

Review on Awareness of Breast Cancer: Prevention and Early Detection

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Abstract: *The most prevalent cancer seen in women is breast cancer. Breast cancer detection can decline health and death and increases the survival rate. Diminished involvement in cancer detection programs has been associated due to some factors like absence of data concerning the disease. Some reports showed that greater than 1.6 million cases of breast cancer is seen in women globally in the year 2010. This disease can be deteriorated by maintaining risk factors such as healthy weight, systematic exercise and plummeting alcohol consumption will ultimately reduce the prevalence of breast cancer. This is a literature review to appraise to assess the alertness and information about numerous risk factors, symptoms and detection methods of breast cancer alertness.*

Keywords: Breast cancer, Awareness, Prevention.

1. Introduction

The second most cancer is breast cancer globally and predominantly recurrent cancer amid women approximately 1.67 million off fresh cancers identified in the year 2012.^[1] Most of the patients look for medical advice when the disease is quite advanced. Over seventy percentage of the cases report for diagnostic and treatment services in advanced stages of the disease, ensuing in poor survival and high mortality rates.^[2] The major reason for death in general population is due breast cancer and while it is the reason of cancer mortality in women in undeveloped regions. The range in death rates between world regions is less than that for occurrence since of more favourable endurance from breast cancer in developed regions.^[3-5]

India is a subcontinent with wide racial, cultural, religious and economic diversity. The incidence and knowledge shows that breast cancer is the collective cancer in urban region and is the second collective cancer in rural area. According to cancer registry in rural population, breast cancer ranks second cancer in women later uterine and cervical cancer.^[7-8] The death range between world constituencies have lesser incidence due to more progressive survival rate in developed countries.^[8]

This disease can be deteriorated by maintaining risk factors such as healthy weight, systematic exercise and plummeting alcohol consumption will ultimately reduce the prevalence of breast cancer.^[9] Although, these strategies cannot eliminate the majority of breast cancers. Initial screening can improve cancer survival rate.^[10] The method for reducing cancer associated with breast is its initial screening which decreases the ill health and death and result in better the survival rate^[11]. The Health ministry in 1995 launched a breast cancer detection program which allows the use of international guidelines and combination of monthly Self-Examination of breast, Clinical Breast screening and mammography after the age of forty in every two years^[12-13].

In 2030 the international encumbrance of breast cancer is predictable to be around 2 million in developing countries.^[14] Compared to other cancers, the threat of rising breast cancer rests on numerous risk factors and it varies

from person to person. The lifestyle habits are the one of the reasons for breast cancer and those lifestyle habits are.^[15]

- Obesity
- Inactivity
- Liquor consumption

1.1 Other Risk Factors

- Progressing age
- Premature menarche or delayed menopause (> 55 years of age)
- No breastfeeding
- Genetic conditions
- Hormonal replacement therapy (HRT)
- Use of oral contraceptives
- Radiation treatment to chest formerly age of 3
- Avoid alcohol drinking;
- Uphold a proper BMI between 18.5 and 22.9, and the waist perimeter of not more than 80cm for women.^[16]

1.2 Screening for Breast Cancer

The initial discovery of breast cancer can result in better treatment options and increases the existence rate. Therefore prophylaxis and initial broadcast are crucial factors for cancer patients. The mammograms screening should be started at age of 40. If you are found to have a thicker breast tissue, you should first go for breast ultrasound. The risk factors regarding breast cancer can be informed to consultant.^[17]

Hereditary antiquity of breast cancer are at increased threat forevolving breast cancer. Mammograms should begin 10 years prior than the stage of breast cancer diagnosis. Persons who have several family members with breast cancer are at an bigger risk and can have a genetic mutation in the family which promote the risk of emerging breast cancer and other cancers. Health care provider helps to make a complete three generation familial antiquity to determine the necessity for genetic analysis.^[18]

Screening means scrutinising individuals deprived of signs in order to identify illness or discover folks at augmented risk of ailment. It is often the first step in making a perfect diagnosis. For breast cancer screening, its purpose is to find

women who have breast cancer, before they have any symptom, in order to offer them earlier treatment.

