Breast Cancer

Kundaria Cancer Prevention Foundation

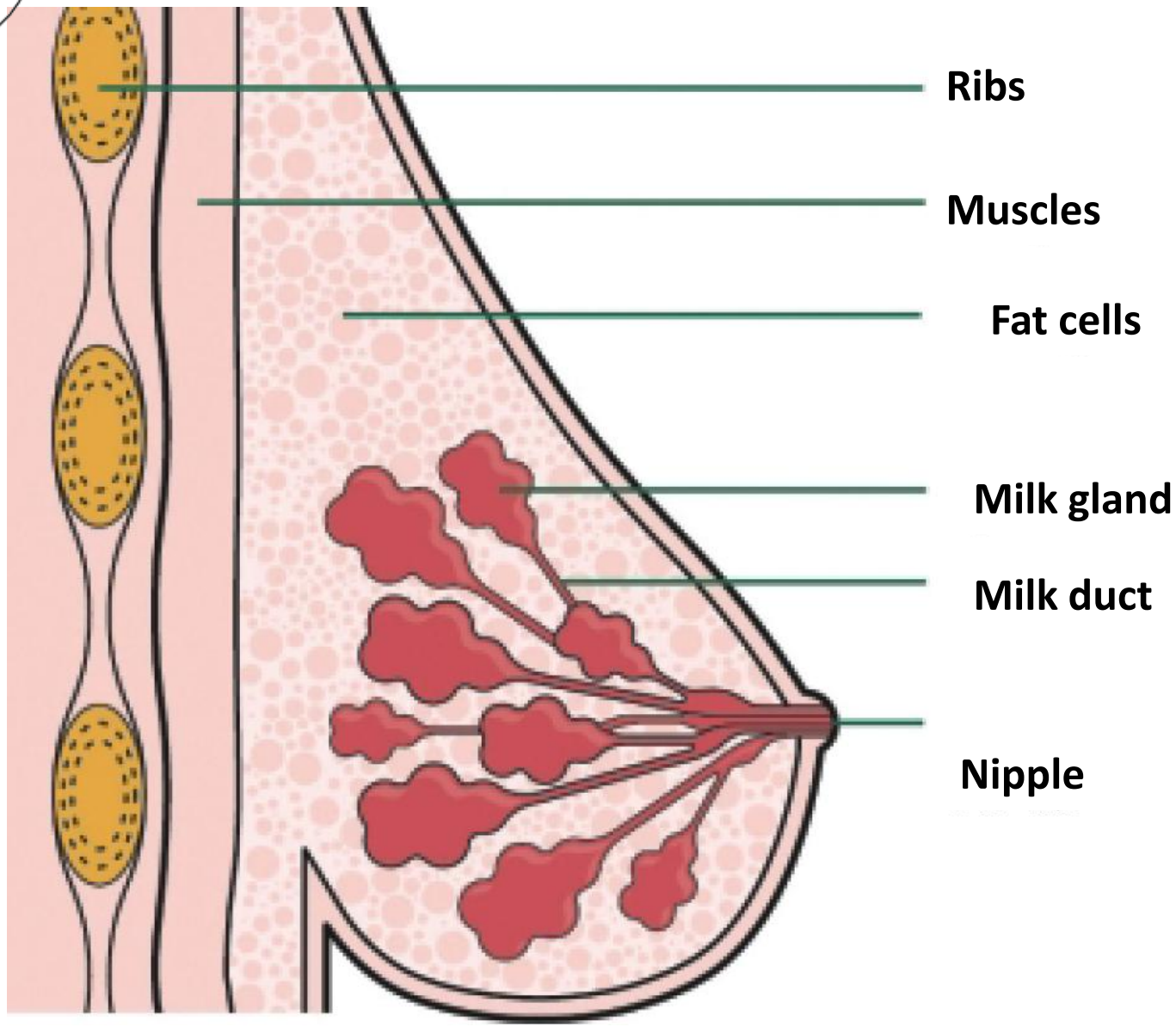
Division of Rajkot Cancer Society

Breast Cancer

- Breast cancer is the most common cancer found in Indian women.
- In 2018, there were 1,62,468 new cases of breast cancer and 89,090 deaths in India.
- Women living in cities have a higher risk of breast cancer than women living in rural areas.

