

A light blue line art illustration on a pink background. It features a woman's profile wearing glasses, with her hand near her face. The illustration is surrounded by various floral elements, including sprigs of leaves and carnations.

# Breast Cancer

## What is breast cancer?

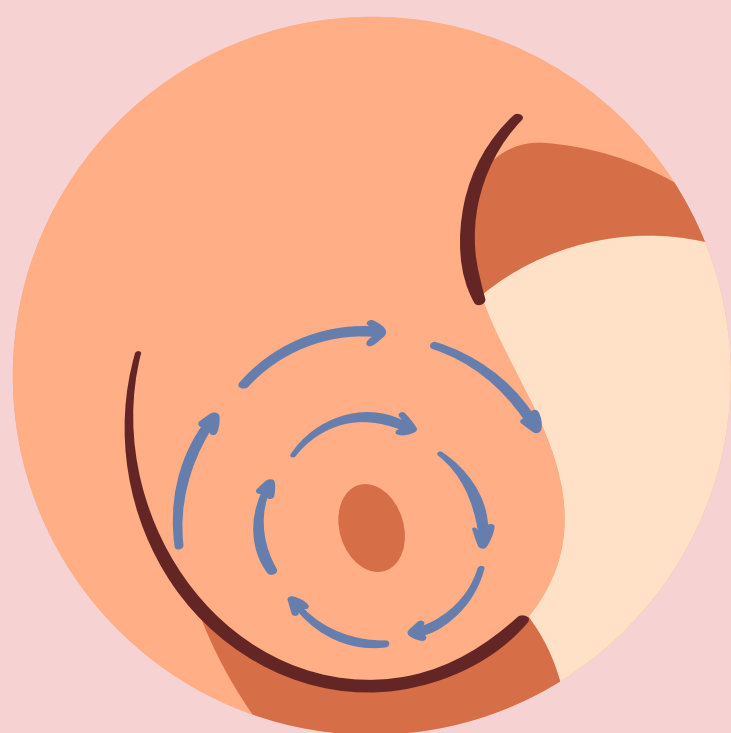
Breast cancer develops due to the abnormal growth of breast tissue cells. Most common cancer among women in Singapore – 1 in 13 women are likely to be afflicted with it.

Malignant tumours that invade into surrounding structures have the potential to spread to other parts of the body.



## Risk factors

- Women above 40 years old
- Family history (mother or sister) of breast cancer
- Having no children or giving birth after 30 years old
- Early onset of menstruation and late menopause
- Hormone replacement therapy
- Smoking and alcohol



## What are signs and symptoms?

- New lump in breast or underarm area
- Change in breast shape or size
- Breast and nipple pain
- Skin dimpling and puckering
- Unusual or bloody nipple discharge
- Itchy rash, red scaly skin over breast or nipple



## How is breast cancer diagnosed?

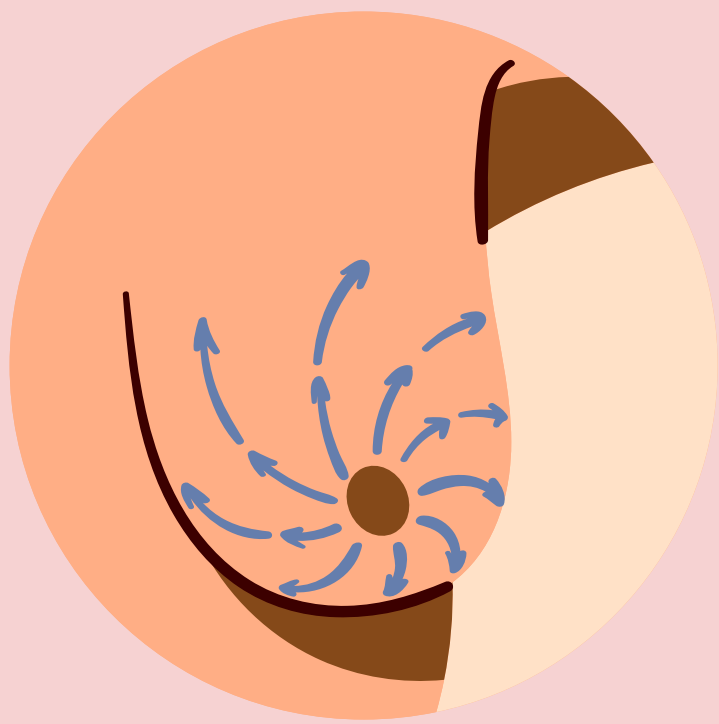
- Clinical Examination
  - A doctor detects abnormalities on examination of your breasts
- Mammogram
- Biopsy
  - Sample tissue of suspicious breast tissue is taken for microscopic examination



## How can I detect breast cancer early?

- Breast self examination monthly
- Mammogram screening
  - Above 40 years old – Once annually
  - Above 50 years old – Once every 2 years

Mammograms are currently the most reliable screening tool for the detection of breast cancer even before they are felt by hand.



## How is breast cancer treated?

- Lumpectomy with post-op radiotherapy
- Mastectomy
- Axillary clearance (removal of lymph nodes at the armpit)
- Breast reconstruction surgery (post-mastectomy)
- Chemotherapy



### Sources

- <https://www.singaporecancersociety.org.sg/learn-about-cancer/types-of-cancer/breast-cancer.html#treatment>
- <https://www.sgh.com.sg/patient-care/conditions-treatments/breast-cancer>
- <https://www.ncis.com.sg/Cancer-Information/About-Cancer/Pages/Breast-Cancer.aspx>