

Awareness Matters

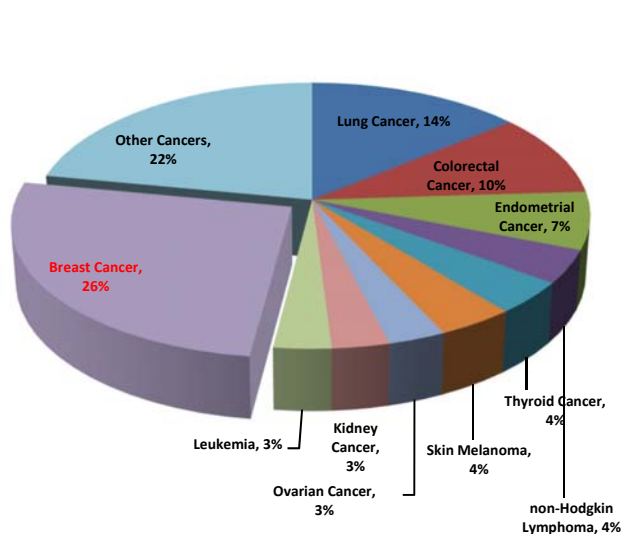
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What is Cancer ???

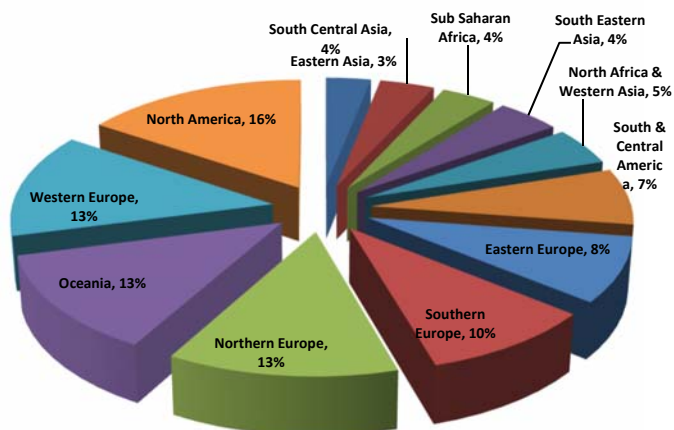
The term cancer also called a malignant tumor or malignant neoplasm is a group of diseases involving abnormal cell growth with the potential to invade or spread to other parts of the body.

Points to remember :

- ❖ Normally cells divide and grow in an orderly fashion.
- ❖ Cancer occurs when cells grow out of control.
- ❖ Cancer cells crowd normal cells and take away their nutrition.
- ❖ Not all tumors are cancerous.
- ❖ Tumors can be benign or malignant.
- ❖ Cancer is not contagious.
- ❖ 10% of cancers are due to obesity, lack of physical activity and alcoholism.
- ❖ A small % due to infection such as Hepatitis B, C and HPV and exposure to ionizing radiations.
- ❖ Though incidences of cancer are on the rise yet deaths due to cancers have reduced drastically over the last 12 years and this is because of increased AWARENESS.



Cancer Occurrence Worldwide



Regionwise Breast Cancer Incidence

Breast Cancer ???

- ❖ Breast Cancer is a type of cancer that usually starts off in the inner lining of milk ducts or the lobules that supply them with milk.
- ❖ Most prevalent cancer in women along with cervix and lung.
- ❖ 1 in 8 women will be diagnosed with Ca breast during their lifetime.
- ❖ When diagnosed early, Ca breast has nearly 98% survival rates.
- ❖ Nearly 85% women diagnosed with Ca breast do not have a family history.
- ❖ 90% cases of early stage Ca breast are curable.
- ❖ 1 in 1000 men are at risk of Ca breast during their lifetime.

Breast Cancer – Stages

Stage 0 : Ca-in-situ (DCIS & LCIS). Abnormal cells have invaded the lining of the duct/lobule but not the outside breast tissue.

Stage 1 (A & B) : Tumor no more than 2 cms. Lymphatic spread maximum to lymph nodes.

Stage 2 (A & B) : Tumor more than 2 cms. but less than 5 cms. Lymphatic spread to underarm lymph nodes.

