

Notes

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PATIENT INFORMATION

BREAST CANCER



MEDANTA
BREAST SERVICES

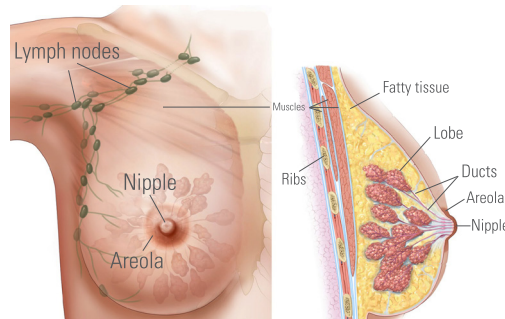


Introduction

To understand breast cancer, we first need to understand the normal structure of the breasts, shown in the diagram.

The female breast is made up mainly of lobules (milk-producing glands), ducts (tiny tubes that carry the milk from the lobules to the nipple) and stroma (fatty tissue and connective tissue surrounding the ducts and lobules, blood vessels and lymphatic vessels).

Anatomy of the female breast



Understanding breast cancer

Breast cancer is a condition in which malignant (cancer) tumour develops in the tissues of the breast. A malignant tumour is a group of cancer cells that can grow into surrounding tissues or spread (metastasize) to distant areas of the body. Usually this condition is prevalent in women but men can get it too.

The most common type of breast cancer is ductal carcinoma, which begins in the cells of the ducts. Cancer that begins in the lobes or lobules is called lobular carcinoma and is more often found in both breasts than are other types of breast cancer. Inflammatory breast cancer is an uncommon type of breast cancer in which the breast is warm, red and swollen.

Risk factors



Age



Obesity



Alcohol consumption



Family history

- Sedentary lifestyle
- Taking hormones for symptoms of menopause
- Treatment with radiation therapy to the breast/chest
- Late pregnancy
- Early menstruation

Signs & symptoms

The signs & symptoms for breast cancer include, but are not limited to the following:

- A lump or thickening in or near the breast or in the underarm area
- A change in the size or shape of the breast
- A dimple or wrinkling in the skin of the breast
- A nipple turned inward into the breast
- Secretion of fluid other than breast milk from the nipple
- Scaly, red or swollen skin on the breast, nipple or areola (the dark area of skin that is around the nipple)
- Dimples in the breast that look like the skin of an orange

Tests and diagnosis

A doctor should be seen if changes in the breast are noticed. The following tests and procedures may be used:

- Physical exam and history
- Clinical breast exam (CBE)
- Mammogram (X-ray of the breast)
- Ultrasound/MRI
- Blood chemistry
- Biopsy

Treatments

After you have been diagnosed with breast cancer, our team of doctors will discuss your treatment options with you and their possible side effects.

Your doctor will consider many different factors, like your age and your general health, when working out the best treatment for you, including the type of breast cancer you have. Treatment options include:

- Surgery (Wide Local Excision/Mastectomy/Axillary Clearance/Sentinel Node Biopsy)
- Chemotherapy
- Radiotherapy
- Hormone therapy

Why Medanta - The Medicity?

We at Medanta have developed a dedicated unit of Medanta Breast Services to diagnose and treat the entire spectrum of conditions affecting breasts. The latest use of technology integrated with radiology as well as nuclear medicine enables us to quantify the risk of relapse and tailor therapies accurately. We are the only centre in India to offer MRI guided Vacuum assisted Breast Biopsy (VABB), Gamma probe for Sentinal Node Biopsy etc. for all the diseases of breast. Also, our unit has been designed on the guidelines laid down by the European Union Society of Mastology (EUSOMA). Our innovative treatment strategies and supportive environment make treatment as effective and comfortable as possible.