

مركز أبوظبي
للصحة العامة
ABU DHABI PUBLIC
HEALTH CENTRE

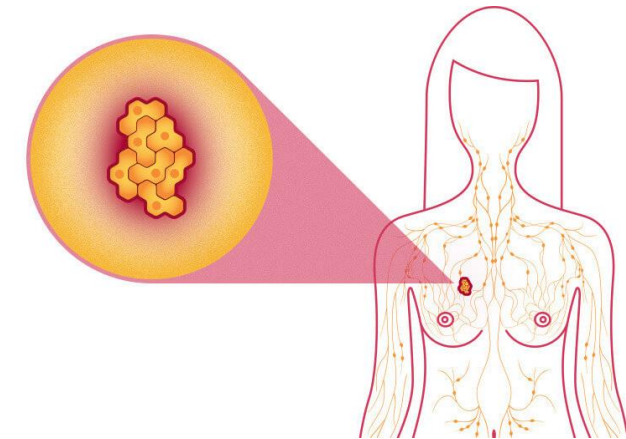


Breast Cancer Awareness

Cancer Prevention & Control

Agenda

- Breast Structure and Function
 - What is Breast Cancer?
 - Causes of Breast Cancer
 - Stages of Breast Cancer
 - Breast Cancer Facts and Statistics
 - Risk Factors of Breast Cancer
- Breast Cancer Symptoms
 - How to prevent Breast Cancer?
 - Screening & Early detection
 - Periodic Comprehensive Screening Program (IFHAS)
 - Men and Breast Cancer



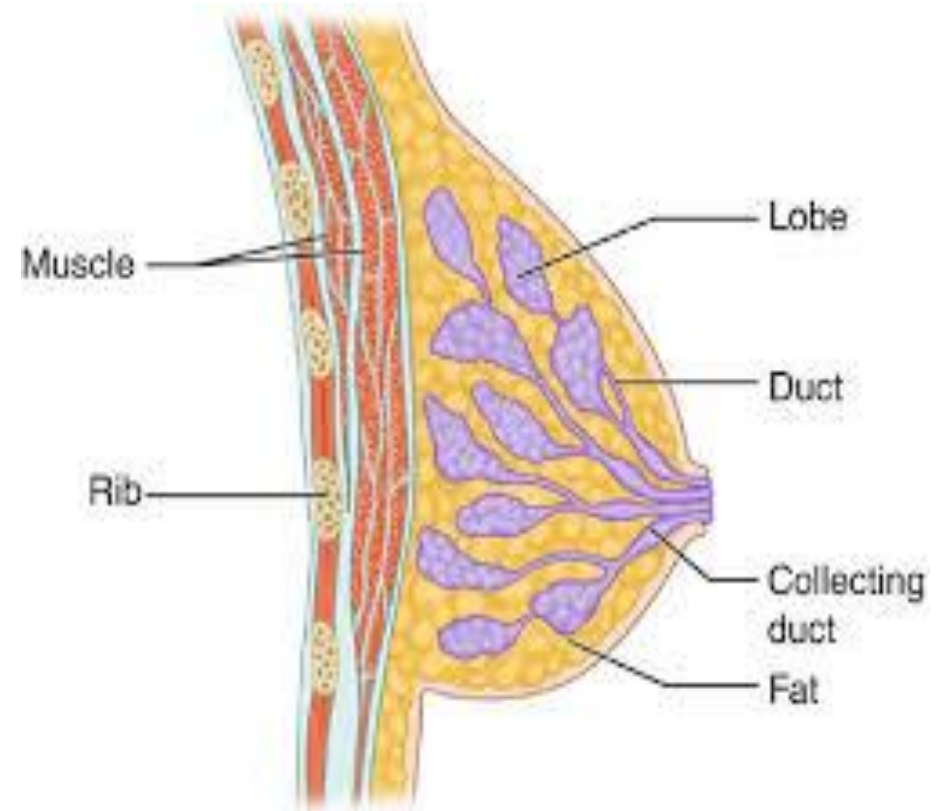
Breast Structure and Function

- Breasts are primarily fat and breast tissue.

