

If you want to Arrange Cancer Awareness Programmes in your
Elder Society, Funeral Aid Society, Business Associates or
Any Community Gathering
Contact us

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What are the Treatment Options???

01. **Chemotherapy & Radiotherapy
(Neoadjuvant / Adjuvant)**

02. **Surgery**

- i). Total Mastectomy and axillary lymphnode node clearance
- ii). Breast Conservation Surgery
- iii). Breast Reconstruction Surgery

Advanced Breast Cancer

30-37% of Breast CA Detected in
Sri Lanka



BREAST CANCER

**BE AWARE
DETECT EARLY
SAVE LIVES**


SURAKSHA
LIFE



Islandwide Cancer Awareness Seminar Series

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Why it is important to know about Breast Cancer???

- Commonest Cancer among women worldwide (50-70yr aged women are at high risk)
- More than 5000 New cases detected annually in Sri Lanka.
- Annual deaths exceeds 700 in number.
- Early detection and early treatments can cure successfully.

What are the Early warning signs of breast Cancer???

1. Breast lump/Lumpiness
2. Pain
3. Nipple Discharge
4. Changes in Nipple- areolar complex
5. Changes in Shape/Appearance (Peau d' orange appearance)



What are the Risk Factors for Breast Cancer???

01. Familial Breast Cancer BRCA1 & BRCA2 gene mutations

Having relatives diagnosed with Breast Cancer and Ovarian Cancer increase the risk.

02. Gender - Being a Female increase the Risk

03. Aging

(Between 50-70 yrs of age considered high risk)

04. Hormonal & reproductive factors

- i). Early onset of 1st menstrual period (Early Menarche)
- ii). Late cessation of Menstruation (Late menopause)
- iii). Not having pregnancy during whole life time (Nulliparity)
- iv). Lack of Lactation
- v). First pregnancy after 30 yr of age.
- vi). Long term use of hormonal treatments and OCP

05. Life style & Environmental Factors

- i). Alcohol abuse & Smoking
- ii). Obesity and lack of activity

06. Westernized diet (High fat, Low fibre and Processed meat containing)

What are the methods used to detect Breast Cancer???

I). Self Breast Examination

- All the women >20ys of age.
- Once a month (7 days after the onset of menstrual cycle if menstruating woman)
- Comfortable (In your Bed Room, Bathroom)

II). Radiological Investigations

a). Mammogram

- X-ray of Breast
- Can detect early breast lesions
- No need of pre preparation easy outpatient procedure
- Done after 35ys of age
- Women between 50 - 70 of age should do once in 3 yrs.

b). USS

- No exposure to radiation
- Valid for women in any age
- Easy, outpatient procedure needing no pre-preparation.

c). MRI

- Standard Method
- Expensive and need pre-preparation
- Valid for any Woman