



# **BREAST CANCER Awareness Session**

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**SECRETARY  
IMA NEDUMANGAD**



- We can fight it..... •  
It's not a death sentence...



# BREAST CANCER

I'm not here to scare you....

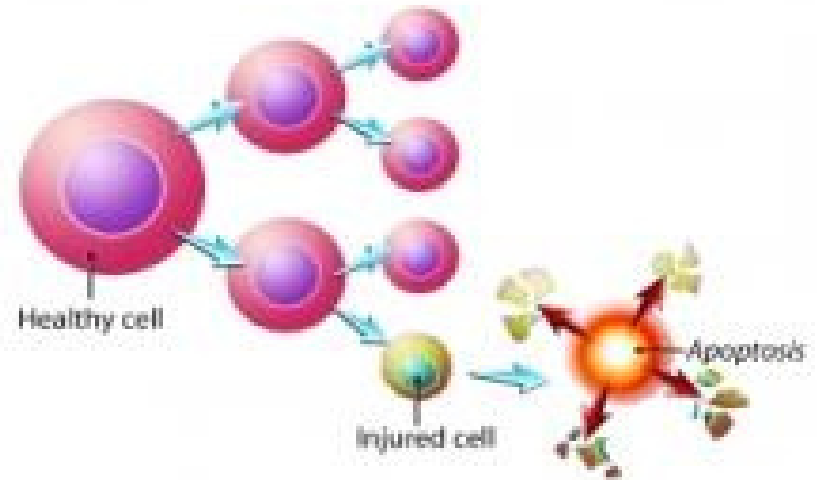
I'm here to make you aware  
of yourself...



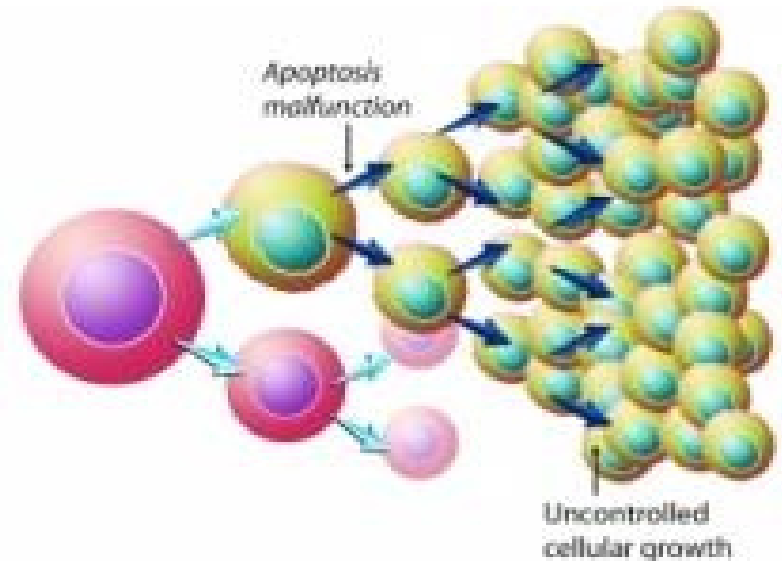
# WHAT IS CANCER?