- Breast tissue is a complex network of lobules, lobes and ducts.

- The main function is breastfeeding.

- Many breast changes occur over a woman's life due to hormonal changes, and most of these changes are benign.



What is Breast Cancer?

- ❑ Breast cancer is a disease in which abnormal breast cells divide and grow out of control and form tumors. WHO,CDC
- ❑ There are different types of breast cancers, depend on which cells turned into tumor.
- ❑ Breast cancers can spread to other organs and areas in the body.



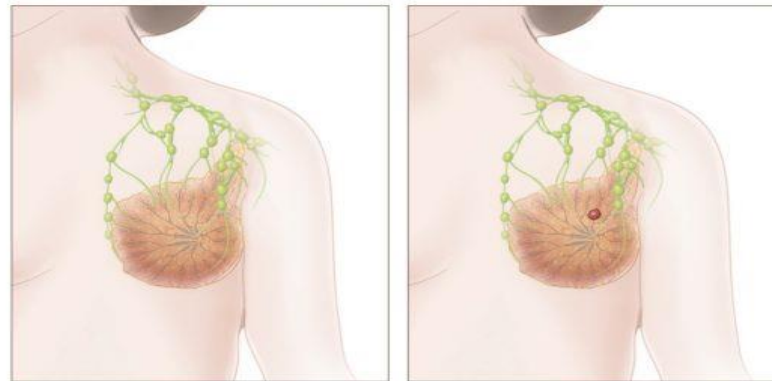
Causes of Breast Cancer



Causes and how it happens its not fully understood.
What we know its always linked to damage in a
DNA cell.

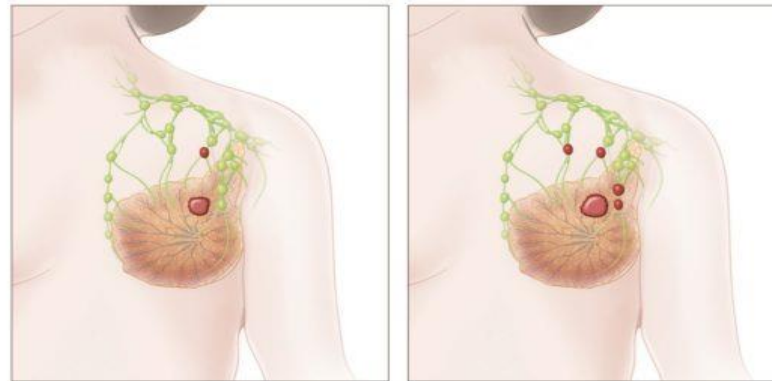
- ☐ Genes mutations, hormones and other risk factors play a role.*
- ☐ Only **10%** of breast cancers are due to inherited gene mutations.
- ☐ Most breast cancers are spontaneous gene mutations.
- ☐ Most famous inherited genes related to breast cancer is (BRCA1, BRCA2)

