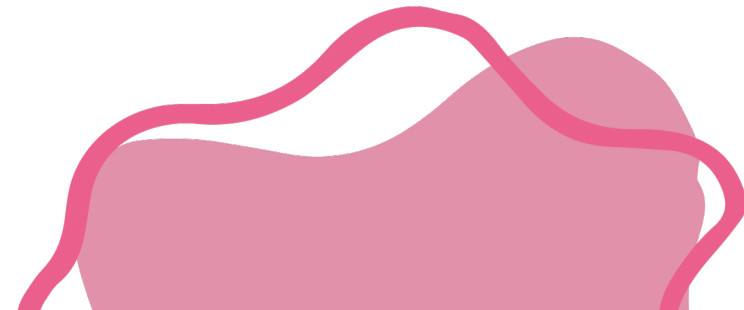




# Early Detection of Breast Cancer

# What is breast cancer?

- Breast cancer is a malignant tumor that forms in the breast cells. It is the most common cancer among women all over the world. Breast cancer is the most
- common type of cancer and the most significant cause of death among women in the United Arab Emirates.
- 



# Breast cancer awareness:

Outstanding support for breast cancer awareness has significantly helped in the diagnosis and treatment of breast cancer. Breast cancer survival rates have increased, while mortality rates of the disease have decreased due to many factors; the most significant of which is early detection of breast cancer.



# Symptoms:

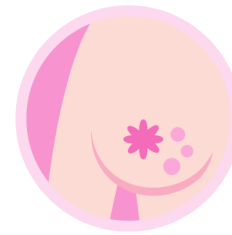
Signs and symptoms of breast cancer may include:



Newly formed retracted nipple



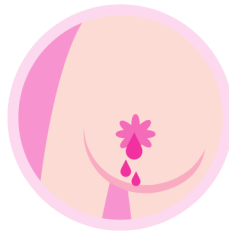
A change in the skin of the breast or around the nipple



A change in size, shape or appearance of the breast



Breast mass



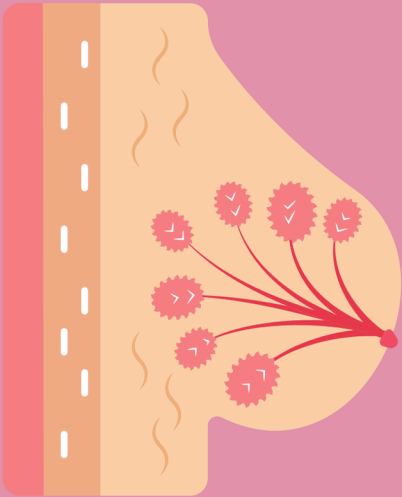
Secretions from the nipple



Redness or dimpling of the breast skin, like the skin of an orange

# How does breast cancer develop?

- Breast cancer occurs when some cells in the breast start to grow abnormally.
- These cells divide more rapidly than healthy cells and continue to accumulate, forming a mass or tumor. The cells may spread (metastasize) through the breast to the lymph nodes or to other parts of the body.



# Risk factors

A breast cancer risk factor is any factor that makes a woman more likely to develop breast cancer. However, having one or more of breast cancer risk factors doesn't necessarily mean having breast cancer. Many women with breast cancer have no known risk factors other than being women.



# Risk factors



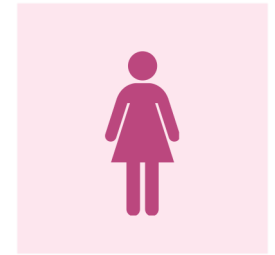
Having a mutation in the inherited breast cancer genes



Positive family history (having mother or sister with breast cancer)



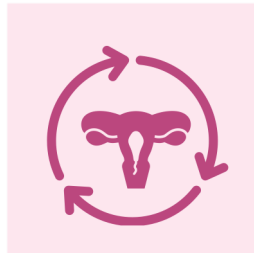
With age, the incidence is higher



It affects women more than men



Not having children or having the first child at a late age



Precocious puberty (before the age of 12) and late menopause (over 55 years old)

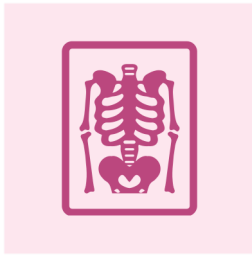


Positive family history of any other malignant tumor, such as ovarian cancer



Positive personal history of breast or ovarian cancer

# Risk factors



Recurrent exposure to  
X-ray



Women who had radiotherapy  
to the chest (including breast)  
before the age of 30



