treatment will be prescribed by the oncologist based on the stage of the cancer and the risk factors

Is mastectomy a better treatment for breast cancer than lumpectomy?

- Women who choose lumpectomy and radiation can expect the same chance of survival as those who choose mastectomy.
- The advantage of lumpectomy is that it saves the appearance of the breast. A disadvantage is the need for several weeks of radiation therapy after surgery.
- Some women who have a mastectomy will still need radiation therapy.
- When considering mastectomy, consider how you feel about losing your breast and whether you want to undergo additional surgery to reconstruct your breast.
- In determining the preference for lumpectomy or mastectomy, be sure to get all the facts. Though you may have a gut feeling for mastectomy to "take it all out as quickly as possible," the fact is that doing so does not provide any better chance of long term survival or a better outcome from treatment in most cases.

What is the impact of stress after breast cancer diagnosis?

Research has shown that stress and traumatic events can lower the immune system hence the cancerous cells get ground to reproduce more with altered immune system. Reducing stress levels improves the quality of life of the patient.

What are the side effects of tamoxifen?

Tamoxifen is medicine that is very effective in preventing the recurrence of estrogen receptor-positive breast cancer.

The most common are menopausal symptoms including hot flashes, vaginal dryness, low libido (sex drive), mood swings and nausea.

Tamoxifen may also cause non-cancerous changes in the uterus. In some women, it may increase the risk of blood clots or endometrial cancer (cancer in the lining of the uterus).

Each woman's risk factors are different. Discuss your medical history with your doctor.

What should I eat after breast cancer diagnosis?

It is important to consume a balanced diet rich in; carbohydrates, proteins, vitamins and minerals.

However consume high energy dense and fat foods in moderation.

The following tips will guide you;

- Increase intake of fruits, vegetables and whole grains
- Consume a variety of foods
- Decrease fat intake and sugar dense fluids
- Minimise the intake of processed, cured, pickled and smoked foods

- Achieve and maintain healthy weight
- Engage in at least 30 mins of physical activity on a daily basis
- Do not Smoke
- Consume alcohol in moderation or if possible limit the intake of alcohol
- Do not consume supplements unless prescribed by nutritionists
- Always consult a nutritionist before trying any new diets

Why is it important to Join a support group?

A problem shared is a problem half solved.

A support group is a group of cancer survivors and their caregivers. The group members meet to share their experiences, discuss issues affecting them and help each other find a solution to problems.

An expert is always invited during the meeting to educate the members on some of the Dos and Don'ts after diagnosis.

It is important to meet other survivors as this gives hope to you, some of the issues you are going through will be addressed. It will also give you an opportunity to learn more about managing the disease and also create a difference in other survivors' life.