Stages of Breast Cancer



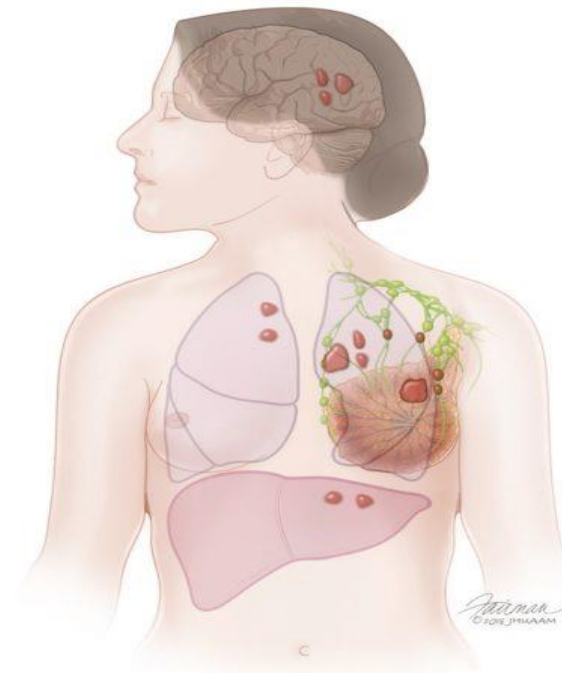
Stage 0

Stage I



Stage II

Stage III



Stage IV

Breast Cancer Facts and Statistics

- ❑ Breast Cancer is the leading cancer among women worldwide. 2.3 million women were diagnosed with breast cancer in 2022.
- ❑ 670,000 is Breast Cancer death rate worldwide in 2022.
- ❑ 99% of breast cancers occurs in women, and 0.5%-1% occurs in men.
- ❑ Worldwide, one women is diagnosed with breast cancer every 15 seconds.
- ❑ Worldwide, one women dies of breast cancer every 50 seconds.



