Breast Cancer

What Every Woman Should Know!
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Breast Cancer: The Realities

- Breast cancer is the most common non-skin cancer among American women.

- It is the second leading cause of death among women.

- One out of every eight women will develop invasive breast cancer during her lifetime.

- Each year it is estimated that over 220,000 women in the United States will be diagnosed with breast cancer and more than 40,000 will die.

- Although breast cancer in men is rare, an estimated 2,150 men will be diagnosed with breast cancer and approximately 410 will die each year.
Breast Cancer

• Breast cancer is a disease in which malignant (cancer) cells form in the tissue of the breast.

• Breast tissue is composed of several types of tissues, vessels and cells:
  • Lobules- glands that make breast milk
  • Ducts- small tubes that carry milk from the lobules to the nipple
  • Fatty and connective tissue
  • Blood vessels and lymph vessels

• The two most likely areas of the breast to develop cancerous cells are the milk-producing ducts and the lobules/glands.

• Breast cancer may also occur in surrounding lymph nodes, especially those of the underarm.
Types of Breast Cancer

- 2 broad categories:
  - Noninvasive
  - Invasive

- Noninvasive (*in situ*) breast cancer:
  - Cancerous cells remain in a particular location of the breast, without spreading to surrounding tissue, lobules or ducts.

- Invasive (*infiltrating*) breast cancer:
  - Cancerous cells break through normal breast tissue barriers and spread to other parts of the body through the bloodstream and lymph nodes.
Be Aware & Take Care!

BREAST CANCER: RISK FACTORS
Risk Factors: Somethings we Can’t Change

• Age
  • Women over 60 are more likely to be diagnosed with breast cancer.
  • Only about 10-15% of breast cancers occur in women younger than age 45

• Gender
  • Breast cancer is 100 times more common in women than men
  • The National Cancer Institute estimates that over 190,000 women will be diagnosed with breast cancer annually.
    • Approximately 2,000 men are diagnosed annually.
Risk Factors: Somethings we Can’t Change

Genetics

• Family history:
  • Having a family history of breast cancer increases the risk
  • For women with a mother, sister or daughter who has or had breast cancer, the risk increases possibly by doubling.

• Inherited factors:
  • Some inherited genetic mutations may increase your breast cancer risks.
  • Mutations in the BRCA1 and BRCA2 genes are the most common inherited causes.

Race & Ethnicity

• White women are slightly more likely to develop breast cancer than are African-American women but African-American women are more likely to die of breast cancer.

• In women under 45 years of age, breast cancer is more common in African-American women. Asian, Hispanic, and Native-American women have a lower risk of developing and dying from breast cancer.
Risk Factors: Medications & Previous Treatments

- **Birth control pills:**
  - Using oral contraceptives within the past 10 years may slightly increase the risk of developing breast cancer. The risk decreases over time once the pills are stopped.

- **Combined post-menopausal hormone therapy (PHT):**
  - Using combined hormone therapy after menopause increases the risk of developing breast cancer. Combined HT also increases the likelihood that the cancer may be found at a more advanced stage.

- **Diethylstilbestrol exposure (DES):**
  - Previous use of DES, a drug commonly given to pregnant women from 1940 to 1971 to prevent miscarriage, may slightly increase the risk of developing breast cancer.
  - Women whose mothers took DES during pregnancy may also have a slightly higher risk of breast cancer.

- **Radiation exposure:**
  - Women who, as children or young adults, had radiation therapy to the chest area as treatment for another cancer have a significantly increased risk for breast cancer.
Risk Factors: Health History

- **Obesity:**
  - After menopause, fat tissue may contribute to increases in estrogen levels, and high levels of estrogen may increase the risk of breast cancer. Weight gain during adulthood and excess body fat around the waist may also play a role.

- **Not having children:**
  - Women who have had no children, or who were pregnant later in life (over age 35) may have a greater chance of developing breast cancer.
  - Breast-feeding may help to lower your breast cancer risks.

- **High breast density:**
  - Women with less fatty tissue and more glandular and fibrous tissue may be at higher risk for developing breast cancer than women with less dense breasts.

- **Certain breast changes:**
  - Certain benign (noncancerous) breast conditions may increase breast cancer risk.

- **Menstrual history:**
  - Women who start menstruation at an early age (before age 12) and/or menopause at an older age (after age 55) have a slightly higher risk of breast cancer.
  - The increase in risk may be due to a longer lifetime exposure to the hormones estrogen and progesterone.
Risk Factors: Lifestyle Choices

• A sedentary lifestyle increases the risk
  • Physical activity in the form of regular exercise for four to seven hours a week may help to reduce breast cancer risk.

