

# BREAST CANCER

Breast cancer is a rapid, uncontrolled growth of abnormal cells in one or both breasts. It is the most common type of cancer in women, but it is often cured when found early. It is the second leading cause of cancer deaths in women today (after lung cancer) and is the most common cancer among women, excluding nonmelanoma skin cancers. This breast cancer is easy to get because nowadays people do not take seriously about their life style like make a habit in eating fast food as daily food. For example burger and instant noodle. Therefore, it is one of the important knowledge that we should know because it makes us worried especially among women.

According to the World Health Organization, more than 1.2 million people will be diagnosed with breast cancer each year worldwide and over 500,000 will die from the disease. The American Cancer Society estimates that 180,510 new cases of invasive breast cancer will be diagnosed in 2007. Breast cancer death rates have been dropping steadily since 1990, according to the Society, because of earlier detection and better treatments. About 40,910 breast cancer deaths are expected in 2007.

According to the American Cancer Society, the chance that breast cancer will be responsible for a woman's death is about 1 in 33 (3%). The incidence rate of breast cancer (number of new breast cancers per 100,000 women) increased by approximately 4% during the 1980s but leveled off to 100.6 cases per 100,000 women in the 1990s. The death rates from breast cancer also declined significantly between 1992 and 1996, with the largest decreases among younger women. Medical experts attribute the decline in breast cancer deaths to earlier detection and more effective treatments.

<b>Breast Cancer Worldwide</b>			
<b>Breast ages)</b>	<b>(All</b>	<b>Incidence</b>	<b>Deaths</b>
China		18.7	5.5
Zimbabwe		19	14.1
India		19.1	10.4
Japan		32.7	8.3
Brazil		46	14.1
Singapore		48.7	15.8
Italy		74.4	18.9

Switzerland	81.7	19.8
Australia	83.2	18.4
Canada	84.3	21.1
Netherlands	86.7	27.5
UK	87.2	24.3
Sweden	87.8	17.3
Denmark	88.7	27.8
France	91.9	21.5
United States	101.1	19

*Note: numbers are per 100,000. Source: J. Ferlay, F. Bray, P. Pisani and D.M. Parkin. GLOBOCAN 2002. Cancer Incidence, Mortality and Prevalence Worldwide. IARC CancerBase No. 5, version 2.0. IARC Press, Lyon, 2004.*

Each woman's breast cancer risk may be higher or lower, depending upon a several factors, including family history, genetics, age of menstruation, and other factors that have not yet been identified.

Staging is the process physicians use to assess the size and location of a patient's cancer. This information helps determine the most optimal form of treatment. Breast cancer stages range from Stage 0 (very early form of cancer) to Stage IV (advanced, metastatic breast cancer).

The stage of breast cancer can be as low as stage 0 or as high as stage IV. The higher the stage, the larger the tumor or the more the cancer has spread. Stage 0 cancer, for instance, indicates a non-invasive breast cancer that is contained within the duct and hasn't spread within the breast. Some doctors consider stage 0 cancer not a true cancer at all but a predictor of breast cancer.

The symptom while you in stage I breast cancer if your tumor is no more than 2 centimeters (cm) in diameter (slightly less than 1 inch), the cancer hasn't spread to your lymph nodes and hasn't spread to a distant part of your body. The five-year survival rate for women treated for stage I breast cancer is 98 percent.

With stage II breast cancer, the tumor size is larger than that of stage I, but the cancer hasn't spread to a distant part of your body. There are a few symptoms that may be caught you in the stage II of the cancer. Firstly, your tumor is 2 to 5 cm in diameter. The cancer may or may not have spread to your axillary lymph nodes. Secondly, your tumor is more than 5 cm in diameter, but the cancer hasn't spread to your axillary lymph nodes (A) and lastly, your tumor is less than 2 cm in diameter, but the cancer has spread to less than four of your underarm (axillary) lymph nodes (B).

If you have stage III breast cancer, known as locally advanced cancer, your cancer has spread to the lymph nodes near your breast and axilla which are those located under your arm or by your collarbone and axilla but not to more distant parts of your body. For instance, you may have a tumor that's larger than 5 cm, with cancer cells that have spread to your axillary lymph nodes. However, the nodes aren't growing into one another (A) and other one when your tumor is smaller than 5 cm, but the cancer has spread to the axillary lymph nodes above your collarbone

Stage IV represents the most advanced form of breast cancer and axilla; cancer cells have spread to distant parts of your body, such as bones, organs or lymph nodes located far from your breast. Treatment may help shrink or control the cancer for a while, but it usually won't completely cure the cancer. At this stage, symptom relief becomes a priority.

There should also consider your personal preferences and health when developing a treatment plan for you. This will include your feelings about keeping your breast, your personal and family history of breast cancer and whether you have other serious health problems.

Most people with breast cancer have surgery to remove the cancer from the breast. Some or all of the lymph nodes under the arm are also usually removed to find out whether the breast cancer has spread to this area. Even if all the cancer that can be seen at the time of your surgery is removed, you may be treated with **radiation therapy**. **Chemotherapy** or **hormone therapy** may also be recommended to make sure that the breast cancer cells have been destroyed. You may also be given chemotherapy or hormone therapy to shrink your breast cancer before surgery. This is called **neoadjuvant therapy**. Initial treatment of **breast cancer** may include surgery to remove the cancer.

In conclusion, we ourselves need care about our life style, foods, and environment. It is important to take the ways to avoid it.



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## **PROPOSAL OF BREAST CANCER**

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## INTRODUCTION

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