



PAKY HOSPITAL
نه خوښخانههې پاكى

Breast Cancer Awareness

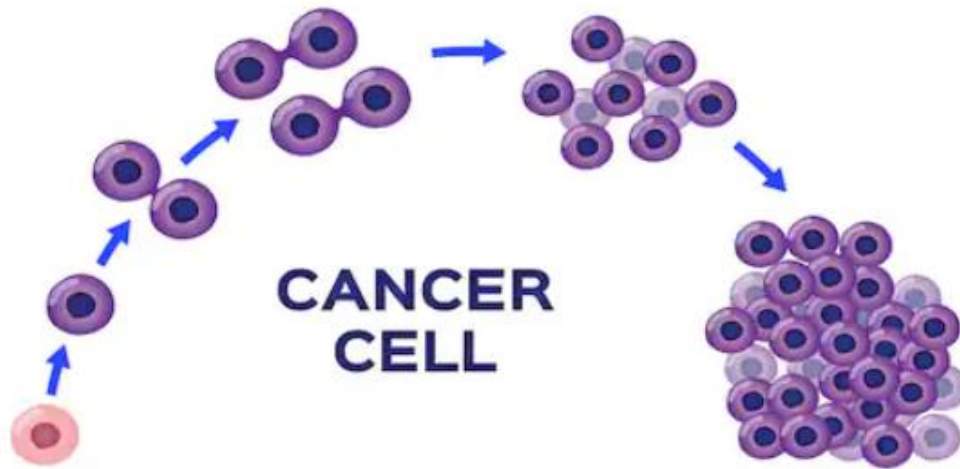
هوښياربوونهوه له شيرته نجهې مامك

Dr. Narmeen Taha Mustafa

General & Breast Surgeon
MBChB MD FACS

SEMINAR
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Cancer



- Cancer is abnormal cell division without control and are able to invade other tissues.
- Cancer cells can spread to other parts of the body

Breast Cancer

- The most common cancer in female
- Second common cause of cancer death in female.
- One in every 8 women diagnosed with breast cancer in their life.
- On 2020 nearly 2,300,000 affected
- Annually More than 685,000 death.
- It constitute around 29% of all types of cancer



2022

1 in 8

12.9%



1975

1 in 11

9.09%

Risk Factors

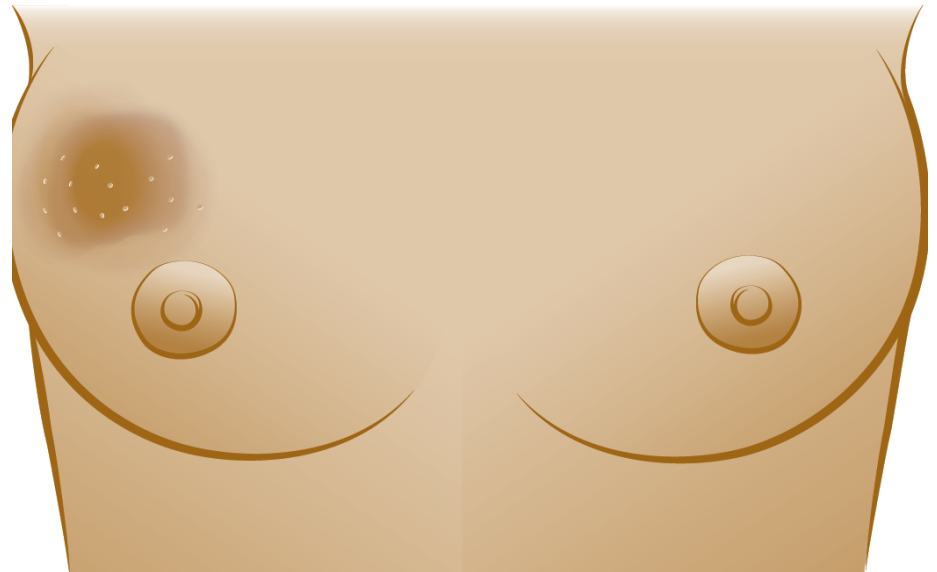
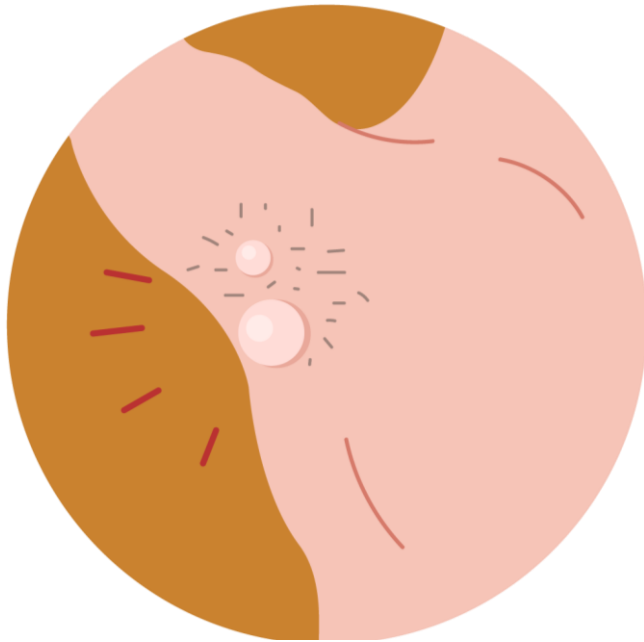
- Female
- Age
- Family history
- Early menarche (<12years)
- late menopause (>55years)
- Nullipara
- 1st pregnancy >30 years
- History of Ovarian cancer
- Radiation
- Fatty diet
- Oral contraceptive pills >10 years
- Other factors: obesity, alcohol, stress, not doing exercise

