



JASLOK HOSPITAL

A lifetime of care

BREAST CANCER CLINIC GUIDE

Regular
Screenings
Are Essential
To Lead A
Happy &
Healthy Life.



MULTIDISCIPLINARY CANCER CLINICS (MDCC)

When someone is diagnosed with cancer, they are plunged into a situation of doctors' visits, tests and treatments. Increasingly, medical oncologists and surgical oncologists tend to limit their practice to specific cancer types. In this world of sub-specialization, it is important to help patients coordinate care among doctors and the confusing array of treatment options.

Jaslok Hospital and Research Centre runs multidisciplinary cancer clinics (MDCC) that provide coordinated and comprehensive treatment planning. When you take an appointment your clinical history and physical examination will be documented when you consult with each specialty physician individually. Every aspect of your case will be noted in your case record. If clinically indicated, additional diagnostic tests or procedures are ordered and scheduled for you. You will also have the opportunity to meet with a dietician and a physical therapist or any other support practitioner as required.

The treatment plan is developed over the course of the clinic and is based on the recommendations of the clinic physicians. If treatment is to begin immediately, the appointments are made before the patient leaves the clinic setting. After the clinic, the MDCC coordinator will continue to provide support to you if needed. After every appointment, a copy of the treatment plan and the notes from the subspecialists could be sent to the referring general practitioner if you want.



BREAST CLINIC

Breast cancer is the most common cancer affecting Indian women. There are a number of factors that are associated with this including late marriages, delayed child bearing and having fewer children and not breast feeding. However, breast cancer can be detected early with screening that includes breast self-examination and mammography. Early detection helps in better management of the condition. The Breast Clinic is run by a multi-disciplinary team of specialists who collaborate to give the patient the right treatment plan for any breast related disease. People who have a new diagnosis of breast cancer or a history of breast cancer with new needs may visit the Breast Clinic. If you have breast related conditions you may also get yourself examined at the Breast Clinic.

At The Breast Clinic You Will Consult With Specialists In Breast Cancer



MEDICAL ONCOLOGIST



SURGICAL ONCOLOGIST

Other Members Of The Clinic Team You Would Meet Depending Upon Your Clinical Condition



GENERAL SURGEON



RADIOLOGIST



ULTRASONOLOGIST



PLASTIC & RECONSTRUCTIVE SPECIALIST



RADIATION ONCOLOGIST



CLINICAL PSYCHOLOGIST



LYMPHOEDEMA SPECIALIST

There Are Two Ways Of Finding Out That You Have A Problem In Your Breast

- If you notice any unusual change in or around your breast. If this happens, see your doctor as soon as you can.
- If your mammogram at a breast screening unit shows something unusual in your breast.

WHO SHOULD VISIT OUR BREAST CLINIC

If you have any of the following conditions

Breast Lump – A breast lump may be felt during a breast self-examination (BSE). It is simple to do and very important that all women learn how to do a BSE. In some women a breast lump may appear just before their period and resolve once the period is over. However, if the lump persists, you should get it examined by a specialist.

Breast Tenderness – This is usually associated with the menstrual cycle. If the pain is noncyclical and unrelated to your menses, your doctor will conduct a breast examination to determine the cause and suggest treatment for it.

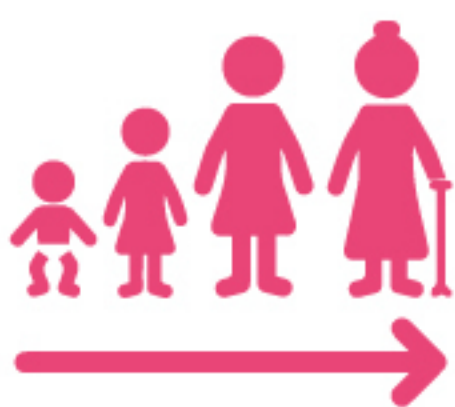
Breast Skin Conditions – Moles, rashes or infections may result in itching or redness. Get it checked out if it doesn't settle within a few days. Changes in the breast skin could also indicate cancer.

Breast Cancer – One of the most common symptoms of breast cancer is a new lump or mass. Swollen lymph nodes in your armpit is a symptom to watch out for. Other symptoms such as changes in your nipples and nipple discharge could also indicate a breast cancer.

Conditions Related To The Nipples - if your nipples have always been everted and suddenly begin to invert, a breast examination is important. Nipple discharge should also be investigated.

Breast Cancer Screening

Risk factors for breast cancer that you cannot change include:



Age & Gender – The risk increases with age. Most advanced breast cancer cases are found in women over age 50. Women are 100 times more likely to get breast cancer than men.



Family History Of Breast Cancer – The risk increases if you have a close relative who has had breast, uterine, ovarian, or colon cancer. About 20 - 30% of women with breast cancer have a family history of the disease.



Genes - Some people have common gene defects that are found in the BRCA1 and BRCA2 genes. These genes normally produce proteins that protect you from cancer. If a parent passes you a defective gene, you have an increased risk for breast cancer. Women with one of these defects have up to an 80% chance of getting breast cancer sometime during their life.



Menstrual Cycle - Women who got their periods early (before age 12) or went through menopause late (after age 55) have an increased risk for breast cancer.

Other risk factors include



Alcohol Use - Drinking more than 1 - 2 glasses of alcohol a day may increase your risk for breast cancer.



Childbirth - Women who have never had children or who had them only after age 30 have an increased risk for breast cancer. Being pregnant more than once or becoming pregnant at an early age reduces your risk of breast cancer.



Hormone Replacement Therapy (HRT) - You have a higher risk for breast cancer if you have received hormone replacement therapy with estrogen for several years or more.



Obesity - Obesity has been linked to breast cancer though this is controversial. Obese women produce more estrogen, which can fuel the development of breast cancer.



Radiation - If you received radiation therapy as a child or young adult to treat cancer of the chest area, you have a much higher risk for developing breast cancer. The younger you started such radiation and the higher the dose, the higher your risk especially if the radiation was given during breast development.

Screening for Breast Cancer: Recommended by the American Cancer Society

1. **Annual Mammography** from the age of 40 years
2. **Ultrasound**: to evaluate dense breasts and a breast lump in younger patients
3. **Clinical Breast examination (CBE)**: In high risk cases every 3 years from age 20-39 years and annually after age 40 years in all
4. **Breast Self examination (BSE)**: monthly
5. **MRI/Genetic Testing** in high risk cases

You can be a victim of **cancer**,
or a **survivor of cancer**.
It's a **mindset**.

- Dave Pelzer







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