**Abnormal,  
Uncontrollable,  
Continuous  
Replication of cells**

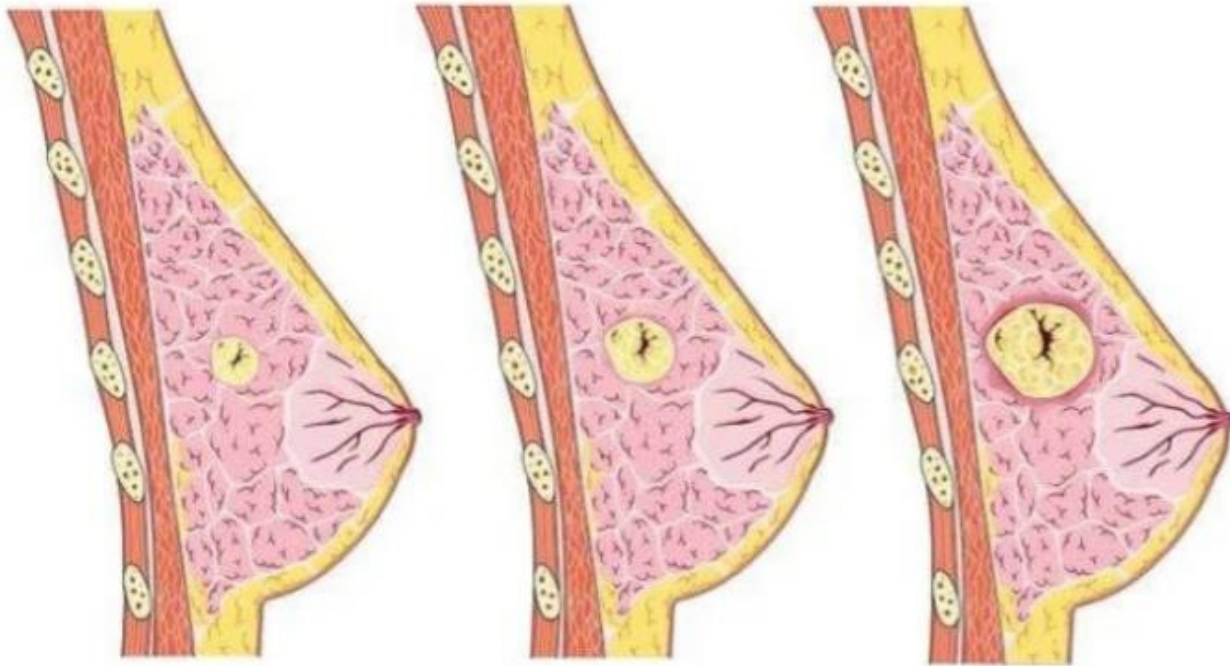
## Normal Cell Division



## Cancer Cell Division



# WHAT IS BREAST CANCER?



Malignant tumor developed from cells in the breast

Second most common cancer in Indian female  
Second leading cause of cancer death in women



A graphic featuring a red globe with a light blue banner across it. The banner contains the text: "BREAST CANCER IS THE MOST COMMON CANCER AMONG WOMEN WORLDWIDE". The words "MOST COMMON CANCER" are in red, while the rest of the text is in black.

