Breast Cancer: Prevention and Early Detection

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Breast Cancer: Prevention and Early Detection

- In this Presentation

  - Risk
  - Four Categories of Risk Factors
  - Medicine to Reduce the Risk of Cancer
  - Surgery to Reduce the Risk of Cancer
  - Three Levels of Risks
  - Screening vs Early Detection
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- **Three levels of Risks**
  - General Population
    - 110 in 1,000 (11%)
  - Moderate Risk
    - 170 – 300 in 1,000 (17-30%)
  - High Risk
    - 300 – or more (30% and more)
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- **Risk Factors**
  1. Risk Factors that cannot be Changed
  2. Lifestyle related Risk Factors
  3. Factors with unclear effects on Risk
  4. Disproven and Controversial Risk Factors
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1. Risk Factors that cannot be Changed
   - Being Women
   - Getting Older
   - Certain inherited Genes
   - Family History
   - Personal History
   - Race and Ethnicity
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- Risk Factors that cannot be Changed cont...
  - Dense Breast Tissue
  - Certain Benign Breast Conditions
  - Early Menarche
  - Late Menopause
  - Radiation to Chest
  - Exposure to Diethylstilbestrol (DES)
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2. Lifestyle related Risk Factors

1. Drinking Alcohol
2. Overweight and Obese
3. Physical inactivity
4. Not having children
5. Not breastfeeding
6. Birth Control
7. Hormone therapy after menopause
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3. Factors with Uncertain effects

- Diet and Vitamins
- Chemicals in the environment
- Tobacco Smoke
- Night Shift Work
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4. Disproven and Controversial Risk Factors

4. Antiperspirant
5. Bras
6. Abortion
7. Breast Implant
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- **Medicine to Reduce the Risk**
  - Tamoxifen
  - Raloxifine
  - Aromatase Inhibitors
    - Anastrozole
    - Letrozole
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- **Surgery to Reduce the Risk**
  - BRCA1 and BRCA2
  - Strong family history
  - Have a history of Lobular Carcinoma In situ
  - Radiation therapy in chest before age 30
  - Have cancer in one breast
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- **Early Detection cont...**
- **Age**
- **Type of tests and Exams**
  - MM, US, MR,
- **Level of Risk**
  - Moderate
  - High
  - High with more than 30% of Faulty BRCA gene
  - High with BRCA1 or BRCA2 gene
  - High with more than 30% of TP53
  - High with faulty TP53
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Thank you!

Any Questions?