Stage 3 (A, B & C) : Tumor size can vary from less than 5 to more than 5 cms. Lymphatic spread can be to the underarm, behind the breast bone, near chest wall, skin of the breast and lymph nodes above and below the collar bone.

Stage 4 : Any size of the tumor but secondary spread to other parts like bone, lung, liver, brain etc.

Mode of Development

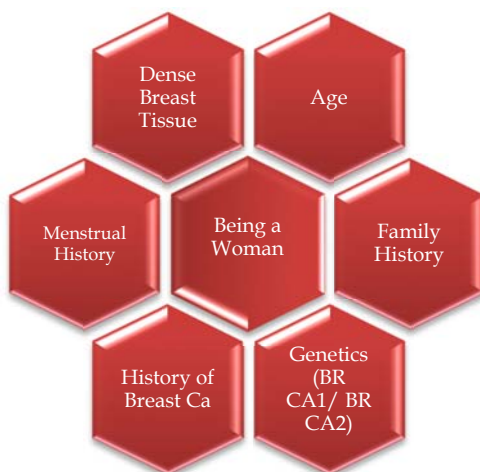
Cancer begins in cells, the building block that makes up all tissues and organs of the body including breast. Normal cells in the breast and other parts of the body grow and divide to form new cells as they are needed. When normal cells grow old and get damaged, new cells take their place. Sometimes, this process goes wrong. New cells form when the body does not need them and old or damaged cells don't die as they should.

Cancer spreads through blood and lymphatics to distant places. When it spreads to distant organs the new tumor has the same abnormal cells that is the breast cells and therefore called a metastatic disease.

Breast Cancer – Causes ???

- ❖ The causes for most of the breast cancers are unknown.
- ❖ The most likely cause is related to changes in the genetic material (DNA) in our cells.
- ❖ DNA changes are often related to our lifestyle but some are due to age and other factors.

Breast Cancer – Risk Factors ???



Non Modifiable Risk Factors



Modifiable Risk Factors

Breast Cancer – Symptoms ?

- ❖ Any age – discrete hard lump with fixation with or without skin tethering.
- ❖ Any age – lump in breast with a history of previous breast cancer.
- ❖ 30 years or more – discrete lump persisting more than the next period of menstruation.
- ❖ Less than 30 years – lump that enlarges and is fixed and/or having family history.
- ❖ Unilateral eczematous skin or nipple changes – not responding to topical treatment.
- ❖ Sudden nipple distortion.
- ❖ Spontaneous unilateral bloody nipple discharge.
- ❖ In males above 50 years – unilateral firm sub-areolar mass with/without nipple distortion and skin changes.
- ❖ Metastatic disease may present with symptoms related to the site of metastasis.

Treatment ?

- ❖ Surgery
- ❖ Chemotherapy
- ❖ Radiation Therapy
- ❖ Hormonal Therapy
- ❖ Targeted Agents

When to seek medical attention ???

- ❖ Swelling or lumps
- ❖ Skin irritation
- ❖ Breast pain
- ❖ Nipple pain
- ❖ Inverted nipple
- ❖ Redness, scaliness, thickening or puckering of the nipple
- ❖ Discharge or secretion
- ❖ Lump in the underarm

Breast Cancer Screening ???

Mammogram: Annually starting at age 40, 10 years prior to first degree relative's diagnosis age.

- ❖ Age 40-49 : Lowers risk of death by 15% risk of false positives
- ❖ Age 50-69 : Decreased risk of death by 23%
- ❖ Age 70+ : Recommended