Breast Cancer Facts and Statistics

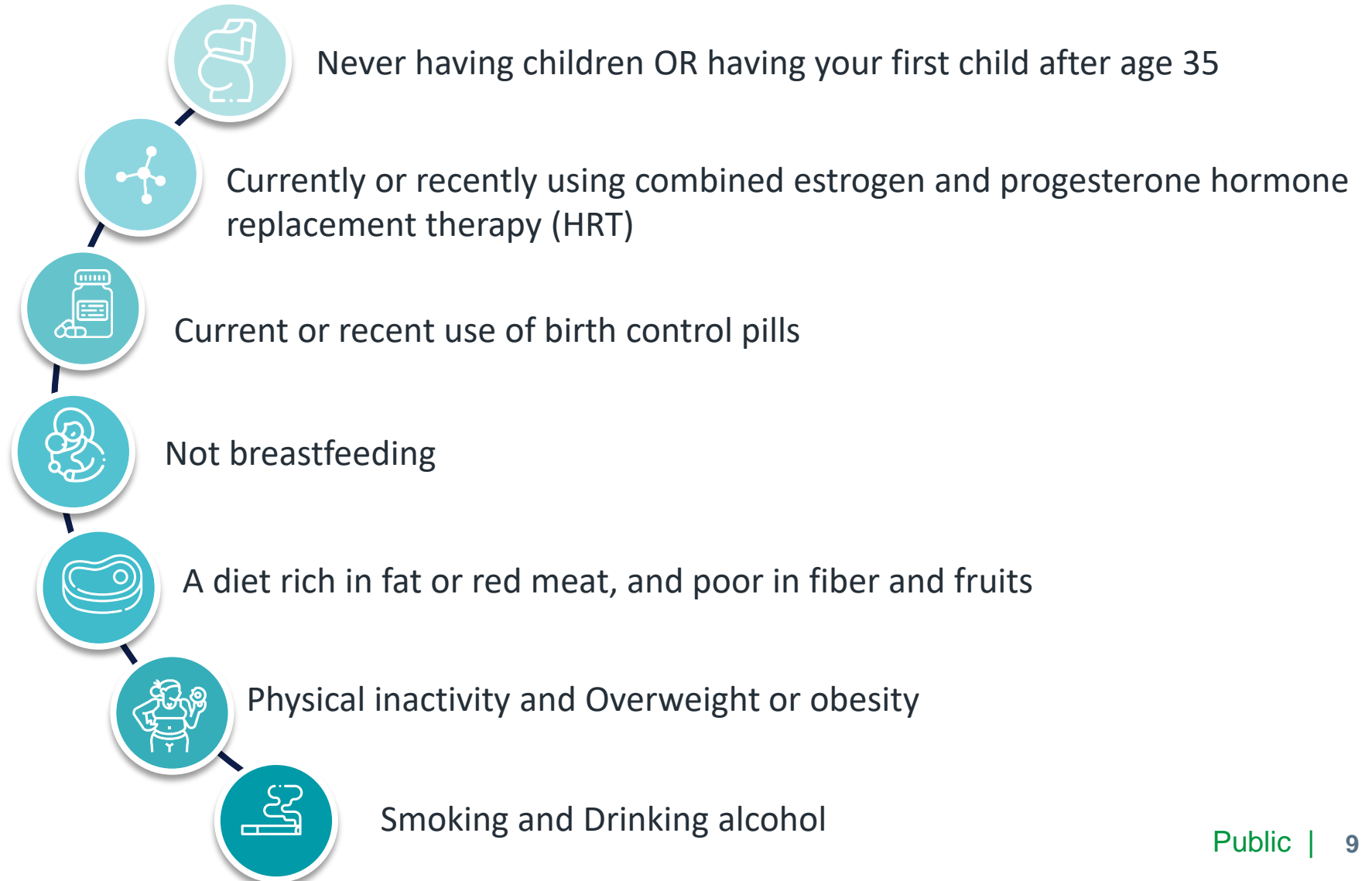


Breast cancer usually targets women, and it is considered the most common cancer in Abu Dhabi emirate and UAE

Breast cancer is the first leading cause of death among women in UAE and Emirate of Abu Dhabi for the last 10 years.

