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HEALTH CENTRE



# Breast Cancer Awareness

Cancer Prevention & Control

# Outlines

Breast Structure and Function

What is Breast Cancer?

Stages of Breast Cancer

Breast Cancer Facts and Statistics

Risk Factors of Breast Cancer

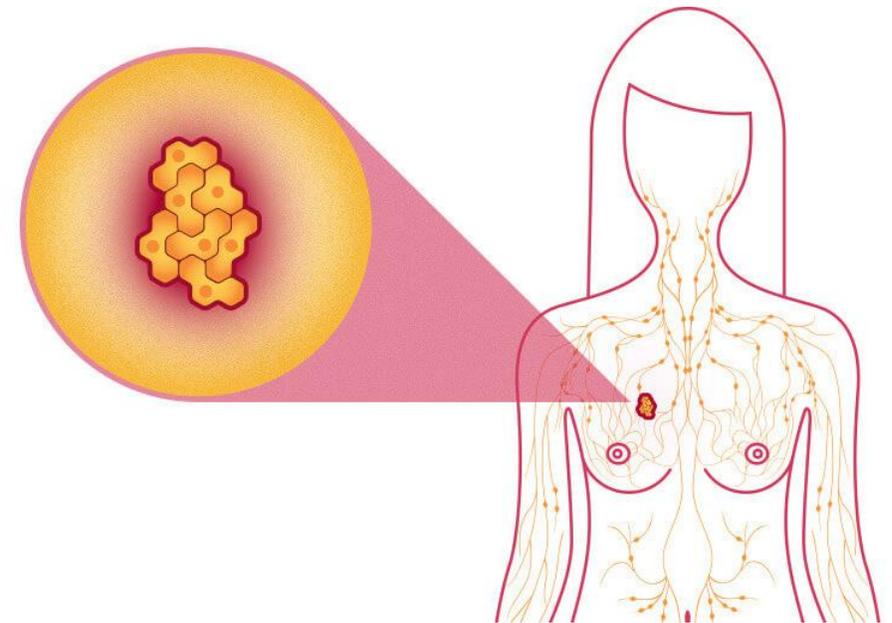
Breast Cancer Symptoms

How to prevent Breast Cancer

Screening & Early detection

Men and Breast Cancer

How to support Breast Cancer patients



# Breast Structure and Function

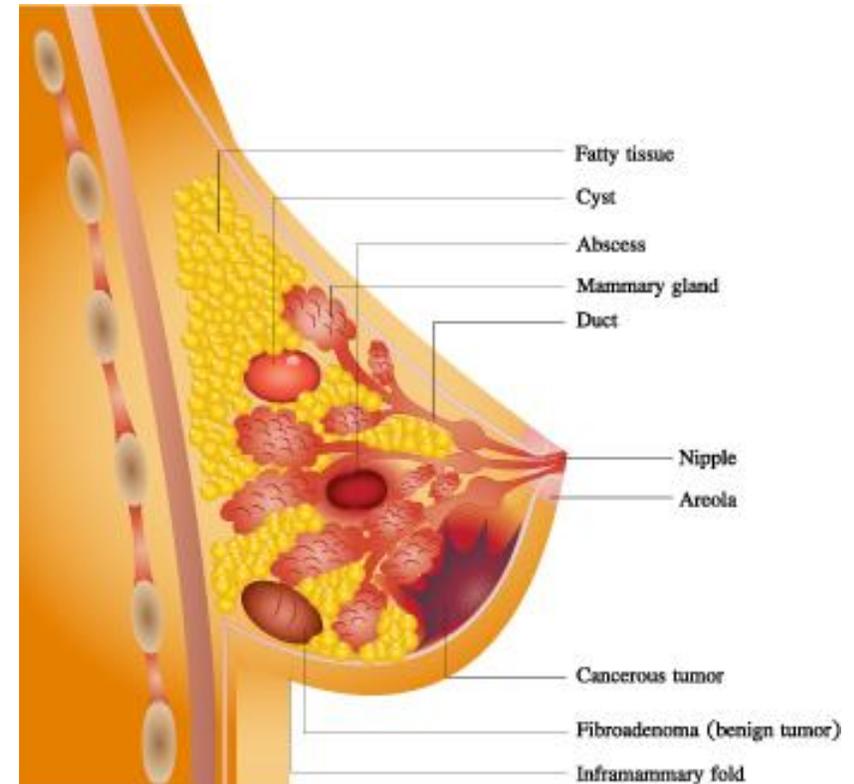


Breasts are primarily fat and breast tissue.