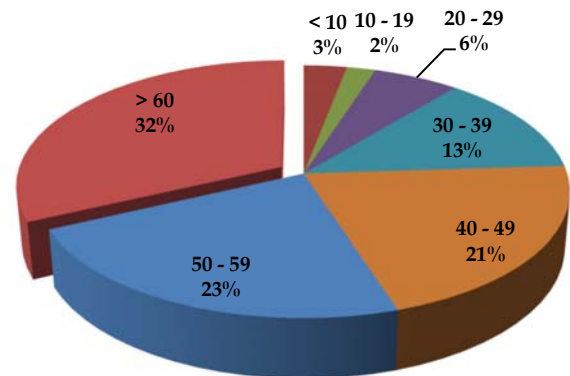
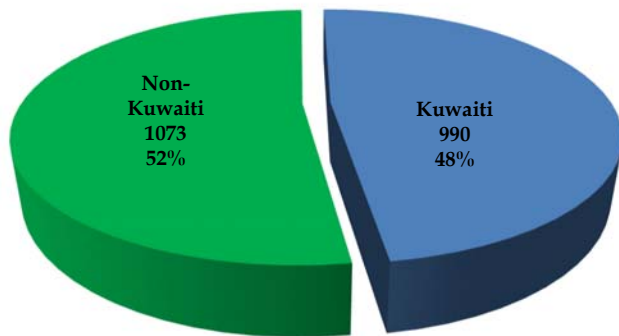
Clinical Breast Exams :

- ❖ Every 3 years 20-39
- ❖ Annually age 40+

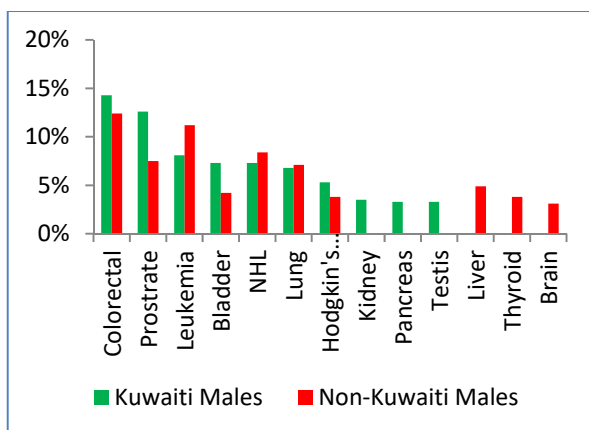
Can Breast Cancer be prevented ???

- ❖ Basically Cancer cannot be prevented **BUT**
- ❖ Screening can diagnose early stage disease which is curable.
- ❖ Screening can be through mammogram, clinical breast exams, in some cases MRI – breast.
- ❖ Chemoprevention – In ladies with high risk, hormones like Tamoxifen.
- ❖ Preventive Surgery – bilateral mastectomy.

Cancer is one of the major health problems in Kuwait. On an average 1 in 8 Kuwaiti men and one in 7 Kuwaiti women will develop cancer by the age of 75 (Kuwait cancer registry annual report 2000-2014). Cancer is recognized to be the 2nd cause of death accounting for 1/5th of all burdens in Kuwait preceded by only cardiovascular diseases.

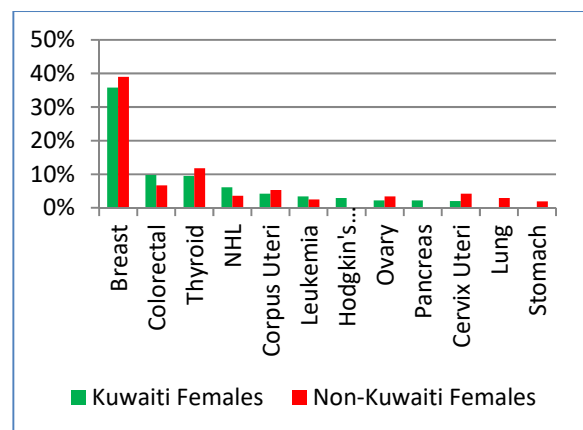


New Cancer Cases diagnosed in Kuwait - 2014



Commonly diagnosed Cases (Males)

Breast Cancer Cases according to age group - 2014



Commonly diagnosed Cases (Females)

Courtesy : Kuwait Cancer Registry

Take Home Message ?

- ❖ Self-examination of breasts once a month, one week after the end of the menstrual period.
- ❖ Make sure to do this self-examination on the same date each month.
- ❖ Seek medical attention in case of doubts.
- ❖ Early detection, better cure.

Breast Cancer is Curable

"Be Aware – Spread the Word"