What is breast cancer?

- Breast cancer is a malignant tumor that begins in the cells of the breast, which is capable of invading other organs of the body.
- Breast cancer can happen to both male and female, but common among females.

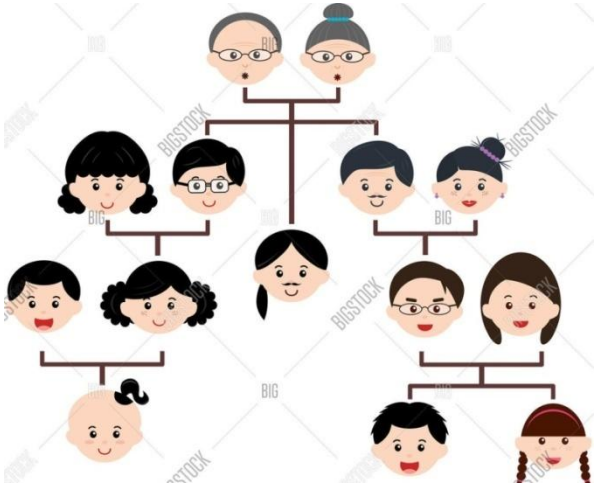

Ribs
Muscles
Fat cells
Milk gland
Milk duct
Nipple

Risk Factors

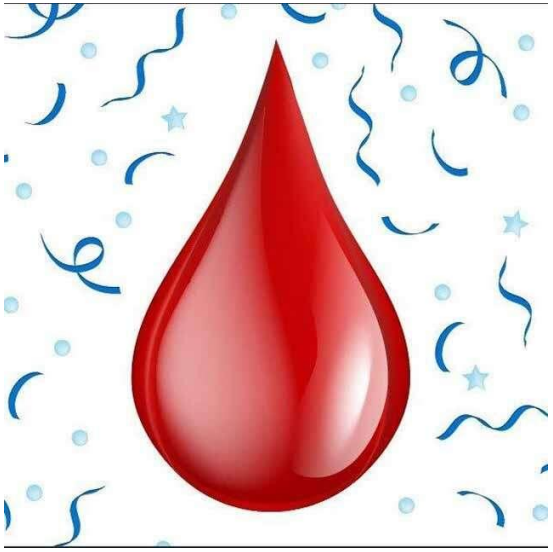
- **Non-reversible risk factors for breast cancer :**

Being female

Increasing age

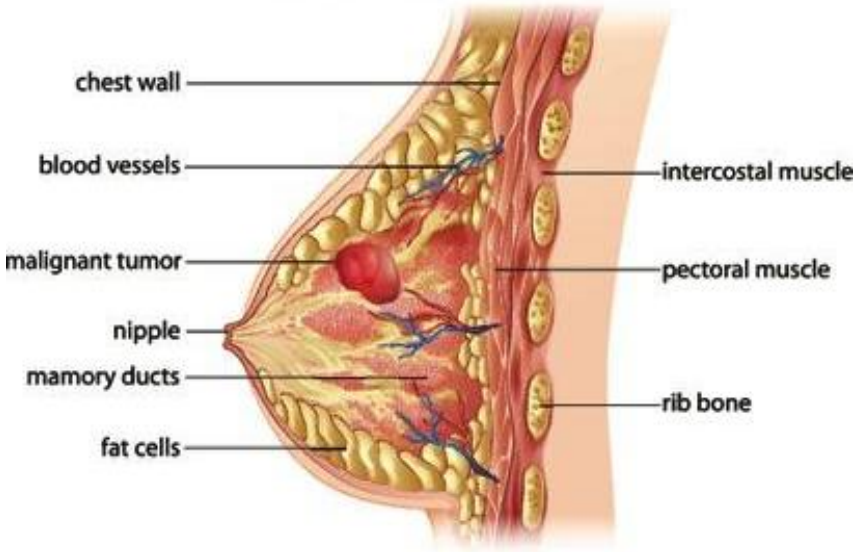


Family History



- Menstrual history
- Beginning your period at a younger age
- Beginning menopause at an older age

