

Prevention and Treatment of Breast Cancer

6 pages | 1452 words

In regard to its origin, dynamics and consequences breast cancer can be considered to be the second leading cause of cancer death among US and European women (Smith-Bindman et al, 2003). Every year over 200,000 women are diagnosed with breast cancer, and though statistical data remains constant, the issue gets significant psychological and public resonance (Jemal et al, 2004).

The overall lifetime risk for American women constitutes 1:8, which essentially means that out of eight females born today, one will receive a breast cancer diagnosis during her lifetime (Ogden, 2004). Mortality rates are highest among older African American women (American Cancer Society, 2001). Simultaneously, statistics reveals that diseased woman's life expectancy decreases by nineteen years.

Although medical scientists and practitioners debate on the methods regarding disease treatment and how to diminish the number of breast cancer cases, many public health analysts indicate about an education exigency of young people. Despite the fact that the younger generations are not aware of the importance of detecting breast cancer early, with the help of teens getting involved and teaching others about breast cancer, more lives will be saved.

The educational program developed for young people to prevent, forecast and diminish consequences of breast cancer involves several important aspects. Primarily, audience should know the essence of the disease, in particular its nature, various risk factors associated with it and methods of its prevention. Younger generation should be informed about how breast cancer or its first signs could be detected, what constitutes post-diagnosis procedure and treatments of the disease.

However, from the critical point of view, the main objective of such programs is to prevent the appearance of the disease and decrease to the minimum lethal consequences. This primary concern and emphasis are stipulated with the conditions under which if breast cancer is detected on its early stages, patients have from 78% to 92% survival rate (Ogden, 2004:10).

Breast cancer is considered to be a group of undifferentiated cells reproducing under extremely rapid rate in the area of the breast in women. The earliest changes usually appear in the epithelial cells of the terminal end buds of the breast milk system, where new cancer cells form tumors. If cancer cell are active, the tumor increases at significant rate and may result in metastasis.

Being a complex process in which cells are separated from their initial tumors and supplied trough blood and lymph systems to other organs, metastasis spreads the cancer throughout the body. According to generally accepted medical practice, if size of a lump does not exceed one centimeter, it is indicated as benign (Hart, 1999), however, in every case adequate medical consultation should be provided.

Medical specialists distinguish risk factors for breast cancer that individual can change and those that cannot be affected (Barton, 2005). Constant risk factors are considered to be being a woman, getting older, having a family history as well as previous breast cancer history, having radiation therapy to the chest area, being Caucasian, getting periods young, usually before 12 years old, having late...

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Marco Cascella



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