

A pink ribbon is on the left side, and several pink petals are scattered in the upper right corner. The background is a light pink color with a white rectangular border.

Breast Cancer **AWARENESS**

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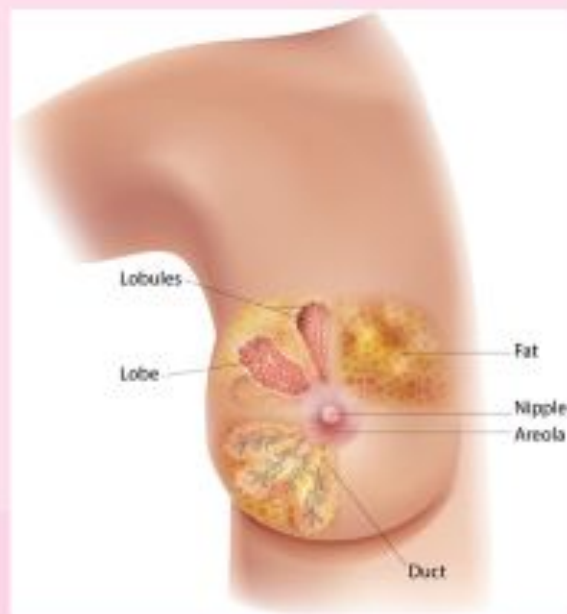


Introduction **1**

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Anatomy of breast

A breast is made up of three main parts: lobules, ducts, and connective tissue. The lobules are the glands that produce milk. The ducts are tubes that carry milk to the nipple. The connective tissue (which consists of fibrous and fatty tissue) surrounds and holds everything together.



What is Breast Cancer?

Breast cancer is a disease in which cells in the breast grow out of control. There are different kinds of breast cancer. The kind of breast cancer depends on which cells in the breast turn into cancer.

Most breast cancers begin in the ducts or lobules. Breast cancer can spread outside the breast through blood vessels and lymph vessels. When breast cancer spreads to other parts of the body, it is said to have metastasized.



Kinds of breast cancer

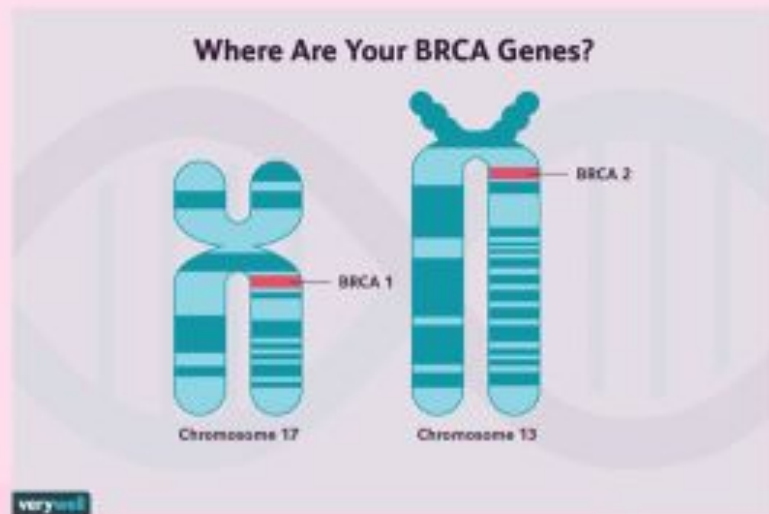
The most common kinds of breast cancer are—

Invasive ductal carcinoma. The cancer cells begin in the ducts and then grow outside the ducts into other parts of the breast tissue. Invasive cancer cells can also spread, or metastasize, to other parts of the body.

Invasive lobular carcinoma. Cancer cells begin in the lobules and then spread from the lobules to the breast tissues that are close by. These invasive cancer cells can also spread to other parts of the body.

Breast cancer gene mutation

BRCA1 and BRCA2: The most common cause of hereditary breast cancer is an inherited mutation in the BRCA1 or BRCA2 gene. In normal cells, these genes help make proteins that repair damaged DNA. Mutated versions of these genes can lead to abnormal cell growth, which can lead to cancer.





Signs of BC

Signs and Symptoms

Signs and Symptoms

Different people have different symptoms of breast cancer. Some people do not have any signs or symptoms at all.

Some warning signs of breast cancer are—

- New lump in the breast or underarm (armpit).
- Thickening or swelling of part of the breast.
- Irritation or dimpling of breast skin.
- Redness or flaky skin in the nipple area or the breast.
- Pulling in of the nipple or pain in the nipple area.
- Nipple discharge other than breast milk, including blood.
- Any change in the size or the shape of the breast.
- Pain in any area of the breast.

Signs and Symptoms

MEDICAL NEWS TODAY

Signs of Breast Cancer



Lumps



Nipple discharge



Dimpling



Breast or nipple pain



Nipple retraction or inversion



Redness



Changes to the skin's texture



Lymph node changes



Swelling



Risk Factors **3**

Risk Factors:

Genetic mutations. Women who have inherited changes (mutations) to certain genes, such as BRCA1 and BRCA2, are at higher risk of breast and ovarian cancer.