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



# What is Breast Cancer?

- Breast cancer is a disease where cells in the breast tissue divide and grow without normal control
- Breast cancers occur as a result of a gene mutation.
- Most breast cancers are spontaneous gene mutations.
- Only 5-10 percent are due to inherited gene mutations.
- There are many inherited genes related to breast cancer the most famous (BRCA1 BRCA2)



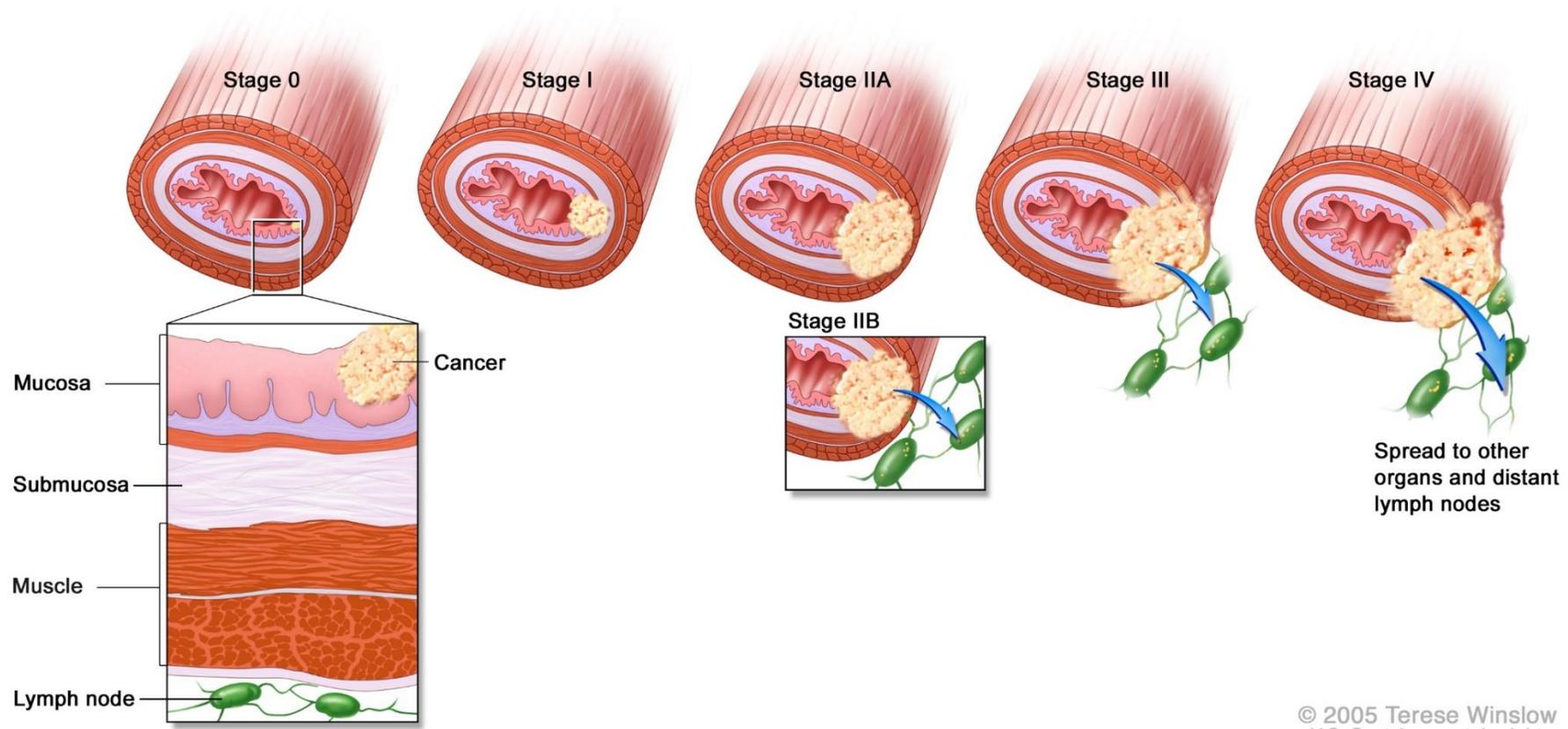
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# Stages of Breast Cancer



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# Stages of Breast Cancer

- Breast Cancer is the leading cancer among women worldwide. **2,088,849** women were diagnosed with breast cancer in 2018.
- **626,679** is Breast Cancer death rate among women worldwide in 2018.
- 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

