

# Risk Factors

## ▶ Controllable

- ▶ Being exposed to large amounts of radiation

## ▶ Uncontrollable

- ▶ Being young (<12) at the time of menses
- ▶ Starting menopause after age 55
- ▶ Having an inherited mutation in the breast cancer genes (BRCA 1 or 2)

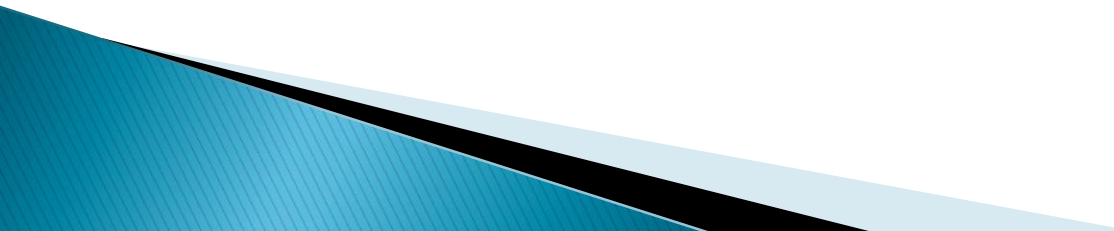
ACS Breast Cancer Facts 2001–02

# Causes of Hereditary Susceptibility to Breast Cancer

5 to 10% of breast cancers can be attributed to inherited factors

Gene	Contribution to Hereditary Breast Cancer
<i>BRCA1</i>	20%-40%
<i>BRCA2</i>	10%-30%
<i>TP53</i>	<1%
<i>PTEN</i>	<1%
Undiscovered genes	30%-70%

# Features That Indicate Increased Likelihood of Having BRCA Mutations

- ▶ Multiple cases of early onset breast cancer
  - ▶ Ovarian cancer (with family history of breast or ovarian cancer)
  - ▶ Breast and ovarian cancer in the same woman
  - ▶ Bilateral breast cancer
  - ▶ Ashkenazi Jewish heritage
  - ▶ Male breast cancer
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# Established Prognostic Markers for Breast Cancer

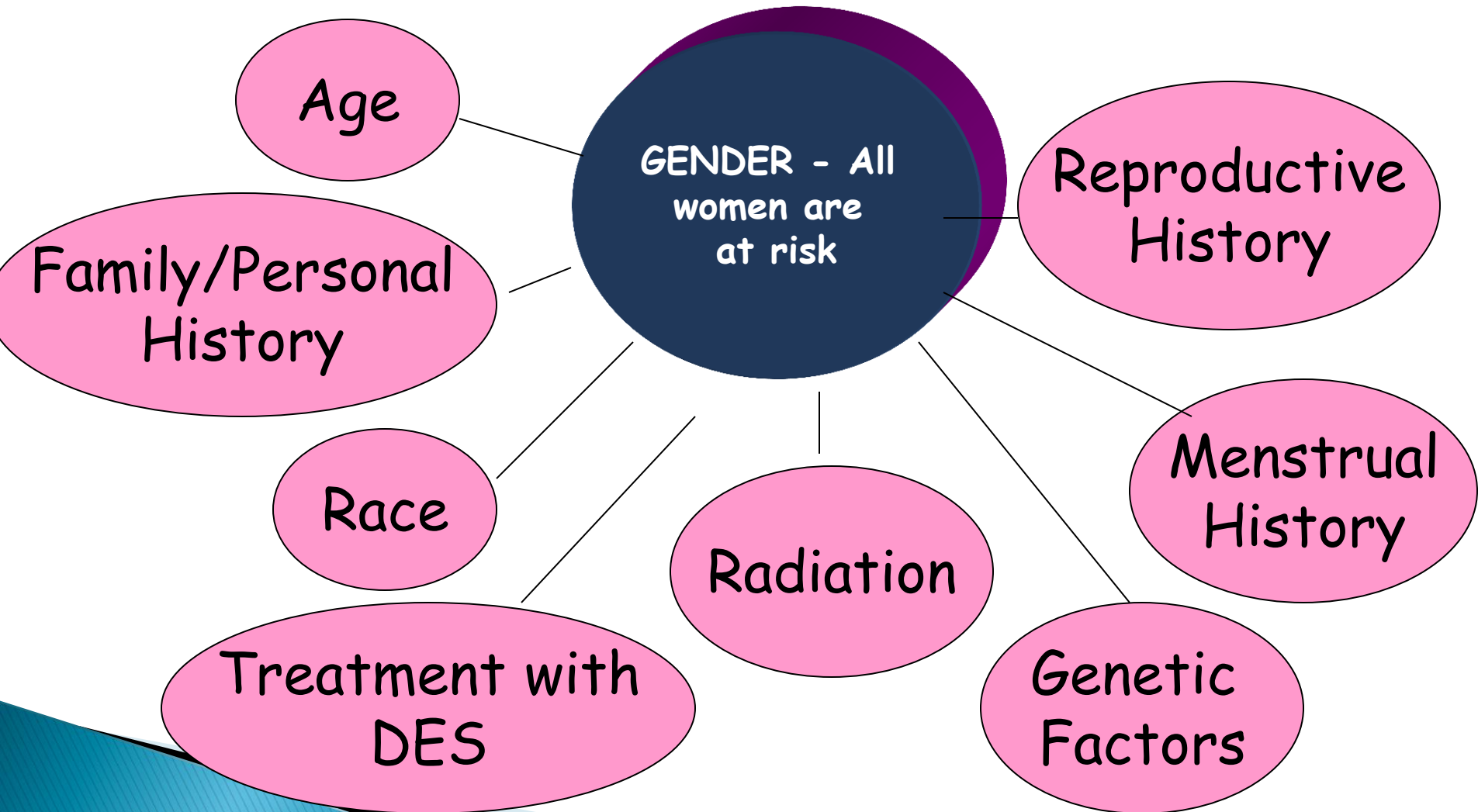
- Axillary lymph nodes
- Tumor size
- Histological grade
- Histological tumor type
- Steroid receptor status
- Age