Sign & Symptoms

Lump

axilla

breast



Nipple discharge



Shape & Size of Breast

Skin Changes



Signs of metastasis

Site of metastasis

General signs

Malaise

Loss of weight

Anaemia

Diagnosis

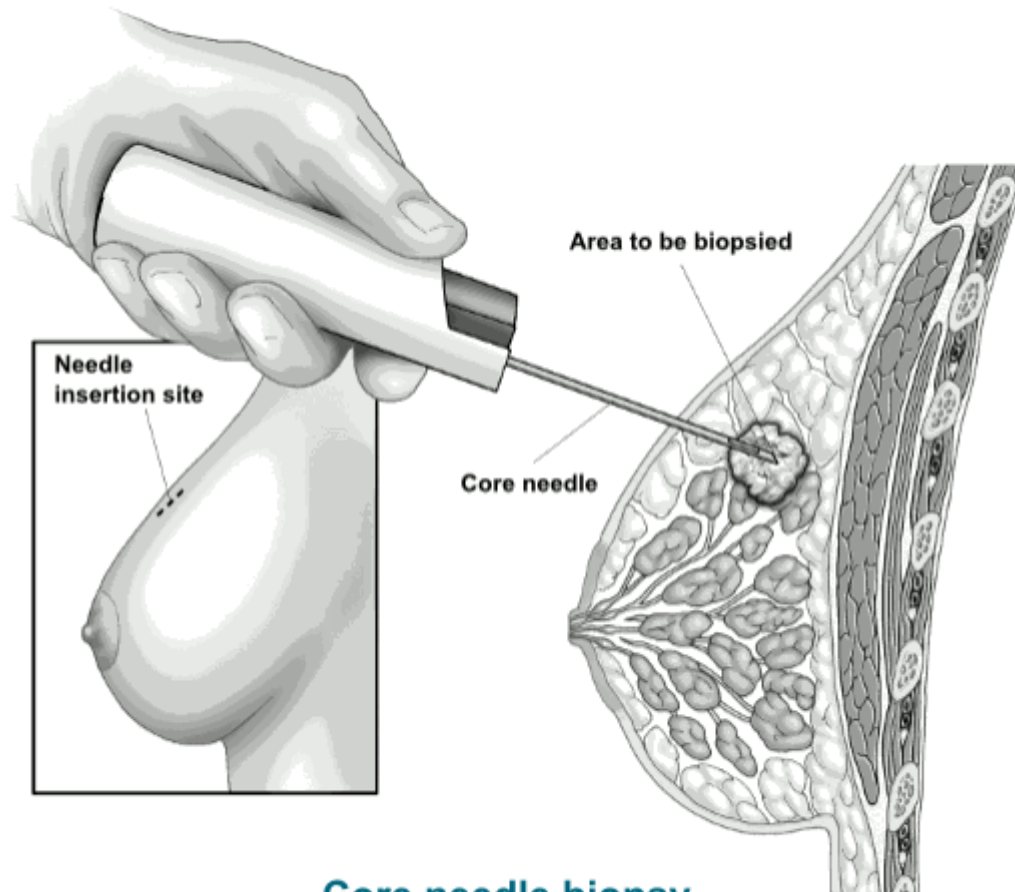


Clinical

