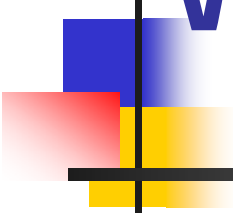
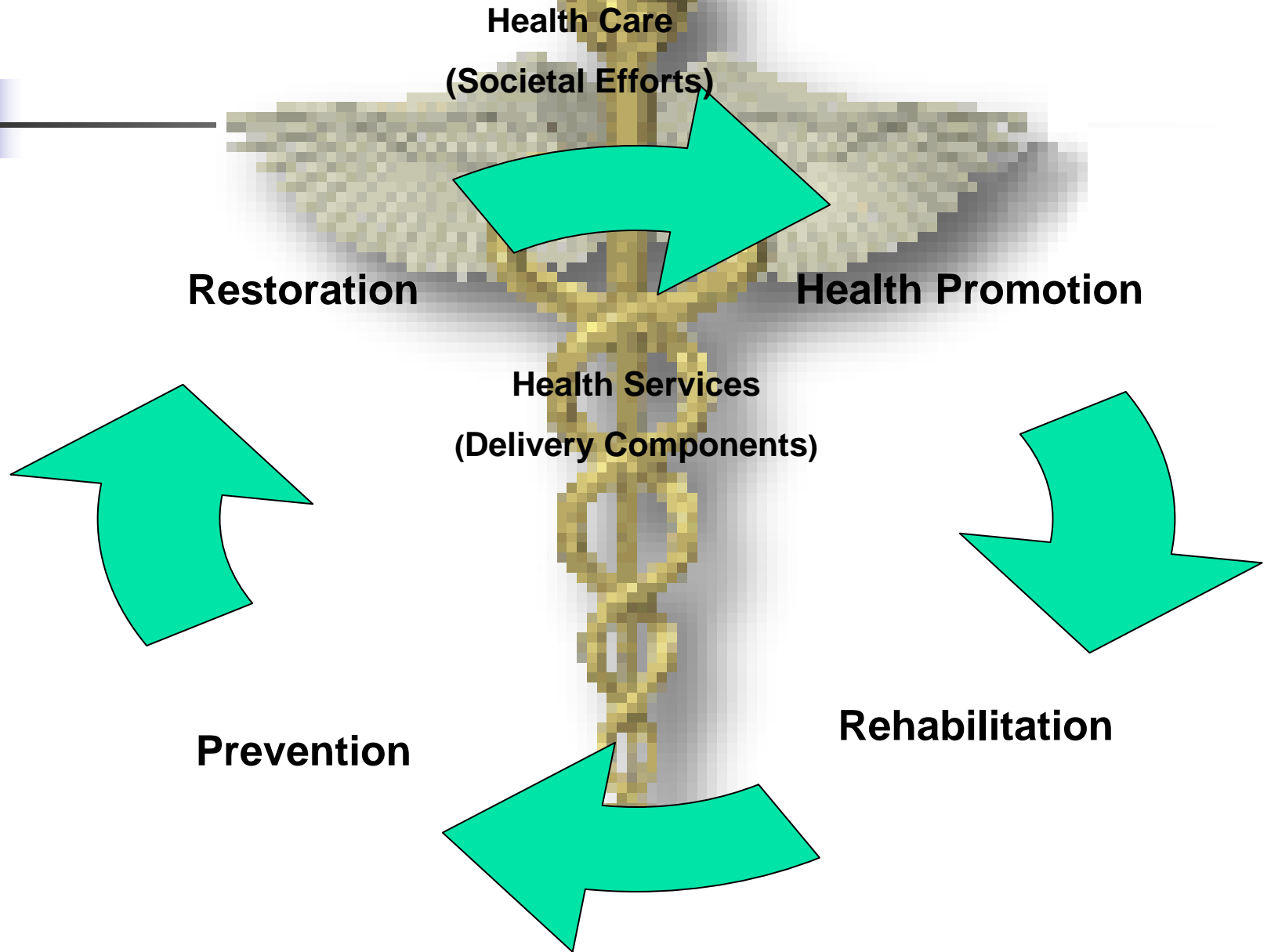


Breast Cancer and Women Health

A decorative graphic consisting of overlapping colored squares (blue, red, yellow) and a black crosshair is located on the left side of the slide.

**Bernice Roberts
Kennedy, PhD, APRN, BC**

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Restoration

Health Promotion

Health Care
(Societal Efforts)

Health Services
(Delivery Components)

Prevention

Rehabilitation



Definition

- Breast cancer is when malignant tumors in the breast grow out of control and can invade nearby tissue or spread throughout the body.



