

# Health Bubble

CHAMP –SHARING TOMORROWS QUALITY HEALTH TODAY

## BREAST CANCER

Breast cancer is the cancer of breast tissue, more commonly found in women, but it can also affect men.



### RISK FACTORS FOR BREAST CANCER

There are several things associated with an increase in the possibility of developing breast cancer

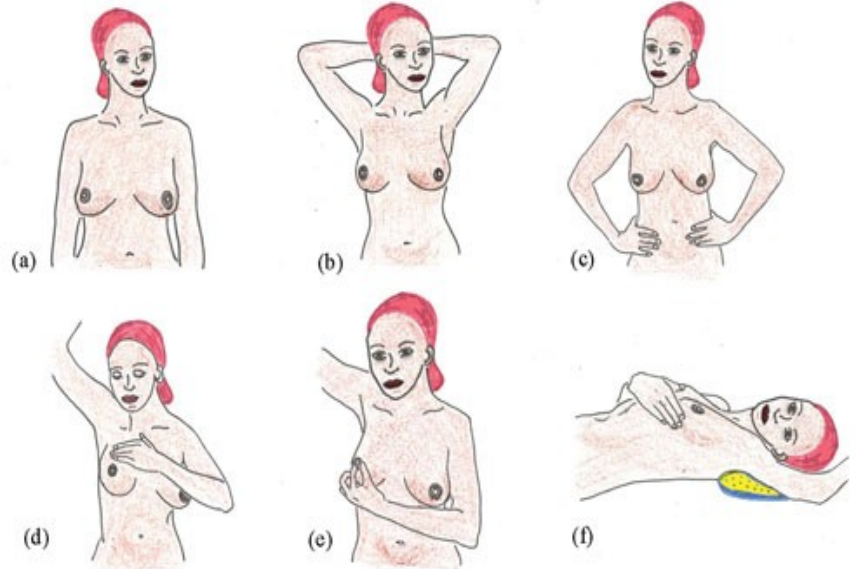
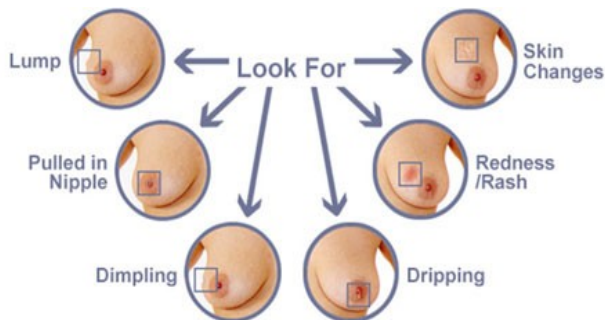
- Being female
- Family history of breast cancer
- Personal history of breast cancer
- Aged 45 years and above
- Long term night shift work
- Long term use of hormone replacement therapy.

<http://www.iarc.fr/en/media-centre/pr/2007/pr180.html>

### SYMPTOMS OF BREAST CANCER

The most common symptoms of breast cancer are:-

- a) New Lump in the breast
- b) Swelling in part or all of the breast
- c) Skin irritation
- d) Discharge from breast that is not milk (pus like, bloody)



The steps of breast self-examination: steps (a) to (c) are done facing a mirror. Step (f) is done lying down.

(Diagrams: Dr Radmila Mileusnic)

### BREAST SELF EXAMINATION

Breast Self Examination is the most important tool in the battle against breast cancer.

All women should examine their breast once a month, preferably after her monthly period.

### TREATMENT OF BREAST CANCER

Breast Cancer if detected early has a survival rate of 80% in the first 5 years.

Among other treatment available, the most commonly used are:-

**CHEMOTHERAPY**  
**CRYOTHERAPY**  
**RADIATION THERAPY**  
**SURGERY**

[www.champzambia.org](http://www.champzambia.org)