Radiology

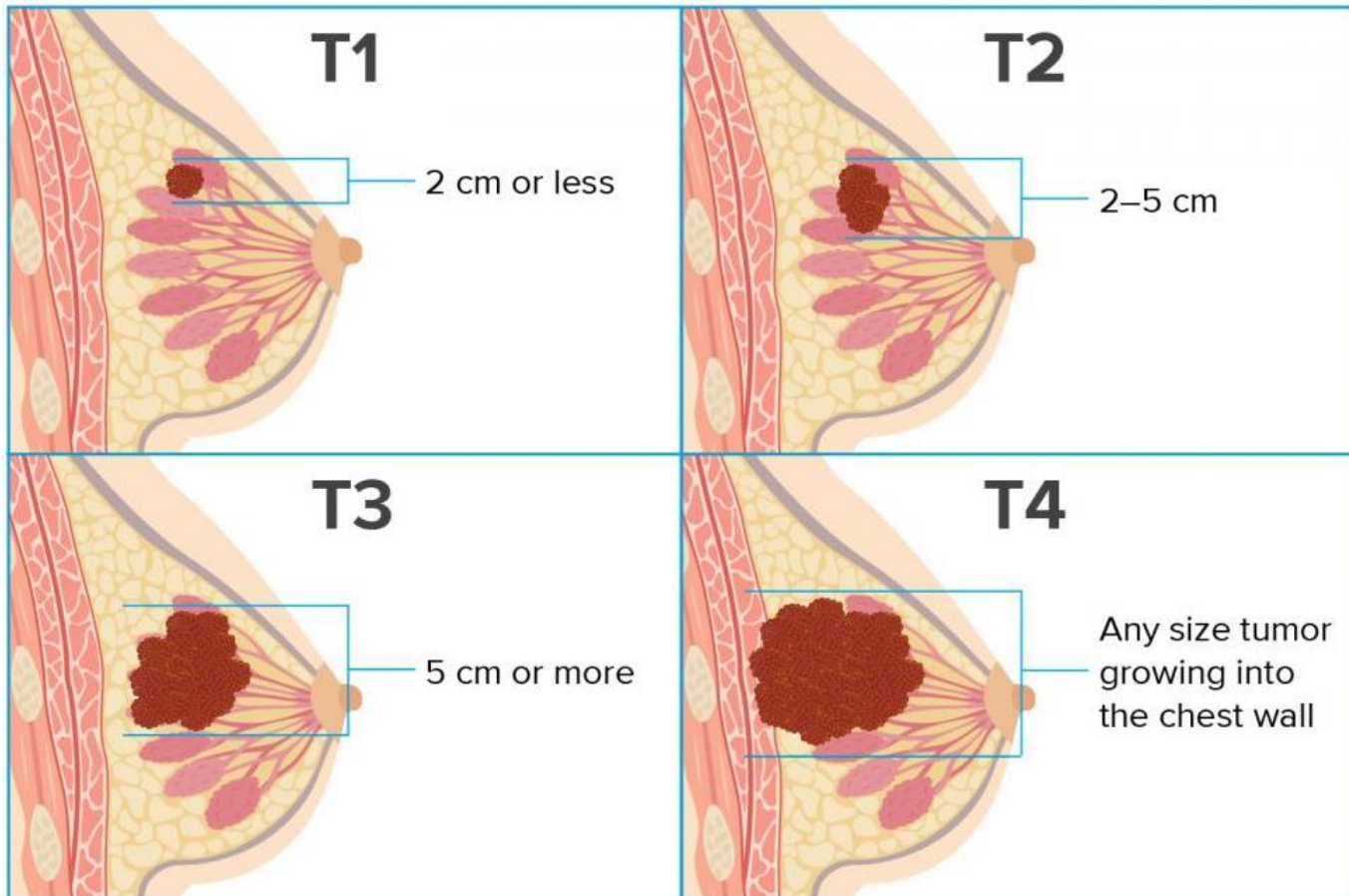


Tissue Diagnosis



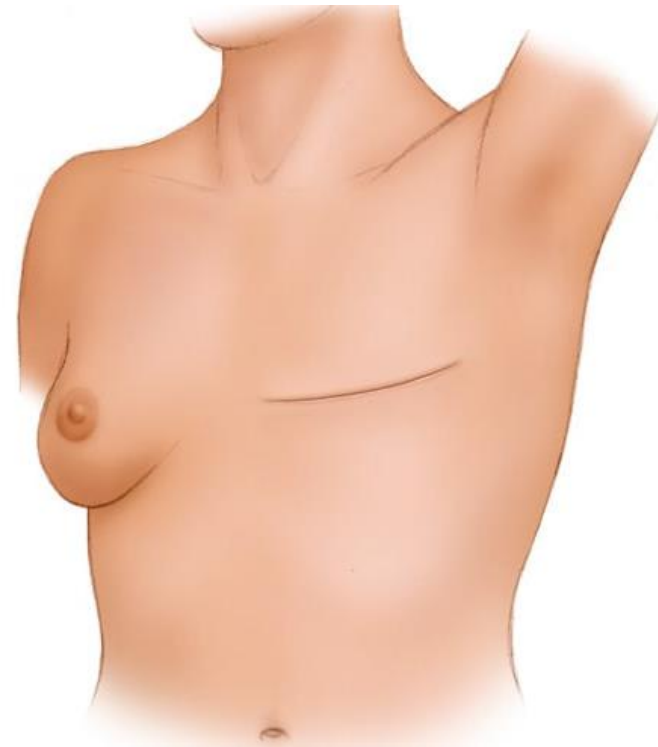
Core needle biopsy

Stages

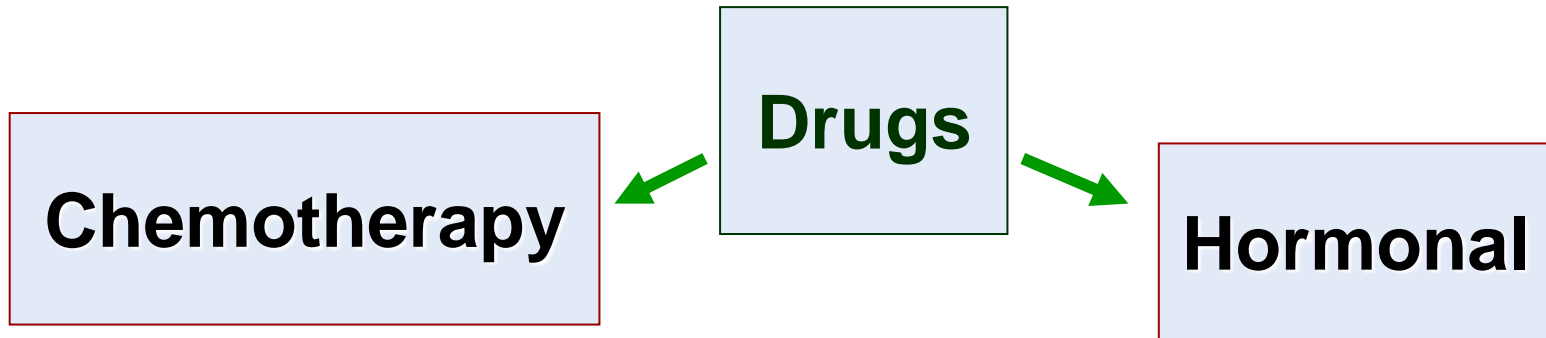


Treatment

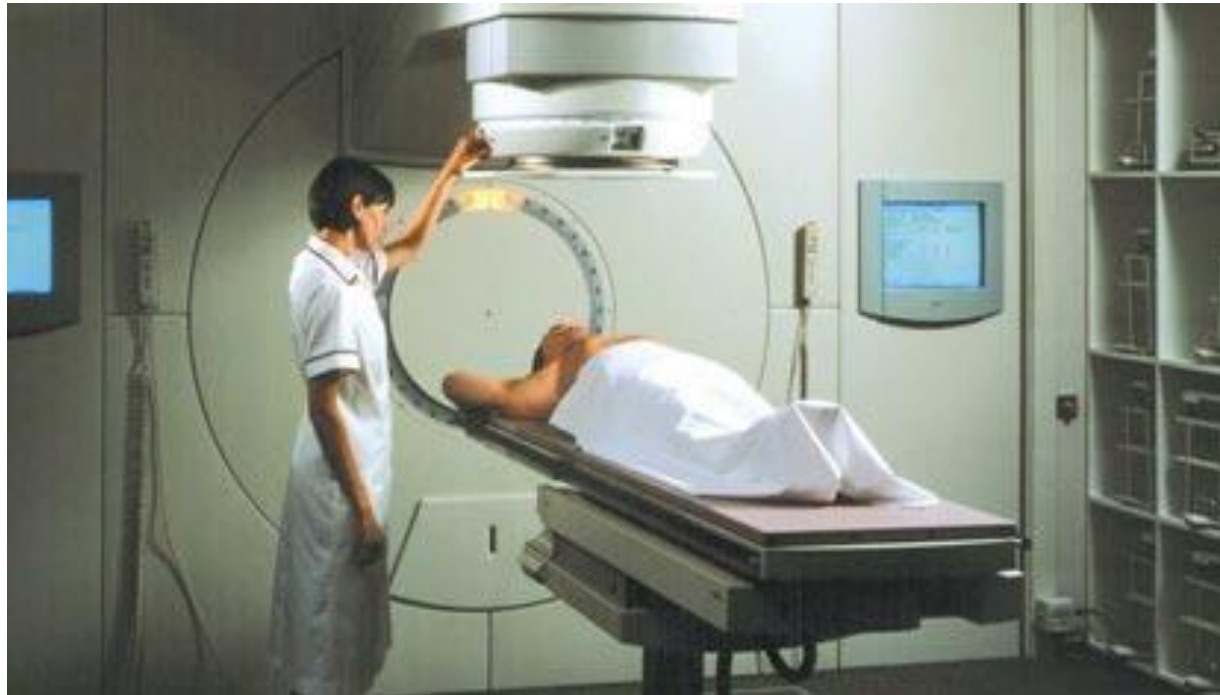
Surgery



Treatment



Radiotherapy



Prevention

Reversing risk factors

- Early pregnancy
- Breast feeding
- Weight reduction
- Exercise
- Not using OCP for long period

Early Detection

Mammography

Clinical



Self Examination

Self Breast Examination ?

How?