- Personal history of breast cancer



❖**Reversible risk factors:**

•Have never been pregnant

•Having your first child at an older age

• Have never breast feed her child

- Obesity
- Stressful and irregular life
- Drinking alcohol

- Postmenopausal hormone therapy

How to avoid breast cancer

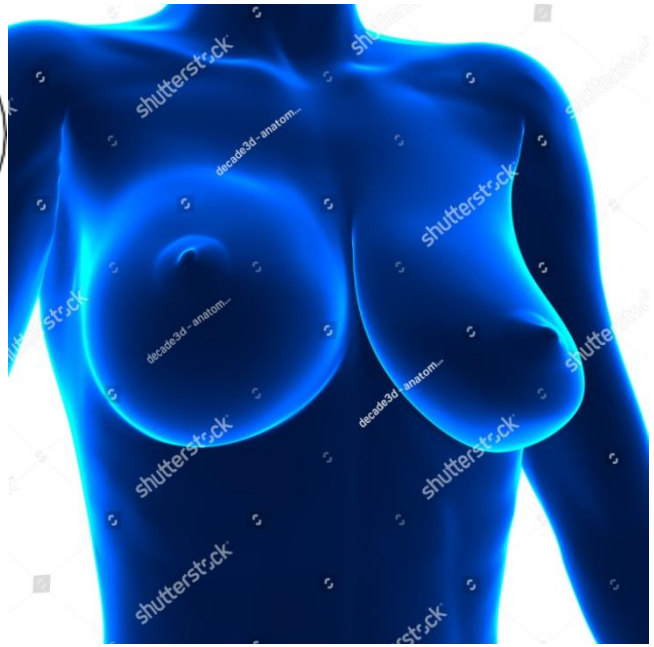
- Exercise regularly
- Maintain healthy weight

Breastfeeding the baby

Avoiding hormonal treatment

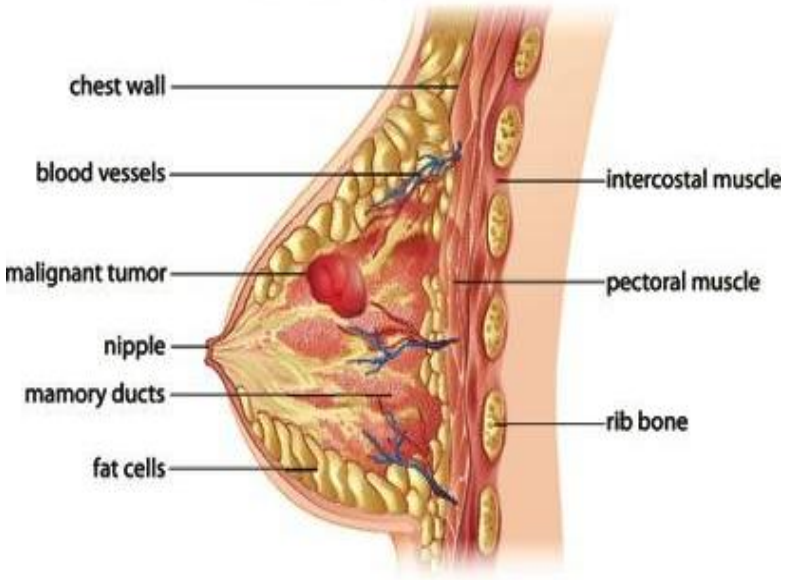
Limit the amount of alcohol and cigarettes