BREAST CANCER IS THE  
**MOST COMMON CANCER**  
AMONG WOMEN  
WORLDWIDE

# WHO IS AFFECTED?

**1** *in* **8**

**WOMEN**

WILL BE DIAGNOSED WITH

***Breast Cancer***

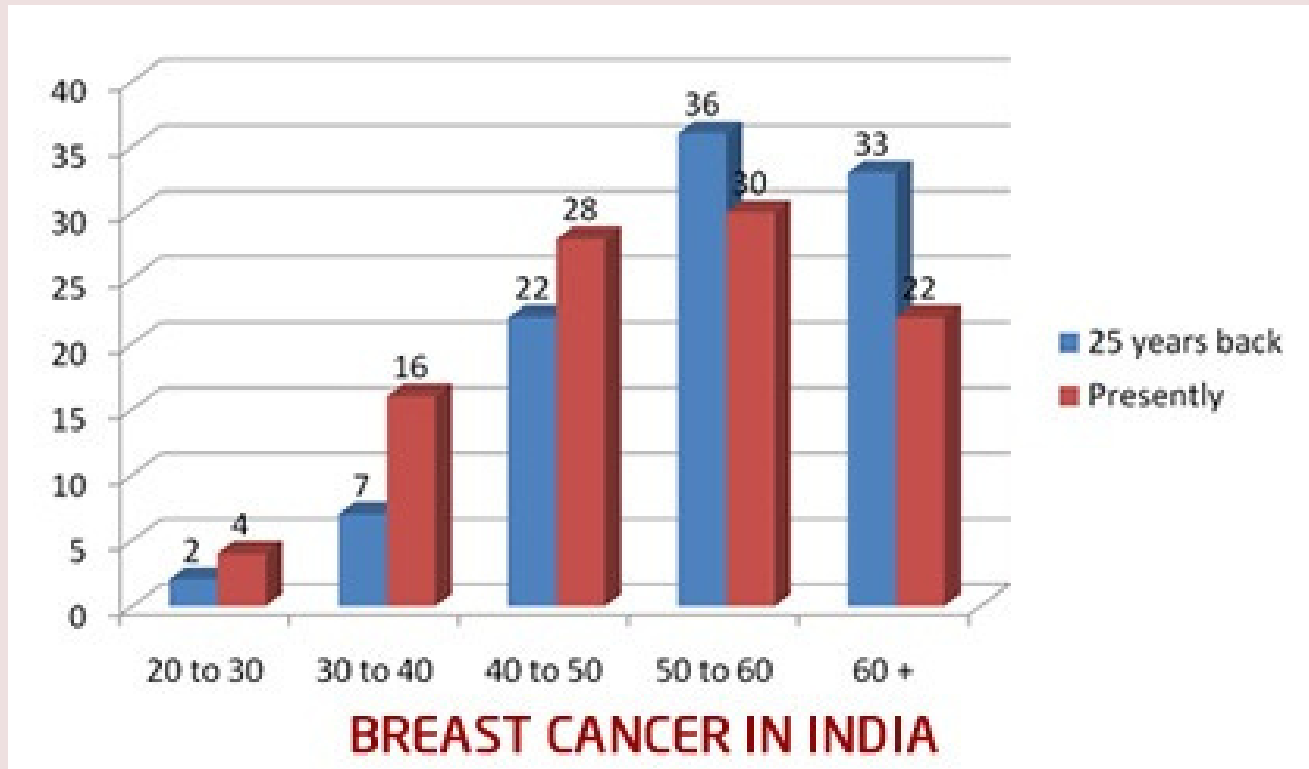
**IN THEIR LIFETIME**



- Although breast cancer in men is rare, an estimated 1 men will be diagnosed with breast cancer with 138 female patients



# Breast problems are on the rise!



**Why?**

**We do not know the exact cause!**

**Samved Breast Clinic**

# SCREENING

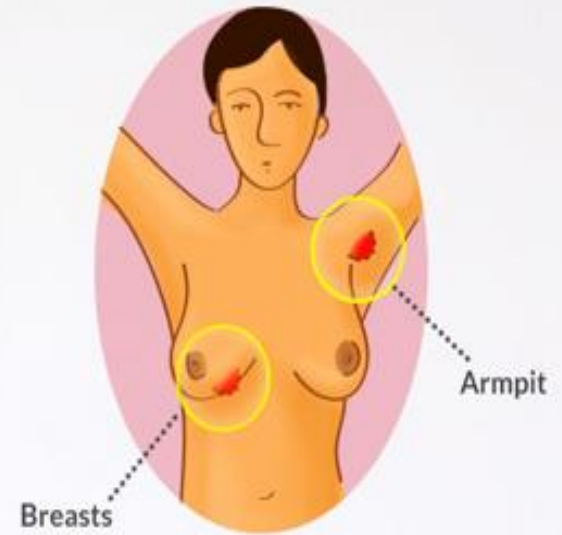
Many young girls are unaware of the possibility of developing breast cancer as a young adult



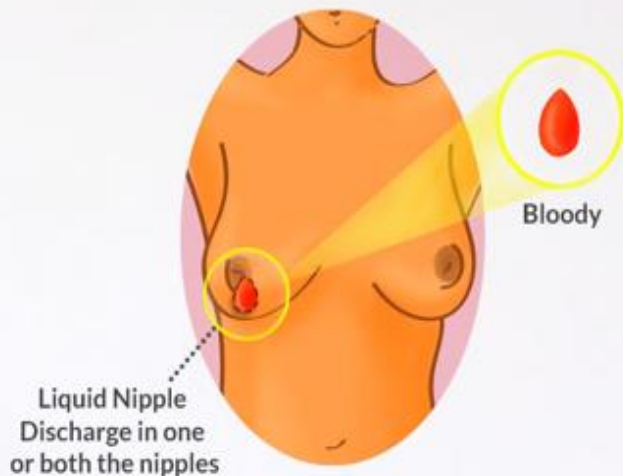


**1. Breast Pain**

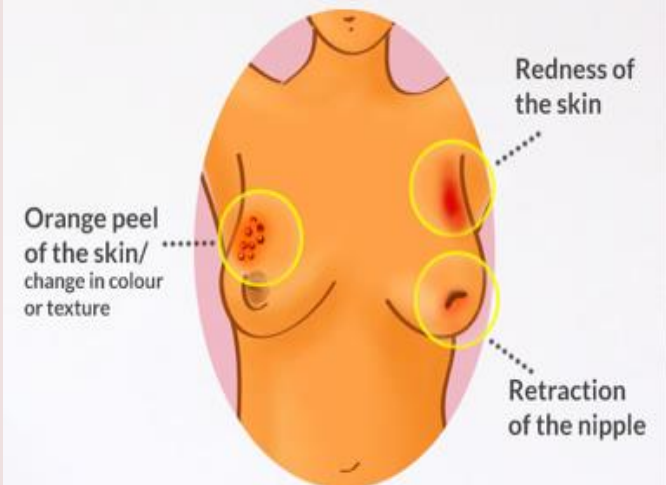
# SYMPTOMS



**2. Lump**



**3. Nipple Discharge**



**4. Ulcerations**



Every woman should know  
how her **NORMAL BREAST** feels

# Breast Self Examination

- **Most of the lumps are detected by women themselves**
- **All what you need is your hands**

