

■ **Chemotherapy-** It uses medicine to weaken and destroy cancer cells in the body, including cells at the original cancer site and any cancer cells that may have spread to another part of the body. In many cases, a combination of two or more medicines will be used as chemotherapy treatment for breast cancer.

■ **Hormone Therapy-** Hormonal therapy medicines are whole-body (systemic) treatment for hormone-receptor positive breast cancers. This therapy works by lowering the amount of the hormone estrogens in the body or by blocking the action of estrogen on breast cancer cells.

■ **Targeted Therapy-** Targeted therapy is the recent development in the field of oncology where the drugs are given to target the tumor cells. These drugs can be used in the form of oral tablets or injections with minimal or acceptable toxicity.

■ **Radiotherapy-** High-energy rays are used to destroy the cancer cells, while doing as little harm as possible to normal cells. The treatment is often used after surgery for breast cancer. It may occasionally be used before, or instead of, surgery. Radiotherapy is usually given to the remaining breast tissue to reduce the risk of the cancer coming back in the area.

On arrival at the Hospital:

- You will be taken to department where in you fill in the questionnaire
- The nurse will take you to the examination room to examine the breast. If required the consultant will also do the examination.
- If required the consultant will ask you to undergo some tests.
- Based on the consultant advice, any of the detection procedure will be performed and the reports will be given to you.

- During the entire procedure our technician will assist you at every step handling all your queries.

At SevenHills our endeavour is to promote wellness and good health. We have highly competent and qualified medical and support staff to attend to your health needs. State of the art equipment and diagnostic facilities is available under one roof thereby saving your time and enabling us to provide best quality medical care within your reach.



Breast Cancer



C3, Arcot Road , Sathuvachari .
Opp collector's office , Vellore-9 .
Ph : 0416-2252114 , 2253400 .
www.drshivakumarhospital.com



Facts on Breast Cancer

- It is the most common form of cancer among women
- The lifetime risk of breast cancer is 1 in 8 women
- One third of women suffering from breast cancer will die
- It is second most common cause of cancer related mortality
- A new case of breast cancer is detected every 6.5 minutes in India
- More than 400000 women die globally from breast cancer related causes and more than 75% of them are from developing countries like India, because of lack of awareness
- An early detection of breast cancer results in high rate of successful treatments

What is Breast Cancer?

Breast cancer (malignant breast neoplasm) is cancer originating from breast tissue, most commonly from the inner lining of milk ducts or the lobules that supply the ducts with milk.

What are the factors that increase the risk of developing breast cancer in a women?

- Personal history of breast or ovarian cancer.
- Close relative who had breast cancer before menopause.
- Personal history of breast biopsy showing atypical hyperplasia or carcinoma in-situ.
- Periods starting at an early age or delayed menopause.
- Never being pregnant or having you first child after age 30.
- Having the mutated breast cancer gene BRCA1 or BRCA2.
- Women on Hormone Replacement Therapy (HRT) after menopause.

What are the Signs and Symptoms of Breast Cancer?

- A lump or thickening in or near the breast or in the underarm area.
- A change in the size or shape of a breast.



- Nipple discharge or tenderness, or the nipple pulled back inverted) into the breast.
- Ridges or pitting of the breast.
- A change in the way the skin of the breast, areola, or nipple looks or feels (for example, warm, swollen, red or scaly).
- Pain or tenderness lasting even after the menstrual cycle is over.
- Sore in the breast doesn't heal.

If you find any such symptoms then the women must consult a doctor immediately. It is always better to have early detection to cure the diseases.

How is a breast cancer Detected?

• Monthly Breast Self Examination

We recommend breast self examination from the age of 20, 7 to 10 days after the menstrual cycle is over. In case of menopause it should be performed first day of every month. It takes few minute of your time. Continuously performing BSE every month also enhances your chance to detect any slight changes in the breast or detect any symptoms.

• Examination by Doctor or Nurse

A clinical examination is performed by trained nurse or doctor. We recommend it annually for women above the age of 40 and at least every 3 years for women between 20 and 40. If the patient is in the high risk category, then the doctor may recommend frequent examinations.

• Mammography

A mammography is a sage low dose X-ray picture of the breast. A screening mammogram is a quick, easy way to detect breast cancer early when treatment is more effective and survival rates high. The X-ray find changes in the breast, however small it may be, even if it goes unnoticed by you during self-examination or by the doctor. It helps determine if a lump is benign or malignant and whether biopsy is required or not.

• Ultrasound Examination

Using high-frequency Sound waves, ultrasound examination

can often show whether a lump is a fluid-filled cyst (not cancer) or a solid mass (which may or may not be cancer). This exam may be used along with mammography.

• Biopsy

Using special techniques, tissue can be removed from an area that looks suspicious on a mammogram but cannot be felt. Tissue removed in a needle or surgical biopsy goes to a lab to be checked by a pathologist for cancer cells.

• Aspiration-FNAC

A thin needle is used to remove fluid and/or cells from a breast lump. If the fluid is clear, it may not need to be checked by a lab.

What are the treatments options for Breast cancer?

if any of the above detection procedure confirms the presence of breast cancer then the following treatment procedure is recommended after detailed evaluation and assessment by the consultant.

■Surgery:

The various procedures are as follows:

- Lumpectomy-** also known as breast-conserving surgery is the removal of only the tumors and a small amount of surrounding tissue.
- Partial Mastectomy-** In a partial mastectomy, a larger amount of breast tissue and some skin are removed with the tumour. A partial mastectomy also includes removal of the lining over chest muscles below the tumour and, usually, some lymph nodes. This surgery is usually performed for Stage1 and 2 tumours.
- Simple Mastectomy-** In this procedure, the entire breast is removed, but the lymph nodes and surrounding muscle are left intact.
- Modified Radical Mastectomy-** This is the most common surgical procedure performed for breast cancer. The entire breast, the lymph nodes under the arm, and the lining over the chest muscles are removed. The muscles remain intact.