Reproductive history. Starting menstrual periods before age 12 and starting menopause after age 55 expose women to hormones longer, raising their risk of getting breast cancer.

Family history of breast or ovarian cancer. A woman's risk for breast cancer is higher if she has a mother, sister, or daughter (first-degree relative) or multiple family members on either her mother's or father's side of the family who have had breast or ovarian cancer. Having a first-degree male relative with breast cancer also raises a woman's risk.

Risk Factors

Taking hormones. Some forms of hormone replacement therapy (those that include both estrogen and progesterone) taken during menopause can raise risk for breast cancer when taken for more than five years. Certain oral contraceptives (birth control pills) also have been found to raise breast cancer risk.

Not being physically active. Women who are not physically active have a higher risk of getting breast cancer.

Drinking alcohol. Studies show that a woman's risk for breast cancer increases with the more alcohol she drinks.



Breast Exams **4**

Breast screening

Mammogram

A mammogram is an X-ray of the breast. For many women, mammograms are the best way to find breast cancer early, when it is easier to treat and before it is big enough to feel or cause symptoms. Having regular mammograms can lower the risk of dying from breast cancer. At this time, a mammogram is the best way to find breast cancer for most women of screening age.

Breast Magnetic Resonance Imaging (MRI)

A breast MRI uses magnets and radio waves to take pictures of the breast. Breast MRI is used along with mammograms to screen women who are at high risk for getting breast cancer. Because breast MRIs may appear abnormal even when there is no cancer, they are not used for women at average risk.

Other Methods

Clinical Breast Exam

A *clinical breast exam* is an examination by a doctor or nurse, who uses his or her hands to feel for lumps or other changes.

Breast Self-Awareness

Being familiar with how your breasts look and feel can help you notice symptoms such as lumps, pain, or changes in size that may be of concern. These could include changes found during a *breast self-exam*. You should report any changes that you notice to your doctor or health care provider.

Having a clinical breast exam or doing a breast self-exam has not been found to lower the risk of dying from breast cancer.

Self examination is important!

Breast Self-Examination



Look in the mirror visual inspection of the breasts with the arms in different positions.



Gently use
the pads of fingertips



Wedge Pattern

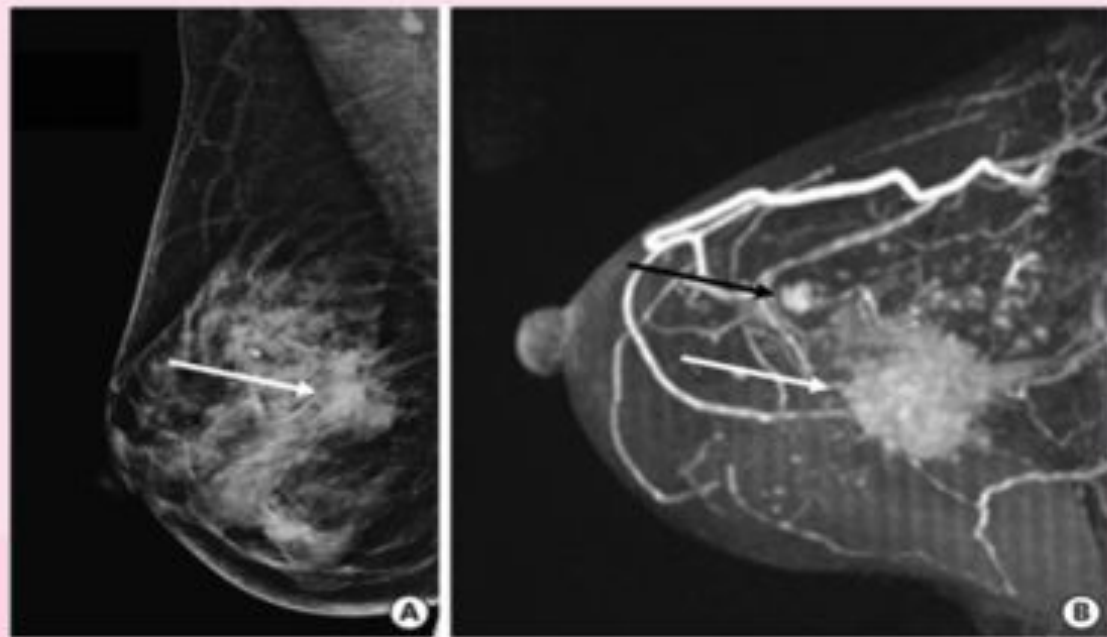


Vertical strip pattern



Clock Pattern

Mammogram of breast:





Treatment **5**

Treatment of BC

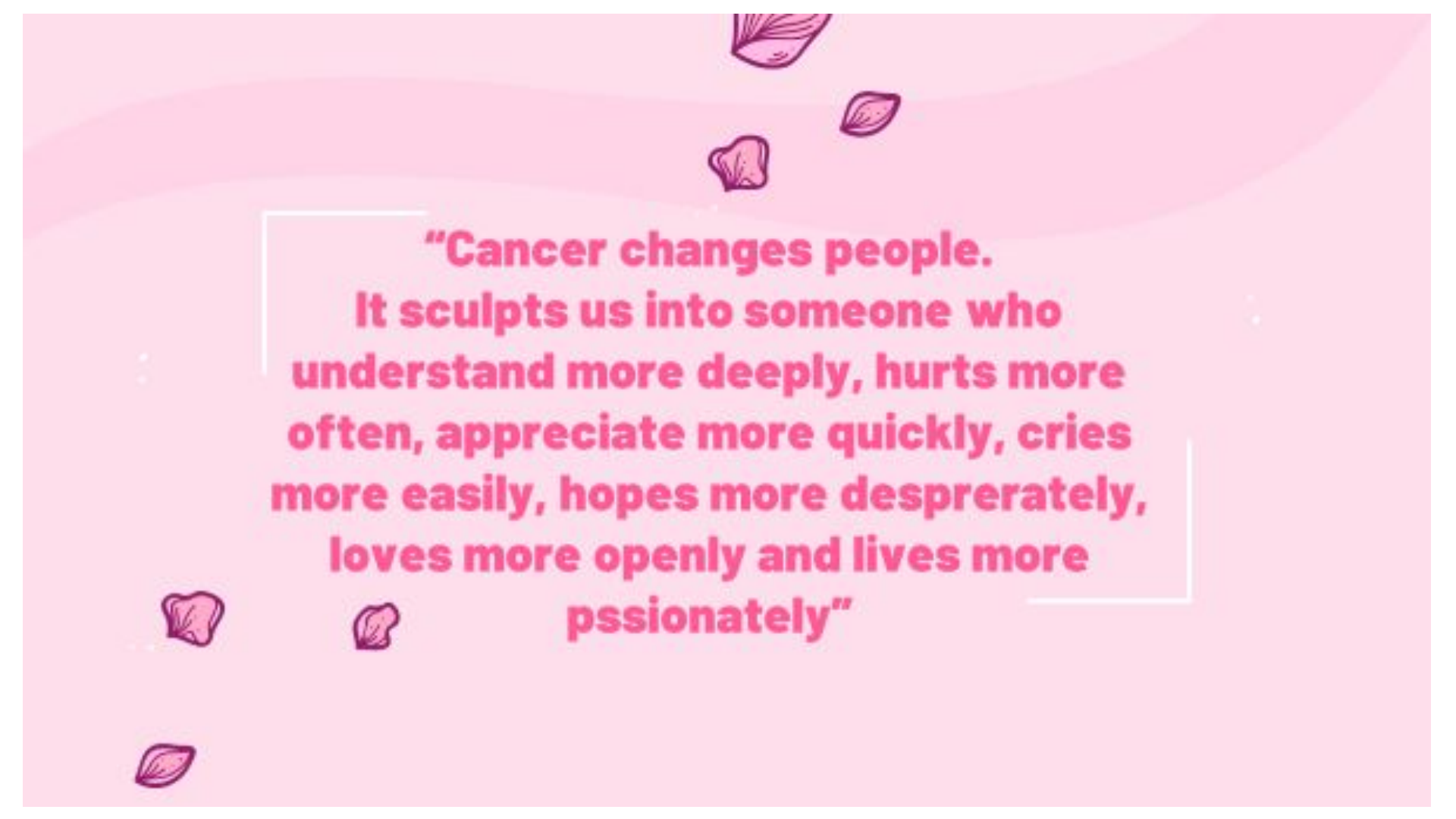
Breast cancer is treated in several ways. It depends on the kind of breast cancer and how far it has spread. People with breast cancer often get more than one kind of treatment.

- **Surgery(Mastectomy)**. An operation where doctors cut out the cancer.
- **Chemotherapy**. Using special medicines to shrink or kill the cancer cells. The drugs can be pills you take or medicines given in your veins, or sometimes both.
- **Hormonal therapy**. Blocks cancer cells from getting the hormones they need to grow.
- **Biological therapy**. Works with your body's immune system to help it fight cancer cells or to control side effects from other cancer treatments.
- **Radiation therapy**. Using high-energy rays (similar to X-rays) to kill the cancer cells.

Celebrities who had BC

Angelina jolie
Mathew Knowles
Peter criss



The background is a soft, light pink color with a subtle gradient. Several stylized pink petals are scattered across the frame, appearing to fall from the top. A white rectangular frame is positioned in the center, enclosing the main text.

**“Cancer changes people.
It sculpts us into someone who
understand more deeply, hurts more
often, appreciate more quickly, cries
more easily, hopes more desprerately,
loves more openly and lives more
pssionately”**