• Alcohol/Heavy drinking:
  • Alcohol consumption is linked to an increased risk of developing breast cancer.
  • The risk increases with the amount of alcohol consumed. The more you drink the greater the risk!
Symptoms

Common Symptoms

• Skin changes,
  • Swelling, redness, or other visible differences in one or both breasts

• An increase in size or change in shape of the breast(s)

• Changes in the appearance of one or both nipples

• Nipple discharge other than breast milk

• General pain in/on any part of the breast

• Lumps or nodes felt on or inside of the breast

Signs of Invasive Breast Cancer

• Irritated or itchy breasts

• Change in the breast color

• Increase in breast size or shape (over a short period of time)

• Changes in touch (may feel firm or hard, tender/increased sensitivity, or warmth)

• Skin changes: Peeling or flaking of the nipple skin

• Presence of a breast lump or thickening of the breast

• Redness or pitting of the breast skin (like the skin of an orange)
Cancer breast

Risk Factors:
1. Old Nullipara Obese Female with +ve family history
2. Duct papilloma (presents with nipple bleeding)

Size
1. Enlargement and Asymmetry

Nipple
2. Circumferential Retraction

Areola
3. Paget disease
   (eczema like condition)

Skin
4. Dimpling
5. Nodule
6. Ulceration
7. Peau d’orange

Metastasis
8. Sister Joseph Nodule in umbilicus
What you can do!

BREAST HEALTH
SIGNS OF BREAST CANCER
CAN YOU IDENTIFY THEM?
Prevention & Early Detection: What you can do!

Although you cannot prevent cancer, some habits that can help reduce your risk are:

• Maintain a healthy weight/Body Mass Index (BMI)
  • Body mass index, or BMI, is a way to help you figure out if you are at a healthy weight for your height.
  • A Normal BMI is 18.5-24.9

• Stay physically active
  • Getting at least 30 minutes of exercise daily is recommended.

• Eat fruits and vegetables
  • 3-5 servings of each food groups daily

• Do not smoke
  • Avoid all tobacco products & second-hand smoke too!

• Limit alcohol consumption
What’s your BMI?

To use the table, find your height on the left side of the chart, then go across to the weight that is closest to yours. At the top of the chart you can see your BMI, and at the bottom of the chart you can see which category you fit into – healthy weight, overweight, or obese.

**BMI Ranges**

- Underweight:
  - BMI is less than 18.5
- Normal weight:
  - BMI is 18.5 to 24.9
- Overweight:
  - BMI is 25 to 29.9
- Obese:
  - BMI is 30 or more
Physical Activity Guidelines

• **Avoid Inactivity**
  Some physical activity is better than none — and any amount has health benefits.

• **Do Aerobic Activity**
  For substantial health benefits, do one of the following:
  • 150 minutes (2 hours and 30 minutes) each week of moderate-intensity aerobic physical activity (such as brisk walking or tennis) OR
  • 75 minutes (1 hour and 15 minutes) each week of vigorous-intensity aerobic physical activity (such as jogging or swimming laps)
  • An equivalent combination of moderate- and vigorous-intensity aerobic physical activity
  • Do aerobic physical activity in episodes of at least 10 minutes and, if possible, spread it out through the week.

• **Strengthen Muscles**
  Do muscle-strengthening activities (such as lifting weights or using resistance bands) that are moderate or high intensity and involve all major muscle groups on 2 or more days a week.

• [WWW.HEALTH.GOV]
The Dietary Guidelines for Americans, 2010, released on January 31, 2011, emphasize three major goals for Americans:
1. Balance calories with physical activity to manage weight
2. Consume more of certain foods and nutrients such as fruits, vegetables, whole grains, fat-free and low-fat dairy products, and seafood
3. Consume fewer foods with sodium (salt), saturated fats, trans fats, cholesterol, added sugars, and refined grains

The Dietary Guidelines for Americans, 2010 include 23 key recommendations for the general population and 6 additional key recommendations for specific population groups, such as pregnant women. The recommendations are intended to help people choose an overall healthy diet.

The new guidelines will be released later in 2015.
www.health.gov
Living a Healthy life!

Quit Smoking
Life is beautifull
Prevention & Early Detection

- Have an Early Detection Plan that Includes:

  - Performing monthly breast self-exams
    - Have a calendar to keep track of your monthly exams
    - Perform the exam on the same day every month
    - Perform while standing in front of the mirror, while lying down and while in the shower
    - Notify your Healthcare provider and schedule an appointment immediately with your provider if any abnormalities are discovered

  - Visit your Healthcare Provider for scheduled clinical breast exams
    - You should have a clinical exam and a Mammogram yearly and any other testing yearly or at the interval set by your Health Care Provider based on your personal & family history

  - Be sure to follow your healthcare provider's recommendations for mammograms, which will depend on your age and health history.

- http://www.nationalbreastcancer.org/
References

• Please visit these sites for additional information.
  
  • http://www.cancer.org/healthy/morewaysacshelpsyoustaywell/breastcancer

  • http://www.cancer.gov/types/breast

  • www.health.org

  • http://www.nationalbreastcancer.org/