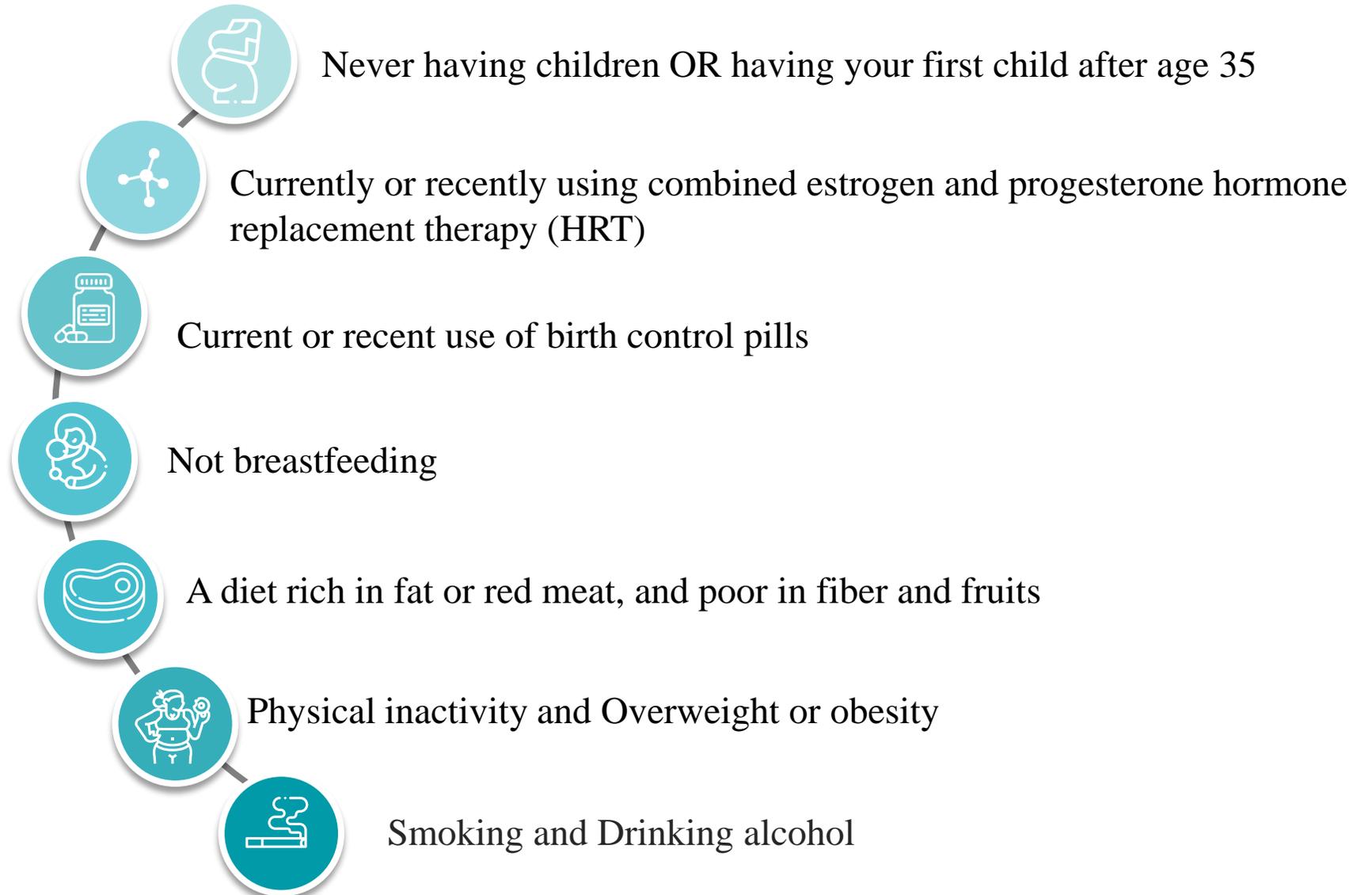


Breast cancer usually targets women and it is considered the most common cancer in Abu Dhabi emirate and UAE

Breast cancer is the first leading cause of death among women in UAE and emirate of Abu Dhabi