Symptoms



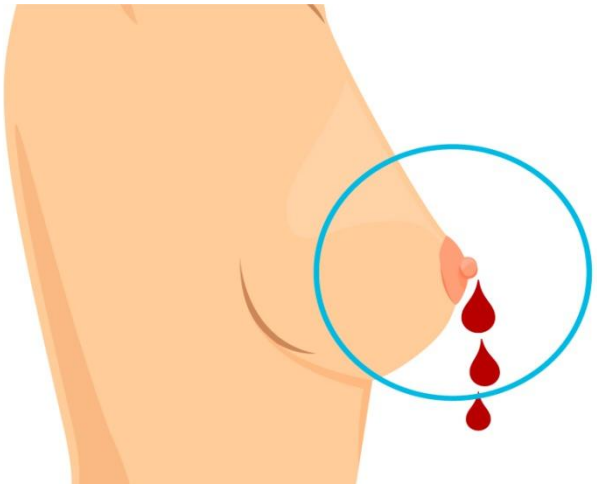
Changes in the size and shape of the breast

Lump in the armpit

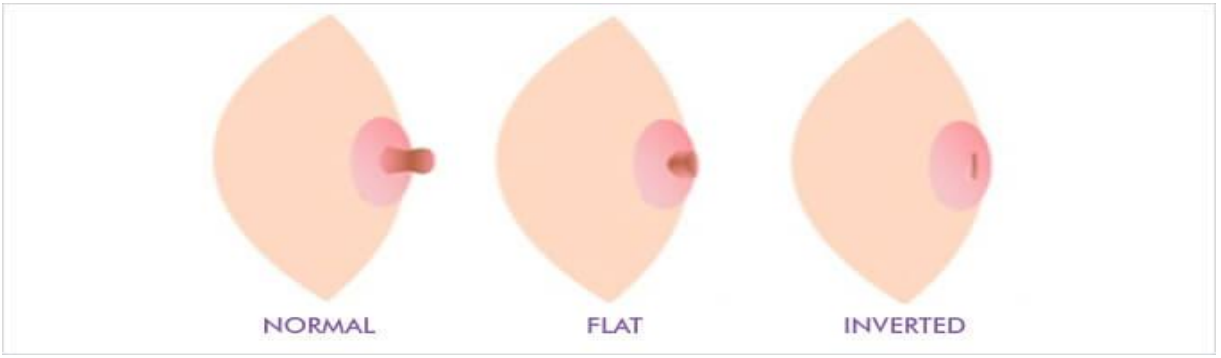


Tumors in the breast

Redness or pitting of the skin over your breast, like the skin of an orange



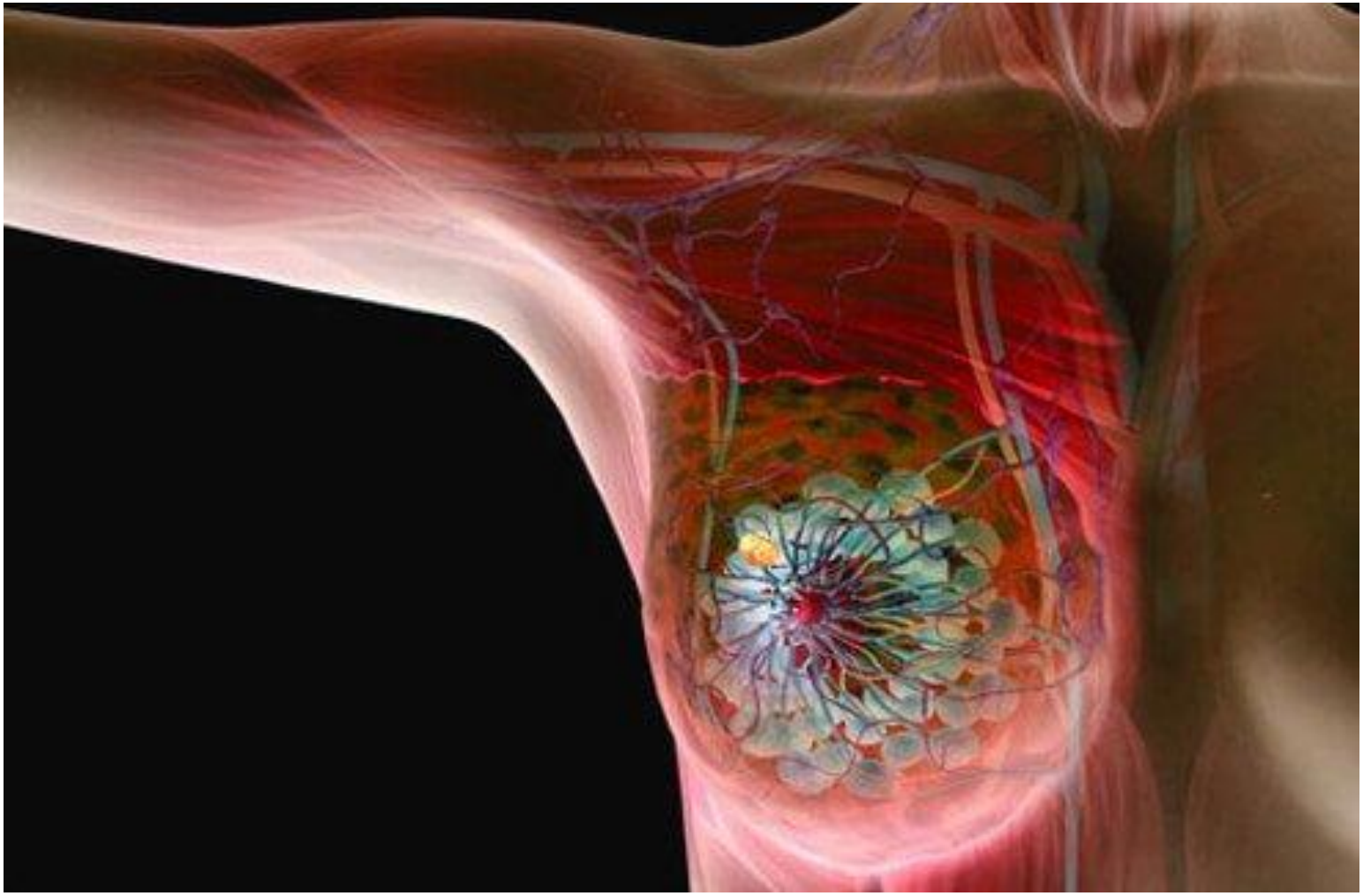
Discharge from nipple



Inverted nipple

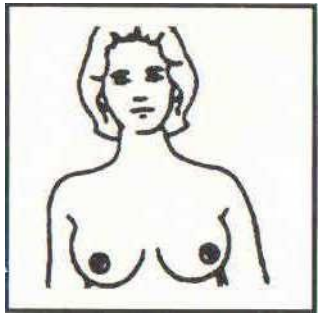
Early detection of breast cancer

- Breast Self-examination
- Mammogram



Breast Self-Examination

Step 1

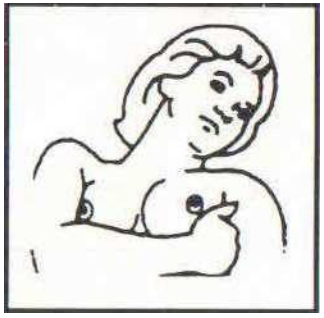


Step 2

Step 3

Step 4

Step 5



What is mammography

- A mammogram is an X-ray of the breast.
- It’s a screening tool used to detect and diagnose breast cancer.
- Mammogram along with sonogram gives accurate diagnosis for breast cancer.
- Breast x-ray, mammogram and sonogram together known as mammosonogram.

Mammogram