

Breast Cancer

Eileen Tague Macmillan
Nurse Specialist Breast Care

CONTENTS

- ▶ Introduction
- ▶ Statistics
- ▶ Risk factors
- ▶ Symptoms
- ▶ Diagnosis
- ▶ Treatment
- ▶ Latest developments

SOME STATISTICS

- ▶ IN 2008 worldwide it was estimated that 1.38 million women were diagnosed with breast cancer
- ▶ In the UK in 2008 48,034 people were diagnosed with breast cancer
 - 47,693 (>99%) women
 - 341 (<1%) men

STATISTICS

▶ The lifetime risk of developing breast cancer is

1:8 women

1:1014 men

81% of breast cancer is diagnosed in women over 50 years

- ▶ Worldwide rates vary considerably.
- ▶ The highest rates in Europe
- ▶ The lowest rates in Africa and Asia

RISK FACTORS

- ▶ Female
- ▶ Age
- ▶ Reproductive history
- ▶ Hormones
- ▶ Family history/Personal history
- ▶ Genetics
- ▶ Lifestyle factors
- ▶ Benign breast disease

NATIONAL HEALTH SERVICE BREAST SCREENING PROGRAMME

- ▶ Age 50 – 70 years
- ▶ Mammogram
- ▶ 3 yearly
- ▶ If abnormality detected the recalled to breast assessment clinic for investigation

SYMPTOMS

- ▶ Breast lump/thickened area
- ▶ Change in size or shape of breast
- ▶ Nipple discharge
- ▶ Nipple retraction
- ▶ Dimpling of the skin/redness like orange peel
- ▶ Rash on or around the nipple
- ▶ Lump or swelling in armpit

INVESTIGATIONS

- ▶ Clinical Examination
- ▶ Mammogram
- ▶ Ultra sound scan
- ▶ Fine needle aspiration cytology/core biopsy
- ▶ Magnetic Resonance imaging (MRI)

TREATMENT

- ▶ Surgery
 - Breast, Axilla, Breast reconstruction
- ▶ Radiotherapy
- ▶ Chemotherapy
- ▶ Endocrine therapy
 - ▶ Eg tamoxifen
- ▶ Biological Therapy
 - ▶ herceptin

BREAST CANCER IN MEN

- ▶ Breast cancer is rare in men

- ▶ Risk factors

 - Age >60 -70

 - High oestrogen levels
 - family history

 - Exposure to radiation

 - Klinefelters Syndrome

Diagnosis/Treatment

Almost the same as for men as it is for women

NEW DEVELOPMENTS

- ▶ Nurse Practitioner
- ▶ Oncoplastics
- ▶ Expansion of age of screening
- ▶ Digital

REFERENCES

- ▶ Cancer Research UK <http://info.cancerresearchuk.org>
- ▶ Macmillan Cancer Support <http://www.macmillan.org.uk>
- ▶ <http://www.womens-health.co.uk>
- ▶ <http://www.nhs.uk> NHS Choices
- ▶ <http://www.cancerscreening.nhs.uk>