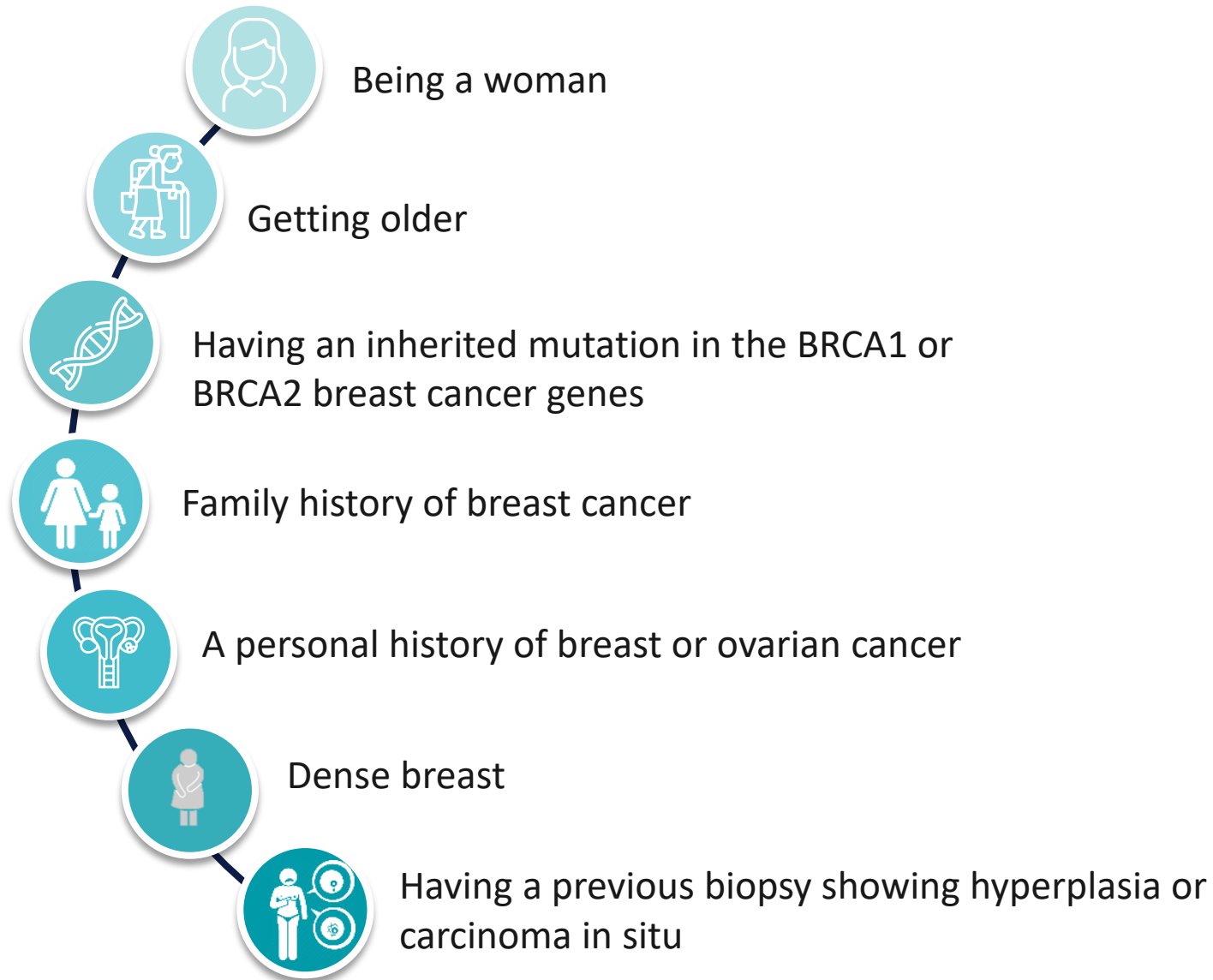
Risk Factors of Breast Cancer

Lifestyle Related risk factors (Modifiable)



Risk Factors of Breast Cancer

**Risk Factors that
can not be changed
(Unmodifiable)**



Breast Cancer Symptoms



See your doctor right away if you notice any of these breast changes

Breast Cancer Symptoms

- Most people will not experience any symptoms when the cancer is still early hence the importance of early detection.
- Breast cancer can have combinations of symptoms, especially when it is more advanced. Symptoms of breast cancer can include:
 - A breast lump or thickening, often without pain
 - Change in size, shape or appearance of the breast
 - Dimpling, redness, pitting or other changes in the skin
 - Change in nipple appearance or the skin surrounding the nipple (areola)
 - Abnormal or bloody fluid from the nipple.
- People with an abnormal breast lump should seek medical care, even if the lump does not hurt.
- Most breast lumps are not cancer. Breast lumps that are cancerous are more likely to be successfully treated when they are small and have not spread to nearby lymph nodes.

How to prevent Breast Cancer

Adopt a Healthy Lifestyle



Breastfeeding



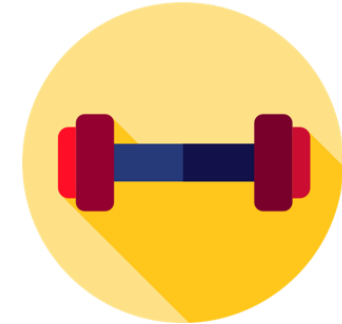
Health diet



Quit smoking



**Avoid hormones as
much as possible**



Regular exercise

Screening and Early Detection

Breast Self-Examination (BSA) Or breast Self-awareness



Know your body- do the self-examination on a monthly basis after the menstrual cycle from the age of 20 years.

Clinical Breast Exams (CE)



Do clinical breast examination every three years at least starting from the age of 20 years, and every year starting from the age of 40 years.

Mammography



All women, age 40 + should undertake a screening mammogram every two years

Periodic Comprehensive Screening Program

IFHAS

An integrated health screening program that contributes to reducing the burden of the top priority chronic diseases (NCDs) like cardiovascular diseases and cancer in the Emirate of Abu Dhabi.