Mammography is broadly used broadcast tool which involves an X-ray investigation of the breasts. Here, the breast is constrained amid 2 plates to compress the breast tissue to obtain a perfect copy and women find it painful but it is short-lasting. Mammography is harmless in common and only a very little dosage of radiation is applied in this process.^[19]

1.3 How to Decrease Breast Cancer Risk

A healthy lifestyle not only helps in prevention of chronic conditions such as diabetes, heart disease and hypertension, it also diminishes the jeopardy of emerging breast cancer. Maintaining an appropriate physique and balanced BMI is likely to decrease the threat of evolving breast cancer^[20]. Alcohol abstinence decreases the possibility of breast cancer. A balanced diet and avoidance of junk food items helps to preserve ideal healthiness. Breast nurturing and a first pregnancy before 30 years can diminish the threat of having breast cancer. Hormone replacement therapy after menopause can rise the jeopardy of breast cancer and use should be conferred with cautious attention of the hazards.^[21]

1.4 Symptoms of Breast Cancer

Folks with early stage of cancer of breast do not show any signs at all. Therefore it is vital to undertake yearly medical breast check-ups and mammograms started at age 40. Hints of this cancer include inflammation, changes in the nature of the breast or nipple. If you are familiar with these symptoms during self-breast exam, seek guidance from a clinician initially itself. Breast cancer is seen in men also and indications should be taken with great caution by men and women.^[15,22]

At the initial stage signs regarding breast cancer are not easily visible. These variations in the breast could be a marker of breast cancer:

- Lump in the breast
- Alteration in the mass or nature of the breast
- Differences in skin smoothness of the breast or nipple, colour change in breast
- Nipple rash
- Nipple discharge
- Uneasiness or aching in the armpit or breast
- Stiffening in the armpit

1.5 How to detect breast cancer early

Initial identification is only one solution for the successful therapy of breast cancer. It has been made expected by prevalent detection for breast cancer with mammography and medical breast investigations. Individuals with breast cancer will have treatment depends upon the physical appearance of breast cancer. Breast cancer treatment may consist of a combination of surgery, radiation, chemotherapy, anti HER2/neu targeted therapy, and/or anti hormonal therapy. Not all breast cancers require all of the parts of treatment, but each specific case is analyzed to determine the benefits of each part of therapy. Each

treatment offered attempts to increase survival and decrease recurrence after breast cancer. Without any hesitation consult your clinician regarding initial signs, threat or management for breast cancer.^[15,23]

1.6 Treatments for Breast Cancer

Management for breast cancer include one or an amalgamation of the following:

- **Surgery** – Depending on the phase and type of the cancer, clinician will disclose you the most suitable type of surgery, ranging from amputation of the lump to subtraction of the whole breast and nearby tissues.
- **Radiation therapy** – This treatment uses X-rays to destroy malignant cells or inhibits its growth.
- **Chemotherapy** – This treatment uses medications which suppresses the development of cancer cells, by killing or stopping from dividing.
- **Hormonal therapy** – This treatment eliminates hormones or inhibits their action and ceases cancer cells from increasing.
- **Targeted therapy** – This type of management uses medications or other constituents to detect and attack exact cancer cells deprived of damaging normal cells.^[24]

1.7 Methods to survive with the disease

- Be friendly with your clinician involved in your management.
- Take part in education programme concerning your disease also encourage general population to participate in initial screening of cancer.
- Consume a well-balanced diet as suggested by your clinician.
- Daily exercise as per the instruction given by counsellor.
- Reduce stress, engage in activities that gives you happiness.
- Have conscience about your disease status and its management.
- Share things with trustworthy persons regarding your mental emotions.

2. Conclusion

Women must be made conscious of threats for breast cancer and to implement appropriate practices for prophylaxis. Awareness program regarding breast cancer should be conducted national wide and state wide to prevent cancer incidence^[25]. Screening management for breast cancer is important and women should be educated by health care providers in respective states. Training should be given to health care providers to interact with illiterate population in order to create awareness regarding breast cancer.

On-going medical training platforms with significance regarding breast cancer should be included in the syllabuses of medical sciences and nursing at official level and importance should be given for women's health in the country. Therefore it is significant that early detection results in early cure.

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