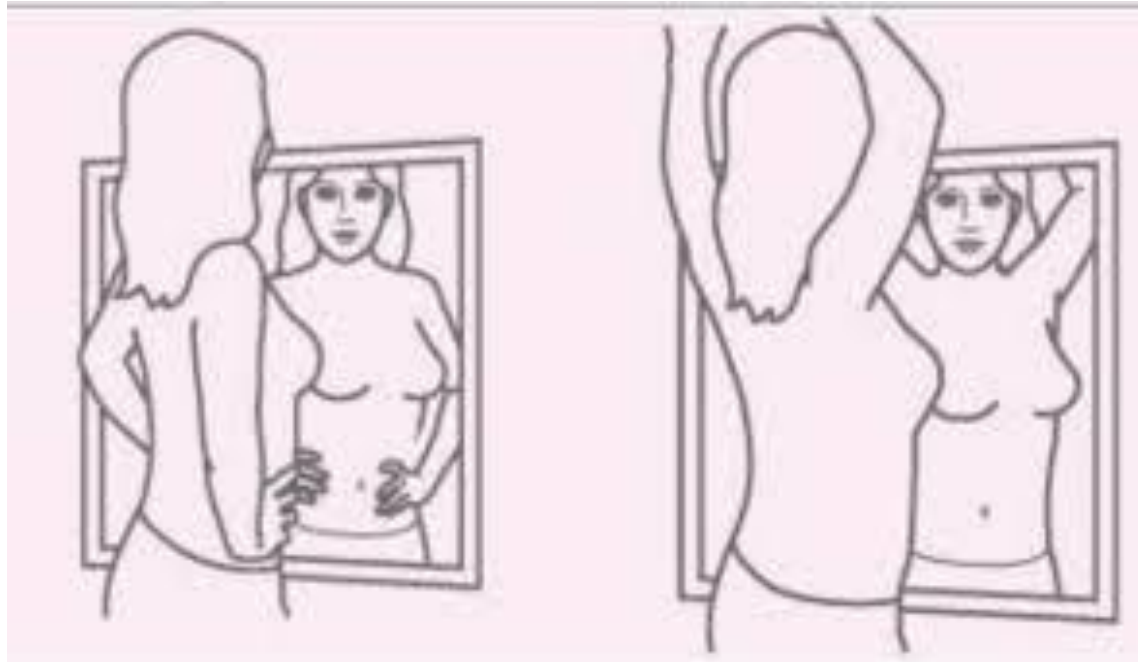


- Monthly immediately following a menstrual period.
- In the menopause and pregnancy in the same selected days.
- Before sleep or immediately after awaking.
- In bedroom or bathroom

Why?

- Detects most of the breast diseases.
- You will be familiar with the way your breasts normally look and feel.
- Diagnosed breast cancer early and then treatment will be easier and better..

in front of mirror



Put your hands on the waist



Raise your Hands



Breasts should rise evenly.

Watch for dimpling or retraction.