Periodic Comprehensive Screening Program

IFHAS



Starting from 14th of January 2021

Objectives

- Early detection of various chronic diseases in an apparently **healthy asymptomatic population**
- Reducing the burden of the top priority chronic diseases (NCDs) such as cardiovascular diseases and cancer

Scope

- Integrated assessment of the health risks received through a general health related questionnaire in addition to a comprehensive clinical examination
- Age and sex specific series of tests based on international best practices and clinical evidence



Periodic Comprehensive Screening Program

IFHAS

❑ The program covers screening for the following chronic diseases:



❑ Top 5 leading provider networks in Abu Dhabi:



IFHAS Packages



Youth (18-24)

Cardiovascular risks every 3 years

- Risk assessment
- lifestyle questionnaire
- age-appropriate counseling
- Height
- Weight
- Blood pressure
- Body mass index (BMI)
- Waist circumference / waist hip ratio
- Physical exam
- Cardiovascular risks Lab tests Lipids profile (Total cholesterol, HDL- C, LDL-C, TG).S. creatinine/e/eGFR
- Glucose HbC1

Mental health assessment PHQ2 annually

Oral health annually



Middle age 1 (25-39)

Females' Cervical pap smear 3-5 years.

Cardiovascular risks every 3 years

- Risk assessment
- lifestyle questionnaire
- age-appropriate counseling
- Height
- Weight
- Blood pressure
- Body mass index (BMI)
- Waist circumference/waist hip ratio
- Physical exam
- Cardiovascular risks Lab tests Lipids profile (Total cholesterol, HDL- C, LDL-C, TG).S. creatinine/e/eGFR
- Glucose HbC1

Mental health assessment PHQ2 annually

Oral health annually



Middle age 2 (40-64)

Females' Cervical pap smear 3-5 years.

Female Mammogram Screening (40+)

Male and female Colonoscopy every 10 years or FIT Annually

Cardiovascular risks every 3 years

- Risk assessment
- lifestyle questionnaire
- age-appropriate counseling
- Height
- Weight
- Blood pressure
- Body mass index (BMI)
- Waist circumference / waist hip ratio
- Physical exam
- Cardiovascular risks Lab tests Lipids profile (Total cholesterol, HDL- C, LDL-C, TG).S. creatinine/e/eGFR
- Glucose HbC1

Mental health assessment PHQ2 annually

Oral health annually



Seniors (65-75)

Females' Cervical pap smear 3-5 years.

Male and female Colonoscopy every 10 years or FIT Annually

Vision test

Hearing assessment

Dexa Scan

Abdomen US once in lifetime

Cardiovascular risks every 3 years

- Risk assessment
- lifestyle questionnaire
- age-appropriate counseling
- Height
- Weight
- Blood pressure
- Body mass index (BMI)
- Waist circumference/waist hip ratio
- Physical exam
- Cardiovascular risks Lab tests Lipids profile (Total cholesterol, HDL- C, LDL-C, TG).S. creatinine/e/eGFR
- Glucose HbC1

Mental health assessment PHQ2 annually

Oral health annually

Lung Cancer Screening with LDCT (high risk/ heavy smokers 55-75 years

Men and Breast Cancer



- ☐ Men has an important role in encouraging the women in their families to examine themselves to make sure that the incidence of breast cancer is prevented.
- ☐ Remember that Breast cancer is a disease that affects the whole family, and support for infected women is very important and needed.
- ☐ Breast cancer also affects men, but it is rare, for every 100 diagnosed women one man is diagnosed with breast cancer.
- ☐ Symptoms of breast cancer in men are the same as in women, and should be reported immediately for any symptoms.

| Take-away Message

Remember... if change is found...

- ☐ Most changes are harmless, BUT they still need to be checked!
- ☐ Don't ignore them!
- ☐ A doctor needs to determine if there is a problem.
- ☐ Regular checkup and early detection save lives.





امسح رمز الاستجابة السريعة لزيارة منصات التواصل الاجتماعي الخاصة بنا
SCAN THE QR CODE TO VISIT OUR SOCIAL MEDIA PLATFORMS



References:

1. <https://www.komen.org/breast-cancer/>
2. <https://www.cdc.gov/breast-cancer/about/index.html>
3. World Health Organization. <https://www.who.int/news-room/fact-sheets/detail/breast-cancer>
4. <https://www.cancer.org/cancer/types/breast-cancer/about/how-does-breast-cancer-form.html>
5. Statistics globocan
6. ADCCR
7. National Cancer Institute (www.cancer.gov)