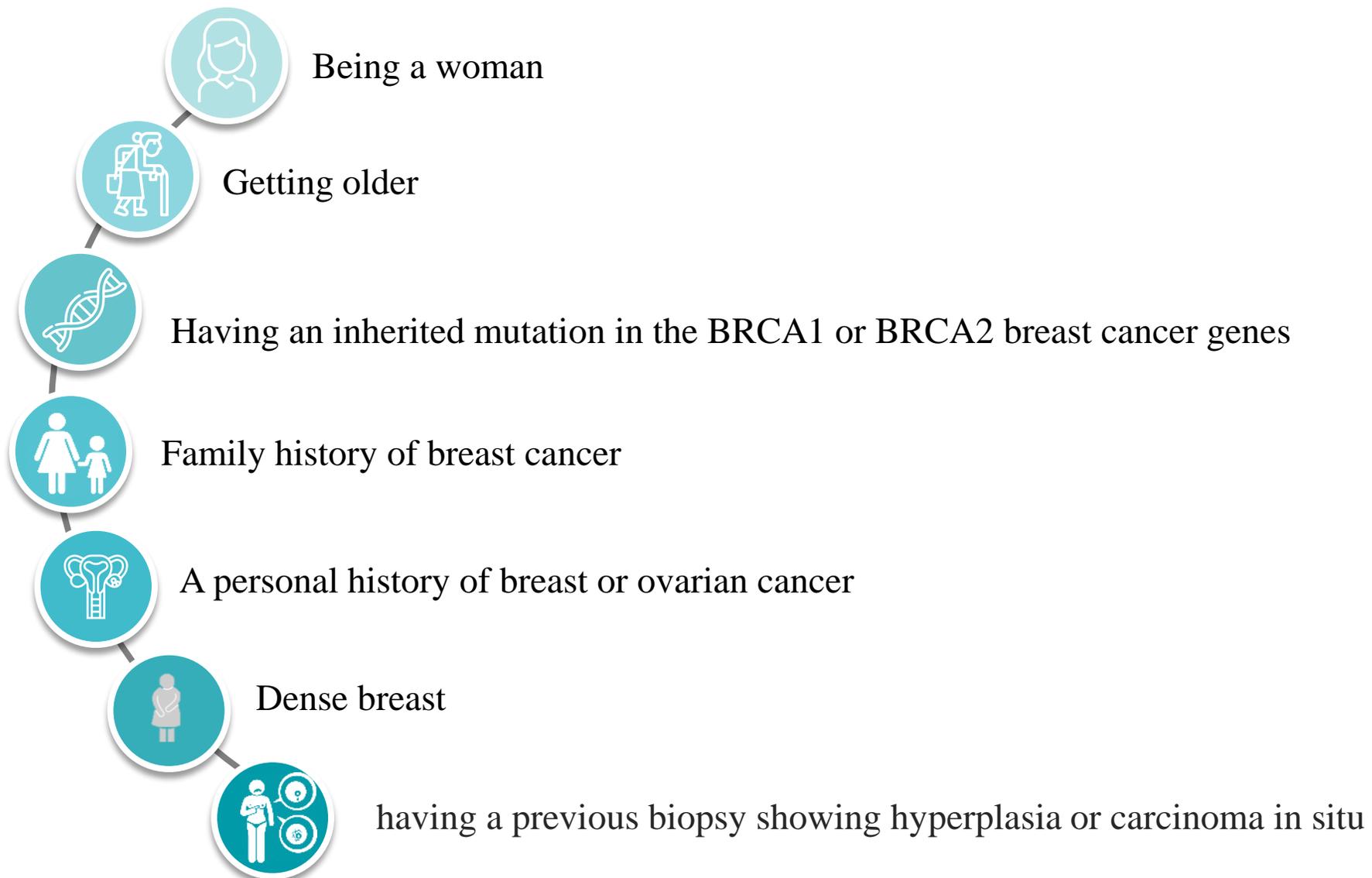
# Breast Cancer Risk Factors

## Life style Related risk factors (Modifiable)



# Breast Cancer Risk Factors

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



# Breast Cancer Symptoms



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

# Breast Cancer Risk Factors

## **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

# How to prevent Breast Cancer

## Adopt a Healthy Lifestyle



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**Breastfeeding**



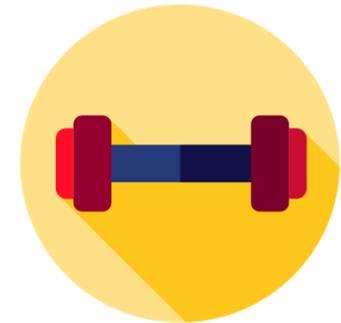
**Health diet**



**Quit smoking**



**Avoid hormones as  
much as possible**



**Regular exercise**



## 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.**



# Men and breast cancer



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- Men has an important role in encouraging the women of his family 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 cases diagnosed among women and one man with breast cancer.
- Symptoms of breast cancer in men are the same as in women, and should be reported immediately for any symptoms.



# How to support Breast Cancer patients

Breast cancer is a disease that affects the whole family, and support for affected women is very important and needed

List of support groups available for cancer patients Support:  
[www.simplycheck.ae](http://www.simplycheck.ae)



# List of Abu Dhabi Registered Breast Cancer Screening Providers



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## Keep in touch with us for:

- Questions & more information
- Request Educational Materials
- List of Cancer Screening centers
- List of Cancer Support Groups

[www.adphc.gov.ae](http://www.adphc.gov.ae)

800 555



اتصل على



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## References:

- All informations adopted from Susan G. komen  
<http://www5.komen.org/AboutBreastCancer/RiskFactors/FactorsAffectingBreastCancerRisk/FactorsAffectingBreastCancerRisk.html>
- National Cancer Institute (www.cancer.gov)
- American cancer society
- Statistics globocan
- ADCCR
- Edited by Dr Lamia Safieldeen –Senior officer cancer control



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