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BREAST CANCER: DETECT AND SAVE EARLY

CASE STUDY/INSIGHT

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Breast Cancer occurs when cells in breast grow in an uncontrolled manner. The incidence of breast cancer is increasing globally due to increased urbanization and change in lifestyle. Early detection and treatment of breast cancer is important for better results and the survival remains the cornerstone of breast cancer control.

Breast cancer in its early stages may not show any symptoms. The symptoms for most common breast cancers are lumps in breast or tissue thickening; breast pain, swelling, nipple discharges other than milk, bloody discharge from the nipple, sudden change in breast shape and size, etc. These symptoms don't necessarily indicate cancer. Hence, it is always better to consult doctor whenever such doubts arise.

There are certain risk factors such as family history, over which we have no control. But by following a healthy lifestyle, getting regular screenings and taking preventive methods, the risk of breast cancer can be reduced. Women who are alcoholic are at higher risks of developing breast cancer. It is good to follow a healthy diet, spend time for physical activities like walking, exercise and yoga. Regular screening may not prevent breast cancer but will help in early detection of breast cancer.

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Cancer Institute (WIA) at Adyar, Chennai is a public charitable voluntary institute that made cancer treatment affordable to all sections of the society. This institute was established under Dr. Muthulakshmi Reddy, to provide healthcare facilities to all sections of the society. Dr. V. Shanta dedicated her life in providing affordable treatment for cancer and in creating awareness about preventing cancer through her leadership at Adyar Cancer Institute.

Awareness and information regarding breast cancers are provided by International Health Organizations, Cancer Institutes and other medical institutes. Every year, Breast Cancer Awareness month is held in October. Early detection of breast cancer provides best chance of effective treatment and increased survival. There are many famous people who have fought with cancer and recovered.

NOTE: Consult doctor and seek medical advice. Avoid any type of self-medication without consultation with doctor.