NIH Consensus Conference 2000

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# Breast Cancer Risk Factor

## unalterable factor



# Breast Cancer Risk Factors that can be *controlled*



# DIAGNOSIS

## TRIPLE ASSESSMENT

- ▶ 1–CLINICAL:           A–AGE .  
                                  B–EXAMINATION
- ▶ 2–IMAGING :           A–US .  
                                  B–MAMMOGRAM
- ▶ 3–PATHOLOGY:        A–FNA.  
                                  B–CORECUT

# Signs and Symptoms

**Most common:**  
lump or thickening in breast. Often painless



Lump in breast or underarm area



Change in size or shape of breast

Nipple changes



Discharge or bleeding from the nipple

Discharge or bleeding

Change in size or contours of breast

Inversion



Crusting



Change in color or appearance of areola

Redness or pitting of skin over the breast, like the skin of an orange





# Trouble manifestations That Should Not Be Ignored:

1. Finding a **lump**, hard knot or thickening
2. Unusual swelling, warmth, redness or darkening
3. Change in size or shape of the breast
4. **Dimpling or puckering of the skin** of the breast
5. Finding **an itchy, scaly sore** or rash on the nipple
6. **Pulling in of the nipple** or other parts of the breast
7. Nipple **discharge** that starts suddenly
8. **Pain** in one spot that does not vary with cycle

