

# Overview: Understanding Breast Cancer and Prevention



In this report, we delve into the essential facts and data surrounding breast cancer, aiming to create awareness and empower individuals with the knowledge to reduce their risk. We break down the numbers, highlight key factors, and provide practical insights on preventing and detecting breast cancer early. We aim to make this information available to educate readers on the importance of proactive health measures. Together, let's explore the realities of breast cancer and discover steps we can take to minimize its impact on our lives.

## The Definition of Breast Cancer:

Breast cancer is a type of cancer that originates in the cells of the breast. It occurs when these cells grow uncontrollably, forming a lump or mass. This cancer can start in different parts of the breast, like the milk ducts or glands.

Breast cancer can affect both women and, more rarely, men. Early detection through regular screenings is crucial for successful treatment. Understanding the definition of breast cancer is the first step in promoting awareness and adopting preventive measures.

Medicals say that **"1 in every 8 women is susceptible to breast cancer."** and Breast Cancer is the most common type of cancer among women.

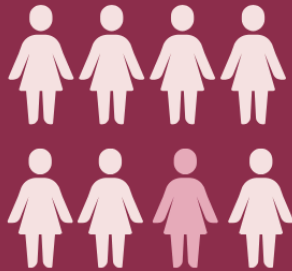


## Facts about Breast Cancer



### 1 of 8 Womens

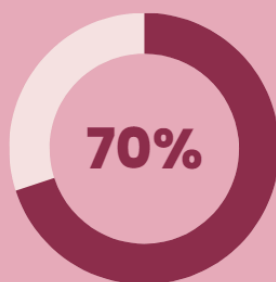
is susceptible to breast cancer



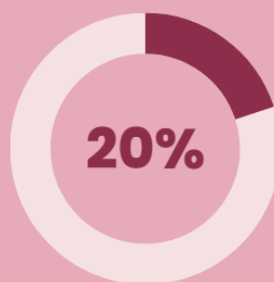
## What could cause Breast Cancer?

More than 70% of the cases have no clear cause, with a small percentage attributed to genetic mutations. Risk factors for developing this disease include being female, advancing age, family history of breast and ovarian cancer, exposure to high levels of estrogen hormone, exposure to high-dose radiation, a medical history of breast cancer, first pregnancy after the age of thirty, avoiding natural breastfeeding, lack of physical activity, alcohol consumption, obesity, and the use of alternative hormones.

### Causes of Breast Cancer



And more, Without a clear cause



Due to oher causes



Due to genetic mutations or hereditary factors

## How to prevent Breast Cancer?

Protective and proactive factors against breast cancer include early and regular detection, regular exercise, spreading knowledge about the disease, and raising awareness. Early detection steps include self-examination, clinical examination, and mammography.

**Self-examination** should start at the age of twenty or the onset of puberty, with monthly checks or a week after the end of the menstrual cycle.

**Clinical breast examination** is recommended in the presence of any changes and at the age of forty, repeating annually. Between the ages of twenty and forty, it should be repeated every three years.

**Mammography** is recommended at the age of forty, and all women should undergo it annually. If there is a family medical history, you should start mammograms about ten years earlier.

## Death and recovery %:

Thank god that the percentage of Breast Cancer is relatively high.

In 2020, 2 million cases were diagnosed, with 685 deaths. The importance of early diagnosis of Breast Cancer is **crucial**, as it has four stages and a recovery rate of up to 95% for patients in the first stage. And in later stages, the rates decreased to 75%. this indicates the importance of periodical checks to stay healthy.



## How to prevent it?

Reducing the risk of developing this disease for those with a family history involves preventive breast removal. A notable example is Angelina Jolie, who underwent this procedure due to the prevalence of breast cancer in her aunt, mother, and sister. It is emphasized that early detection is a risk reduction measure. See the photo below it has a lot of tips to avoid this serious disease.

**Stay healthy!**