Overview

- Breast cancer is the most commonly diagnosed cancer for women in the world.
- It is the second leading cause of death for women in the nation.
- Although White women are more likely to be diagnosed with breast cancer, minority women stand the greatest chance of dying from the disease.



Overview-cont;

- In recent years, although women across the race groups have had the same rate of hospitalization for breast cancer, the rate of mortality among African American women remains much higher for women than for White women, at 27 versus 16.6 deaths per 1000,000 women respectively.



Incidence and Prevalence

- Approximately 180,000 women are diagnosed with breast cancer every year.
- About 45,000 die each year from the disease.
- Breast cancer is the most common malignancy of women in the world and makes up 18% of all female cancer cases



Overview-cont;

- Studies point to inadequate rates of mammography and clinical breast cancer screening in their community as the primary reason why women's mortality rates remain so high.
- In 1998, it was estimated that fewer than 60 percent of African American women and 70 percent of White women age 45 and older underwent breast cancer screening



Overview-cont;

- Although women across the race groups have had the same rate of hospitalization for breast cancer, the rate of mortality among African American women remains much higher for women than for White women, at 27 versus 16.6 deaths per 1000,000 women respectively.
- Although White women are more likely to be diagnosed with breast cancer, minority women stand the greatest chance of dying from the disease.



Overview-cont;

- In 2002, there were an estimated 3,100 cases of female breast cancer and 610 women will die of this disease
- Studies point to inadequate rates of mammography and clinical breast cancer screening in their community as the primary reason why women's mortality rates remain so high. In 1998, it was estimated that fewer than 60 percent of African American women and 70 percent of White women age 45 and older underwent breast cancer screening (



Genetic Statistics

- Genetic mutations account for 5-10% of breast cancers annually.
- Mutations can also be linked to an increased risk for ovarian, colon, and prostate cancers.
- Mutations have shown an increased risk of breast cancer in a woman's lifetime by 50-80%.



Early Detection

Breast Self Exams (BSE)

- Should be performed monthly
- Perform just as your period ends (or at the same time every month if you do not have periods)
- Start at age 20



Report Any Abnormal Findings

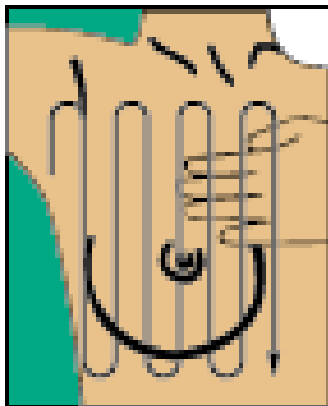
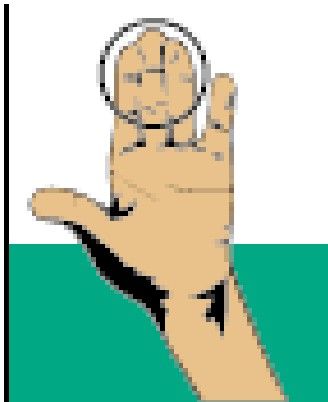
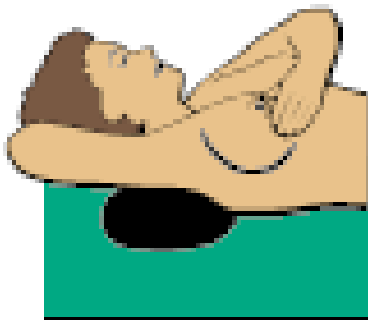
- Lump, hard knot or thickening
 - Swelling, warmth, redness or darkening
 - Change in the size or shape
 - Dimpling or puckering of the skin
 - Itching, scaly sore or rash on the nipple
 - Pulling in of your nipple or other parts
 - Nipple discharge that starts suddenly
 - New pain in one spot that does not go away

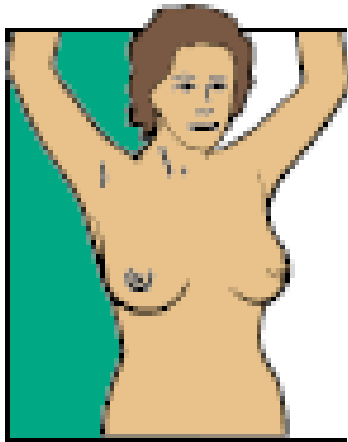
Step One: Lying Down

Feel for a hard lump, thickening or any change in your breast tissue.

