

Breast Cancer: Prevalence, Prevention and Treatment

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ABSTRACT

Breast cancer is the leading cause of cancer-related deaths in women. Prevention of breast cancer is on large move by government of India. This review presents a guidelines for mothers for prevention and self - examination of breast for early detection of breast cancer.

Introduction

The burden of breast cancer.

Breast cancer is the most common cancer in women worldwide. In 2018, more than 200,000 new cases of breast cancer were diagnosed globally, accounting for 11.6% of all cancers. Breast cancer is also the leading cause of cancer-related deaths in women.

Globok 2018 reported 111 million cancer deaths and 0.78 million cancer deaths in India. The most common cancer in India (14% overall) is cancer.

According to data released by the National Center for Disease Informatics and Research (NCDIR), out of 49,674 people diagnosed with cancer in Odisha, the Indian Council of Medical Research (ICMR) In 2016, 25,035 people died of the deadly disease, according to the institute. In Odisha, there are daily deaths due to cancer, with about 84 people dying every hour in the country.

An estimated 7,32,921 people died of cancer in the country in 2016. Odisha recorded 47,666 incidents in 2015 out of which 24,019 died and out of 45,736 incidents, 23,043 died in 2014. Added about 2,000 new cases.

Breast cancer prevention

Breast cancer can be prevented if certain risk factors are avoided. Some risk factors include smoking, being overweight, and physical inactivity.

Prevention by modifying lifestyle risk factors.

1. Maintain body mass index
2. Regular exercise
3. Stop smoking and alcohol abuse
4. Breastfeed the baby
5. Avoid radiation exposure if not necessary. Avoid genetic testing.

If a woman has a family history of breast cancer (such as a mother, sister, or daughter with breast cancer), she may have a genetic test for BRCA1 and BRCA2 gene mutations. Even so, a copy of a mutated gene does not necessarily mean that she will definitely get breast cancer. If the genetic test is positive, it may require genetic counseling and medical advice.

Screening:

The purpose of the screening is to identify people with a particular cancer or pre-cancerous abnormality who have not received any symptoms so that they can be referred immediately for diagnosis and treatment.

The choice of screening programs is effective for selected types of cancer when appropriate screening is used, implemented effectively and when quality assurance is ensured.

Breast Self-Examination (BSE): One should have a clear idea of what breasts normally look like. If anyone notices a change in shape, size or consistency, seek medical advice immediately. The BSE recommends that women over the age of 20 be screened for early signs of breast cancer.

Self-examination of the breast Adult women are advised to have a self-examination of the breast at least once a month.

Here are some guidelines for breast self-examination:

This is to be done at the same time of the month as breast tissue is affected by normal hormonal fluctuations in a woman's body. Therefore, it is important to choose the same time each month so that the woman can differentiate between the usual change and something that feels different.

Pre-menopausal women are advised to get checked at the end of menstruation. At the end of the menstrual cycle, hormonal changes have the least effect on the breast tissue, and the breasts are less tender.

Postmenopausal women are advised to choose one day each month and have their breasts examined on the same day each month.

Breast self-examination steps:

Step 1: a Before the mirror, examine the breasts with the shoulders straight and the shoulders standing; the breasts should be observed so that they are aware of the size, shape and color.

If you notice changes in your breasts, note and tell your doctor, including: Dumpling, bumping, or bulging skin, a nipple that is inverted or has changed position, redness, rash, or swelling or soreness. -

Step 2: MS arms will be raised and the same changes will be found in the breasts

Step 3: Squeeze the nipple gently and consult a doctor if both or both nipples have watery, milky, yellow, or bloody fluid.

Step 4: Use the left hand down and the right hand to feel the left breast. Use the left hand to feel the right side and straighten and place the first 3 fingers together, making sure there is light pressure under the skin and light pressure under the tissue, o the tissue in the middle of the breast. For medium pressure o Strong pressure down to the deep tissue behind the breast up to the ribs; use a circular motion about a quarter the size to examine the entire breast. Feel the whole breast from top to bottom and On the other hand, use a pattern equivalent to losing a lawn to ensure that no space is missed. Start with the collarbone and extend to the upper abdomen and armpits.

Step 5: Stand or sit to examine the breasts (examining the breasts in the shower with wet hands and breasts can make it easier to notice the abnormalities) get straight and win the fingers for the first time

Conclusion

Information on breastfeeding is most prevalent among Indian mothers. In the early months, prenatal counseling on breastfeeding and permanent guidance remains constant and can be improved . All mothers know that breast milk is good for their baby. However, the biggest problem is their anxiety about the abundance of breast milk.

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