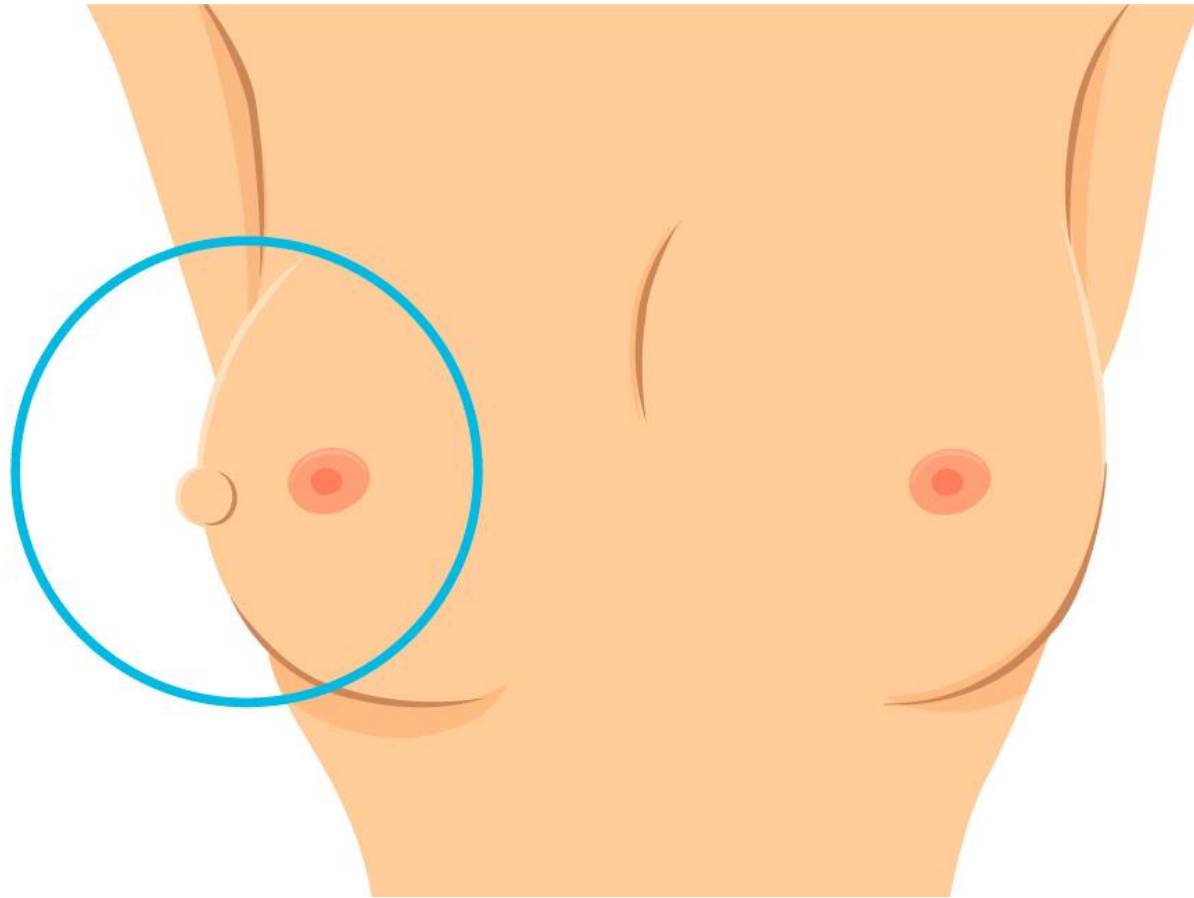
Look

- Size and shape
- Skin changes
- Visible lumps
- Redness
- Nipple crusting
- Symmetry

