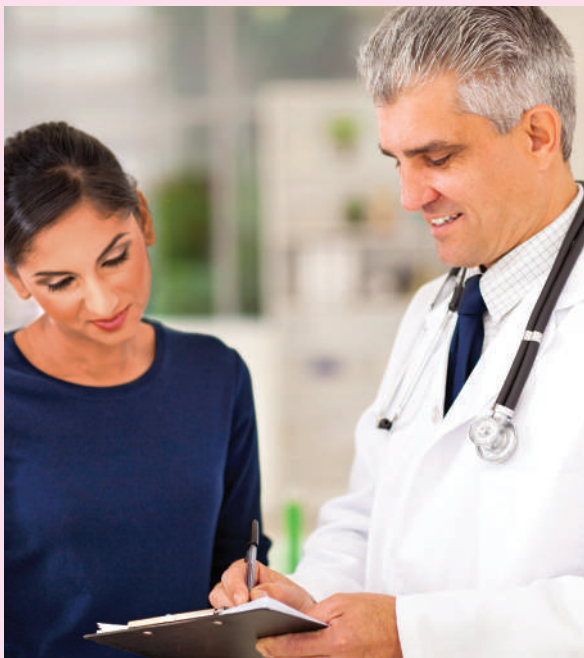


## What is Breast Cancer screening?

Mammographic screening, where X-ray images of the breast are taken, is the most commonly used and available method for finding out the condition during an early stage. However, you should remember that a mammogram test might fail to detect some breast cancers. Women with a higher-than-average risk of developing breast cancer are advised breast screening and genetic testing for the condition. As the risk of breast cancer increases with age, all women in the age group of 50 to 70 years are advised breast cancer screening, every three years.



## How can you prevent Breast Cancer?

As the cause of breast cancer is not completely understood, presently it's not possible to know if the condition can be prevented. However, if you're at an increased risk, some treatments are available to reduce the risk.

Although there are no definite conclusions, the following measures could benefit women:

Maintaining a healthy weight

Exercising regularly: according to a study, the risk could be cut down by a third

Reducing the intake of saturated fat and alcohol



## Remember!

Breast Cancer has a good chance of recovery if it's detected during the early stages. For this reason, it's important that women check their breasts regularly to notice any changes and also get them examined by a doctor.

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## BREAST CANCER- ITS PREVENTION AND TREATMENT

*Read on to find out.*



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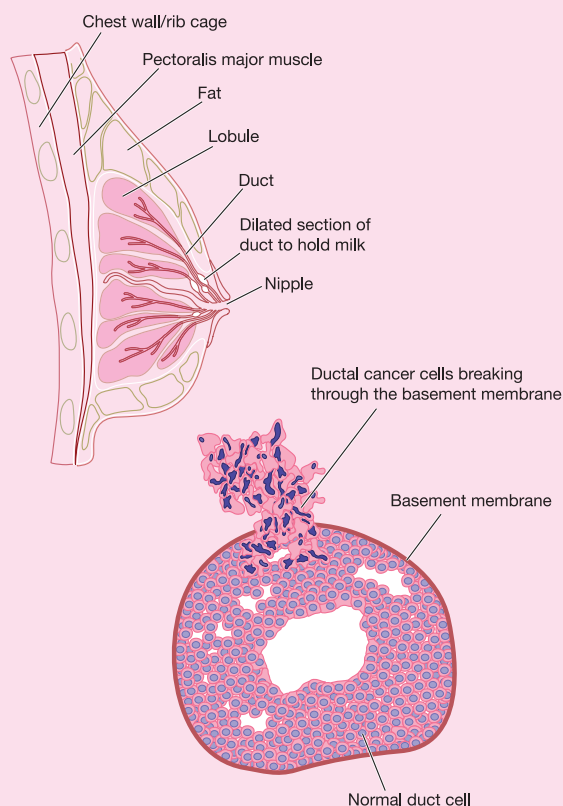
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In affiliation with  
Johns Hopkins Medicine International

## What is Breast Cancer?

Breast cancer is now the most common cancer occurring in women in India and accounts for 28% of all cancers afflicting women. In other words, one in every four women is suffering from breast cancer. Although most women diagnosed with breast cancer are over the age of 50 years, in India, we are witnessing more women in the younger age groups (thirties and forties) suffering from this condition.



## What are the symptoms of Breast Cancer?

Breast cancer can have a number of symptoms, but the first noticeable symptom is usually a lump or area of thickened breast tissue. Most breast lumps are not cancerous, but it's always better to have them examined by your doctor.

See your General Physician, if you notice any of the following:

A change in the size or shape of one or both breasts

Discharge from either of your nipples, which may be mixed with blood

A lump or swelling in either of your armpits

Dimpling on the skin of your breasts

A rash on or around your nipple

A change in the appearance of your nipple, such as becoming sunken into your breast



any nipple discharge or bloody discharge



swelling of all or part of a breast



pain or tenderness in the breast



skin irritation or dimpling



a lump in the breast



a lump or swelling in either of armpits

## What causes Breast Cancer?

The exact causes of breast cancer are not completely understood. However, there are certain factors known to increase the risk of breast cancer.

Age – the risk increases as you get older

Family history of breast cancer

Previous diagnosis of breast cancer

Previous benign breast lump

Being overweight or obese

Excessive use of alcohol

## How is Breast Cancer diagnosed?

After examining your breasts, your doctor may suggest a Mammogram test, which is an X-ray of your breasts and/or a biopsy. You may also need an ultrasound scan. A biopsy is where a sample of tissue cells is taken from your breast and tested to see if it's cancerous. Sometimes, a tissue sample is taken from any swelling that you may have (lymph nodes) in your armpit (axilla) to see whether these are also affected. These tests also help in differentiating among several types of breast cancer, which can develop in different parts of the breast.