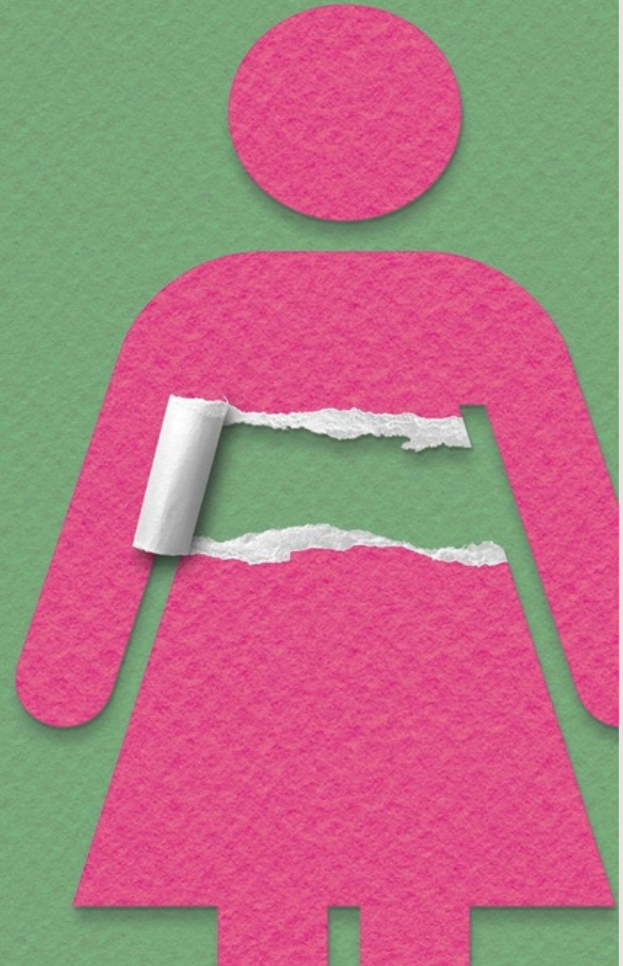


# BREAST SELF EXAMINATION

## BREAST **SELF EXAM** (BSE)

Helps in early  
Breast Cancer **Detection**

EARLY DETECTION  
**SAVES LIVES**



# Breast Self Examination (BSE) When?

- **Begins at the age of 20 years**
- **To be done 3-4 days after completion of periods**
- **Menopause-any one day of every month**

# **Breast Self Examination**



- **With the flat of the hand**
- **Examine all areas**
- **Examine arm pits**
- **Check for nipple discharge**

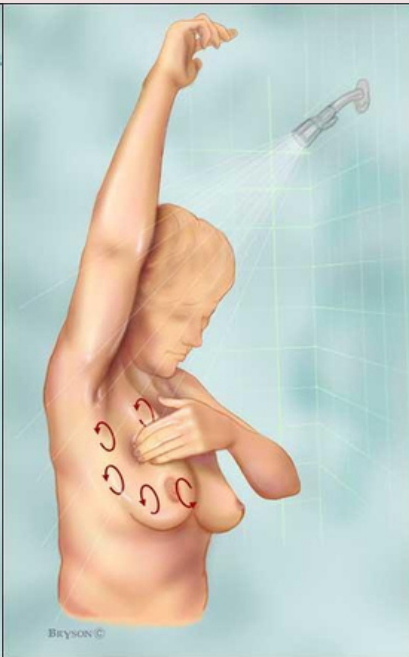




# POSITIONS FOR BSE



1



2



3



4

## Frequent reactions

-ignore because of **Ignorance**

-ignore because of **FEAR**

-ignore because of **shyness**

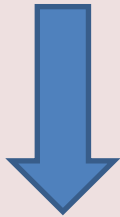
● Women come to the clinician at an **advanced stage!**