- Lie down on your back with a pillow under your right shoulder
- Use the pads of the three middle fingers on your left hand to examine your right breast
- Press using light, medium and firm pressure in a circular motion
- Follow an up and down pattern
- Feel for changes in your breast, above and below your collarbone and in your armpit area
- Repeat on your left breast using your right hand

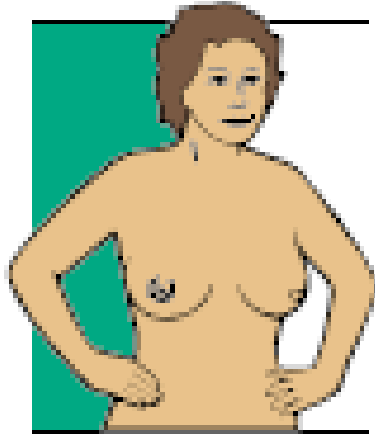
These steps may be repeated while bathing or showering using soapy hands.





Step Two: In Front of the Mirror

Look for changes in the shape, size or appearance of your breasts. Look for dimpling, rash or puckering of the skin or nipple, nipple discharge or **any change** from normal. Inspect your breasts in four steps:



- Hold arms at your sides
- Hold arms over your head
- Press your hands on your hips to tighten your chest muscles
- Bend forward with your hands on your hips



Early Detection (continued)

- **Clinical Breast Exam/ Regular doctor visits**
 - At least every 3 years starting at age 20, and annually after 40
- **Mammography**
 - Annual screening starting at age 40
 - Women under 40 with either family history of breast cancer or other concerns about personal risks should take to a doctor about risk assessment and when to begin mammography



Genetics

~~What are the BRCA 1/2 genes?³~~

- The BRCA 1/2 genes suppress tumors
- Also encode protein which aids in DNA repair
- Mutations can cause the development of certain cancers
- Mutations are hereditary
 - Easily passed from mother to both daughter and son



Genetic testing

- BRCA 1/2 mutation testing
 - Blood draw
 - Expense
 - Pre and post test counseling
 - Insurance coverage



Prevention if BRCA 1/2 positive

- Tamoxifen
- Radical mastectomy/ hysterectomy



Treatment

- **Chemotherapy**
 - Systemic
 - Kills all types of cells in the body, good cells and cancer cells alike
 - Helps to treat “micrometastasis”- the spread of cancer to other parts of the body
- **Radiation**
 - Localized
 - Treats the specific primary tumor- the place where the cancer started
- **Dual/ Combined treatment**



Resources

- American Cancer Society
 - www.cancer.org
 - 1-800-ACS-2345
- Susan G. Komen Breast Cancer Foundation
 - www.komen.org
 - 1-800-IM-AWARE



References

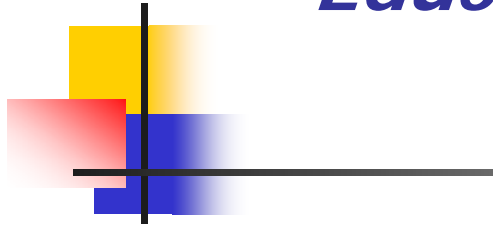
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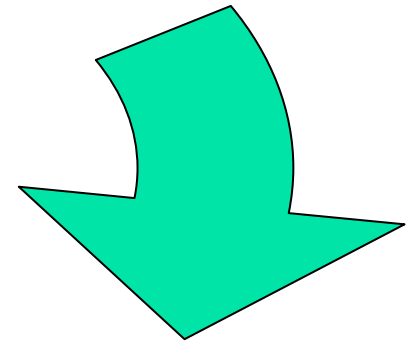
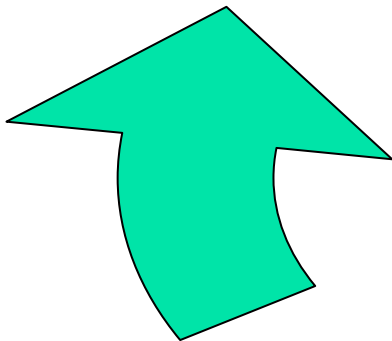


Health Care
(Societal Efforts)

Restoration

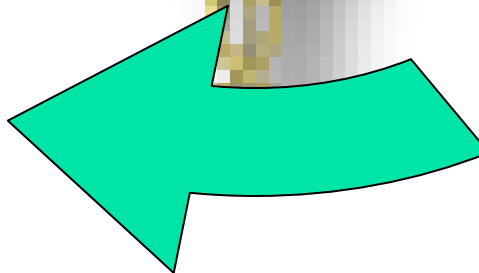
Health Promotion

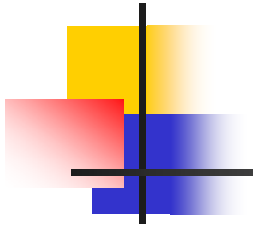
Health Services
(Delivery Components)



Prevention

Rehabilitation





The End