Long-term use of  
hormone replacement  
therapy after menopause



Smoking and  
alcoholic beverages



The extreme density of  
the breast

# Early detection of breast cancer

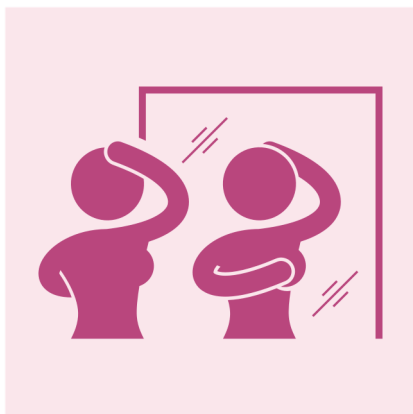
Early detection of breast cancer and thus early treatment is the best available method to reduce the number of deaths and increase the number of survivors of the disease.

The earlier the disease is detected, the greater the chances of survival and recovery from the disease.



# Methods of early detection of breast cancer

Screening tests of early detection of breast cancer include:



Breast self-examination



Starting from the  
age of 20



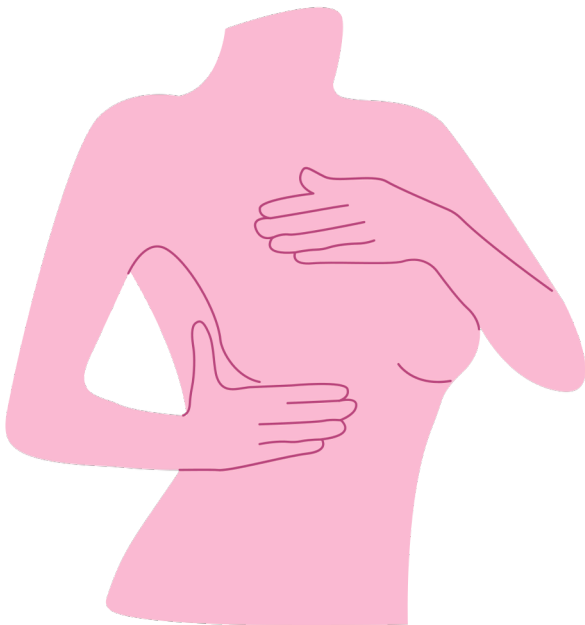
Mammogram



Every 2 years, starting at  
the age of 40

# Breast self-examination

- It's a monthly breast examination at the end of each menstrual cycle (6 – 10 days starting from the first day of the period), or once at the beginning of each month for those who have stopped menstruating.

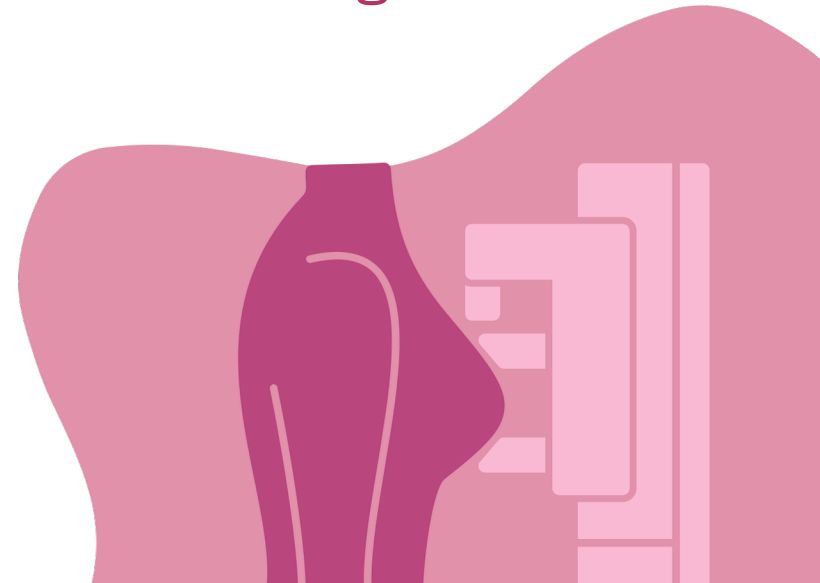


# Breast self-examination

- The aim of breast self-examination is to find out what are the normal features of the breast and to note any abnormal changes. It's a simple test that doesn't take a long time.
- Breast self-examination doesn't replace a mammogram. Self-examination is a complement to breast cancer screening, but it's not a substitute.

