

Breast cancer

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Introduction

Breast cancer is one the most prevalent cancers in the US. It is estimated that one in every eight women is likely to be diagnosed with breast cancer at any point in life. It is estimated that each year 220, 000 women in the US are diagnosed with breast cancer, of which over 40, 000 die. Incidents of breast cancer are found more in white women in comparison to Hispanic, Asian or African-American women. The paper aims at exploring associated risk factors, symptoms, diagnosis, treatment processes and breast cancer prevention measures.

Breast Cancer Risk Factors

Several risk factors are associated with breast cancer and age is one of them. The risk of breast cancer increases with her age. A family history also enhances risk of breast cancer. It is pertinent to notice that in 1970s, the risk of breast cancer was less than 10 percent that increased to almost 12 percent in 2005 increasing further to 12. 4 percent in 2007. As per the current findings, risk of breast cancer at age 30 is 1 in 227 that increases to 1 in 42 at age 50 and further increases to 1 in 26 at age 70. Thus, age is the largest risk factor of breast cancer. Genetic changes in genes such as BRCA1 and BRCA2 are also responsible for occurring breast cancer (National Cancer Institute, 2014).

Symptoms and Diagnosis

Breast cancer does not have any noticeable symptoms in its initial stage. Lumps or swelling may be noticed in some cases though such symptoms are also found in non-cancerous condition. Routine monthly breast self-exam is <https://assignbuster.com/breast-cancer-essay-samples-3/>

suggested by health experts to detect any abnormality in the breasts.

Annual mammogram is recommended for a woman having crossed age 40.

Early diagnosis always helps to treat the patient completely.

In order to detect breast cancer several kinds of tests such as biopsy, mammogram, breast MRI are done (American Cancer Society (2013).

Treatment Regime

Patient evaluation is done following the diagnosis of breast cancer. Selection of therapy will depend upon the stage of disease, the age and menopausal status, the PR and ER status report of the tumor, proliferative capacity of the tumor. Breast cancer is treated by combination of one or several therapies such as radiation therapy, chemotherapy or hormone therapy (National Cancer Institute, 2014).

Breast Cancer Prevention

Being physically active, maintaining a proper weight and limiting alcohol intake reduces risk of breast cancer. Regular screening is essential to prevent breast cancer reaching to an advanced stage (American Cancer Society (2013).

Conclusion and Recommendation

If statistics is to be believed, breast cancer is certainly on rise in last few decades. So far, medical science is unable to understand the real causes behind breast cancer. It is fully curable when detected early and for that annual screening after age 40 is must. Age factor is crucial in indentifying risk factors of the disease. Patient evaluation is important while applying a specific treatment or combination of treatment processes.

It is essential to take healthy diet during and after treatment for faster recovery and reducing side effects of treatment regime. Diet low in fat but

high in fiber, fruits and vegetables can provide necessary nutrients to keep body healthy. To reduce the chance of recurrence of cancer it is essential to remain physically active and take nutritional diet throughout the life.

References

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[gov/cancertopics/factsheet/detection/probability-breast-cancer](http://www.cancer.gov/cancertopics/factsheet/detection/probability-breast-cancer)