# RETRACTED BREAST



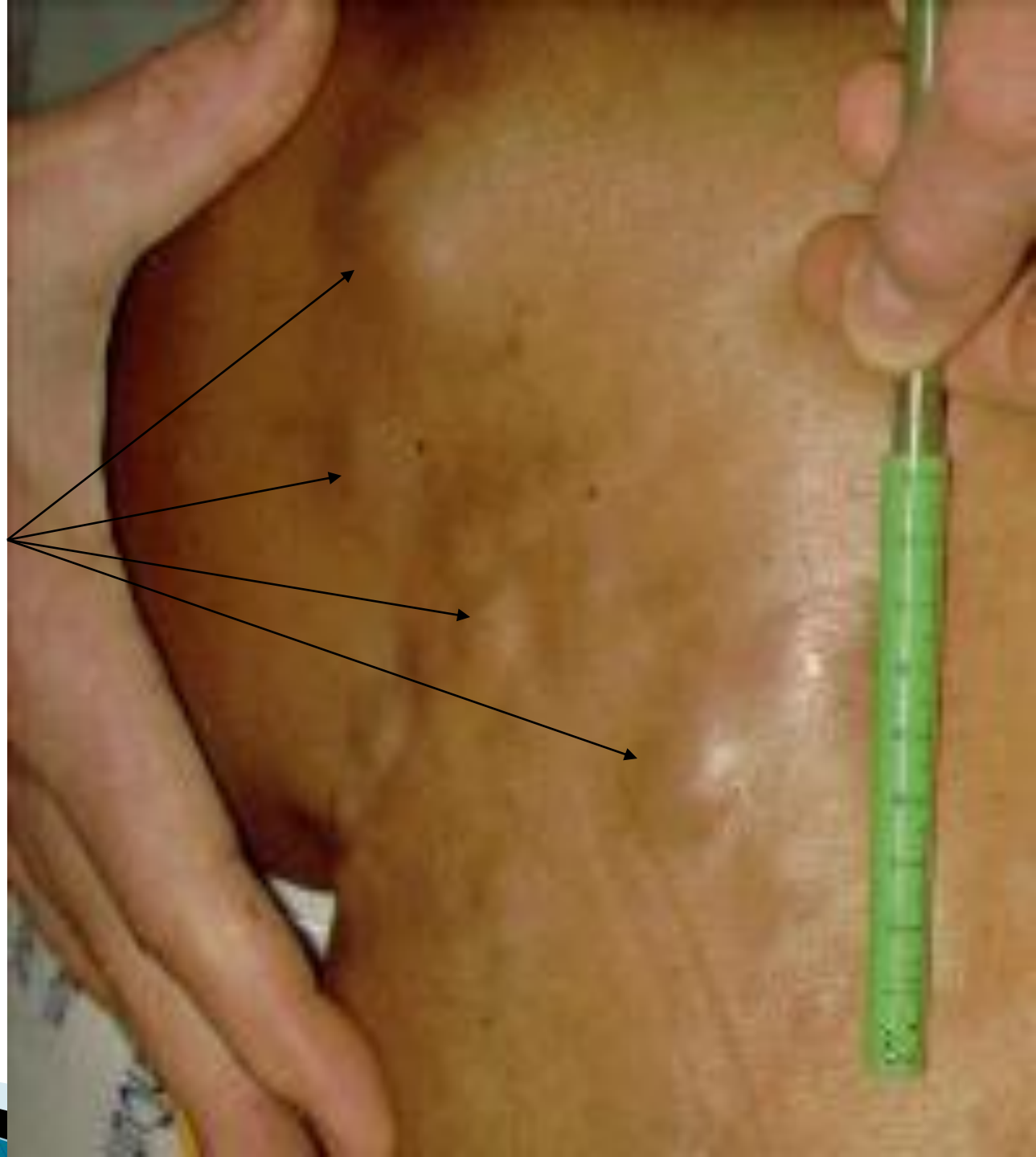
# SWOLLEN BREAST WITH NIPPLE RETRACTION



**MULTIPLE LOCAL  
RECURRENCE**

**CANCER EN-CUIRASSE**

**درع المحارب**



# Breast Cancer **Screening Methods** For Healthy Women

1. **Breast Self Exam**
2. **Clinical Breast Exam**
  - Age 20–39: every 3 years
  - Age after 40: every year
3. **Mammography**
  - Age after 40: every year

# HOW TO EXAMINE YOUR OWN BREASTS

TEACH PATIENT  
LOOK AT  
THE  
**MIRROR**

**NOTE ANY  
ABNORMALITY  
IN YOUR  
BREASTS OR  
AXILLAE AT  
EVERY SHOWER**



# Time to take your breasts into your own hands

## How to examine your breasts

### It's all in the technique

#### Location, Location, Location

It is important to check both breasts and the areas surrounding them because breast cancer may be found in the lymph node tissue around your breast and underarm. Use your right hand to check your left breast, and do the opposite for the right breast. General consensus leans towards the up and down method of checking your breasts.



Remember the areas surrounding your breasts.



Practise makes perfect.



#### It's the Motion

Use a circular dime-sized rubbing motion without lifting up your fingers.

#### Under Pressure

Each time you move your finger pads to a new location, you will need to vary the degree of pressure three times: light, medium and deep.



Light pressure

Medium pressure

Deep pressure

USE PALMER ASPECTS OF YOUR FINGERS T'S OF

# Investigations :

