





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**

- Tamoxfine
- 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?

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