**If you find any abnormality in your breasts**

**Do not be scared**

**Immediately consult a Breast  
specialist**

# TREATMENT OF BREAST CANCER



**SURGERY**



**CHEMOTHERAPY**



**RADIOTHERAPY**

# સ્તનને લગતા રોગો ની તપાસ

## BREAST CANCER SCREENING

### 20 - 30 Years

Breast Self Examination every month  
Consult a Breast Surgeon every 1-3 years

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### 30 - 40 Years

Ultrasonography every year  
Examination by a Breast surgeon every year

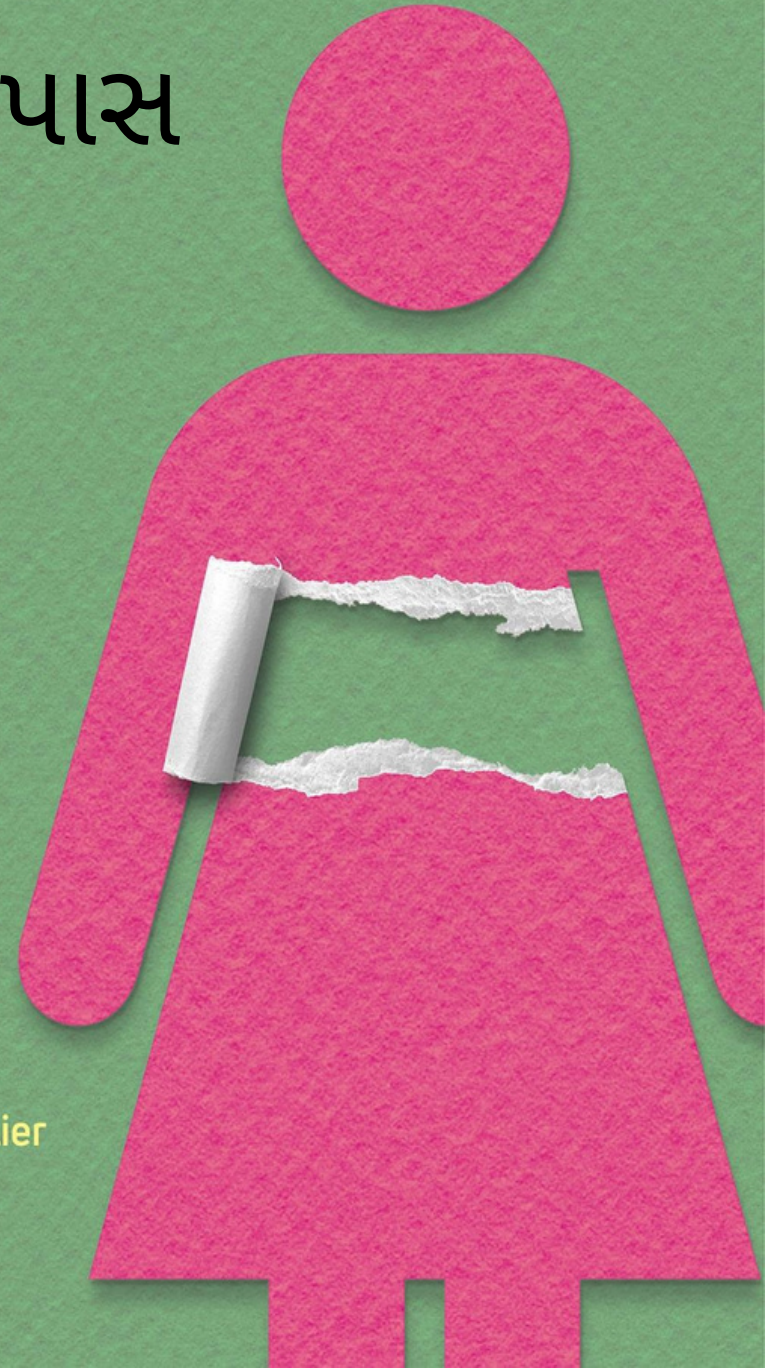
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### > 40 Years

Mammography every year  
Examination by a Breast Surgeon every year

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**\*High risk/Family - Genetic history - screening begins earlier**



# Take Home Message

- **All breast lumps are not cancerous**
- **Any woman can have breast cancer, men too can!**
- **Cancer cannot be prevented but can be cured if diagnosed early**
- **Breast Self examination is MANDATORY**
- **If you find any abnormality in your breasts**

**DO NOT HESITATE TO CONSULT A BREAST SPECIALIST**