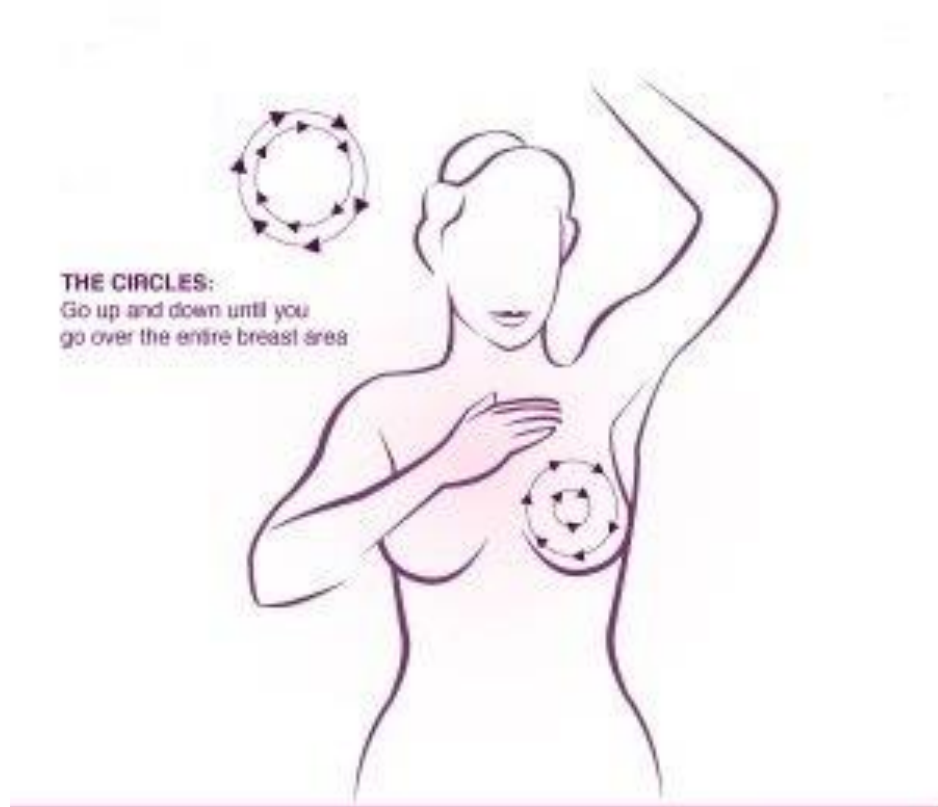
Signs



Visible Lump



Feel



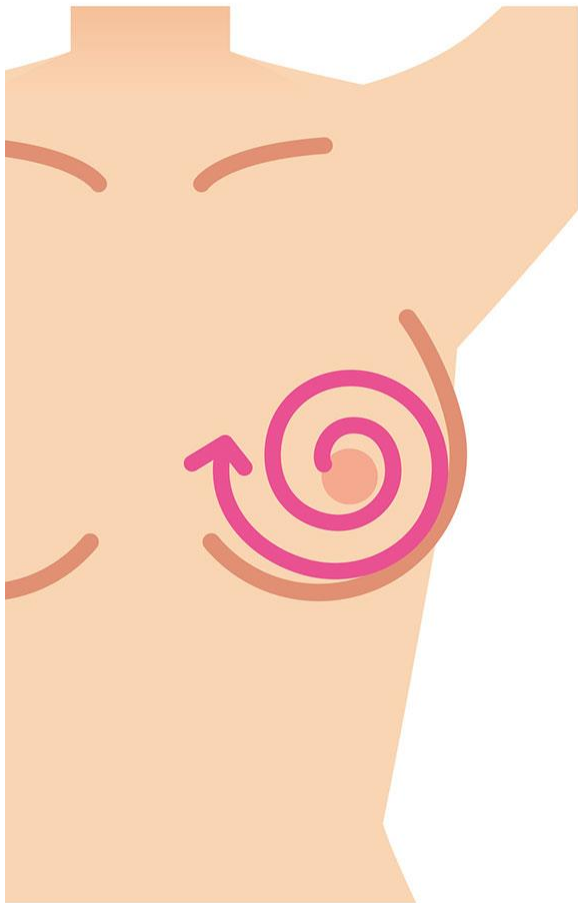
- Raise the arm
- Feel with opposite hand
- Feel for a “marble in a bag of rice”

Use the Middle of Your Fingers



- Fingertips are too sensitive (all breasts are somewhat lumpy)
- Palm is too insensitive
- Middle portion of fingers is just right

Move your hand in small circles

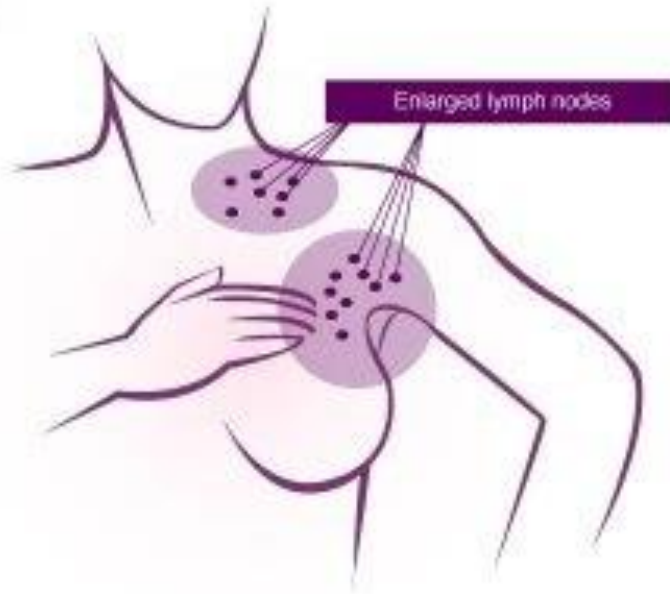


- Stay in one place
- Press in while circling with your hand
- Feel for thickenings the size of a marble

The “Tail” of the Breast

- Breast is not perfectly round.
- A “Tail” of breast tissue normally extends into the armpit.
- Make sure to feel for lumps in that portion of the breast.

Feel the Armpit



- Use the same circular motions.
- Feel for breast lumps and lymph nodes.
- Normal lymph nodes cannot be felt.
- Enlarged lymph nodes are about the size of a pencil eraser, but longer and thinner.

Try to Express Nipple Discharge



- Strip the ducts towards the nipple.
- Normally, one or two drops of clear or milky secretions.
- Should not be bloody or in large quantity, squirting out or staining the inside of a bra.

Now Check the Other Side

- Follow same maneuvers.
- Raise the arm above your head.
- Feel for lumps or masses.

Why not done?

- May be difficult for her.
- wrong thinking:
 1. I will never affected.
 2. If I search for it I will find it.
 3. I previously suffered from it
 4. If I find it nothing to be done.

If you find something in your breast..



- Don't panic.
- Most (90%) of breast lumps are benign.

If you find something in your breast..

Consult a physician





THANK YOU