# Mammogram

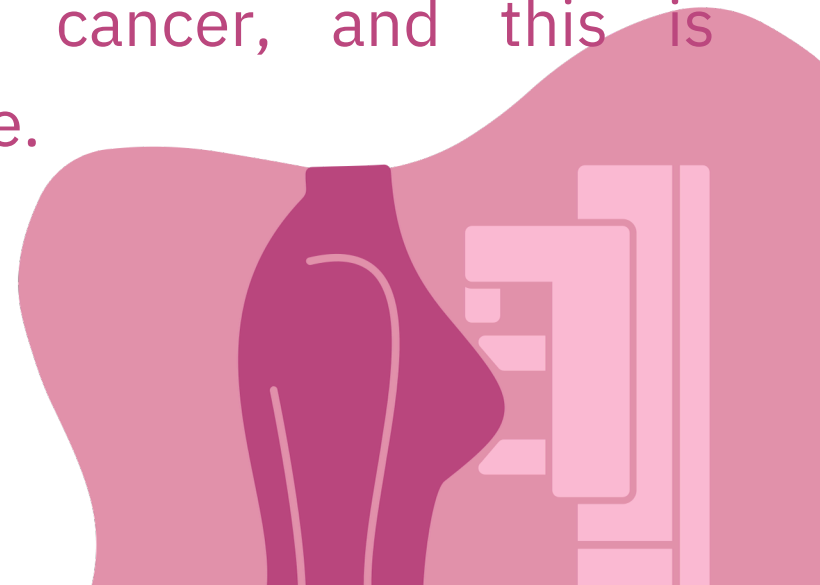
- A mammogram is an X-ray examination of the breast, and it's the most accurate method for early detection of breast cancer.
- With a mammogram, breast cancer can be detected before noticing any problems in the breast, as it can detect cancer when it's small and easily treatable without losing the breast.



# Mammogram

## When mammogram is recommended?

- Starting from the age of 40 and over, once every 2 years.
- Before the age of forty, it's recommended to conduct the examination once a year for women who have a family history of breast or ovarian cancer, and this is determined according to the case.



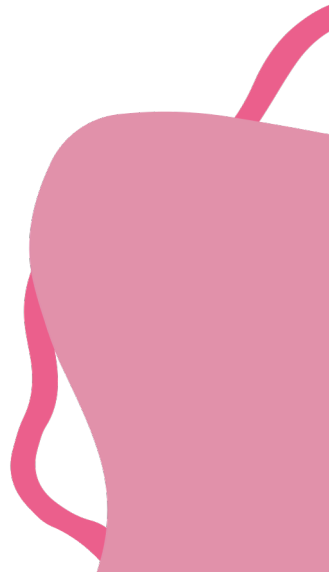
# Treatment

- There are different methods for treatment of breast cancer according to type, stage, grade, size and spread of breast cancer. Most women have breast cancer surgery, and many
- also receive additional treatments such as chemotherapy, hormonal therapy or radiotherapy. Chemotherapy may also be used before surgery in certain cases.



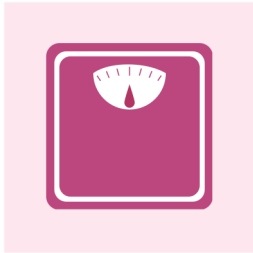
# Treatment

- The earlier the disease is diagnosed, the easier the treatment. The survival rate is very high, estimated at 98%.
- The treatment is according to each case.



# Prevention of breast cancer

There are some preventive factors that may help in decreasing the risk of the disease, as follows:



Avoid being overweight and maintain an appropriate body weight



Breastfeeding



Having your first child before the age of 30



Maintaining an optimal level of vitamin D in blood



Regular physical exercise (3 – 4 hours weekly or 30 minutes daily)

# Prevention of breast cancer

Preventive healthy nutrition (special foods that are antioxidant and preventive against cancer) such as:



Avoid alcohol



Choose foods with low caloric content



Eat 4 – 5 servings of vegetables, fruits and other plant sources such as whole grains and legumes



Reduce the intake of fat and fast food



Reduce the intake of processed meat

# Protect yourself with early detection