

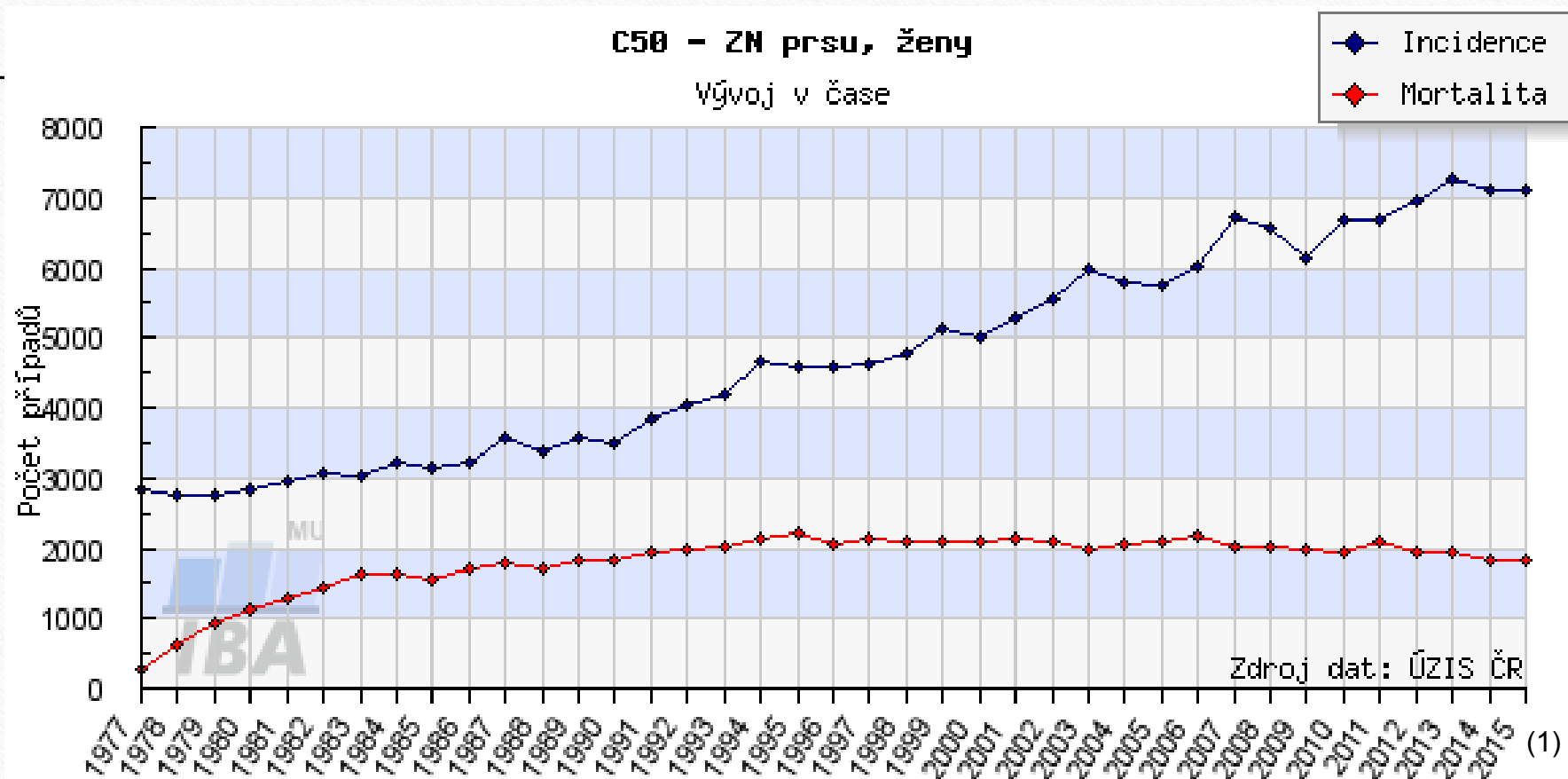
Oncological disease of the breast

Teaching lesson 4

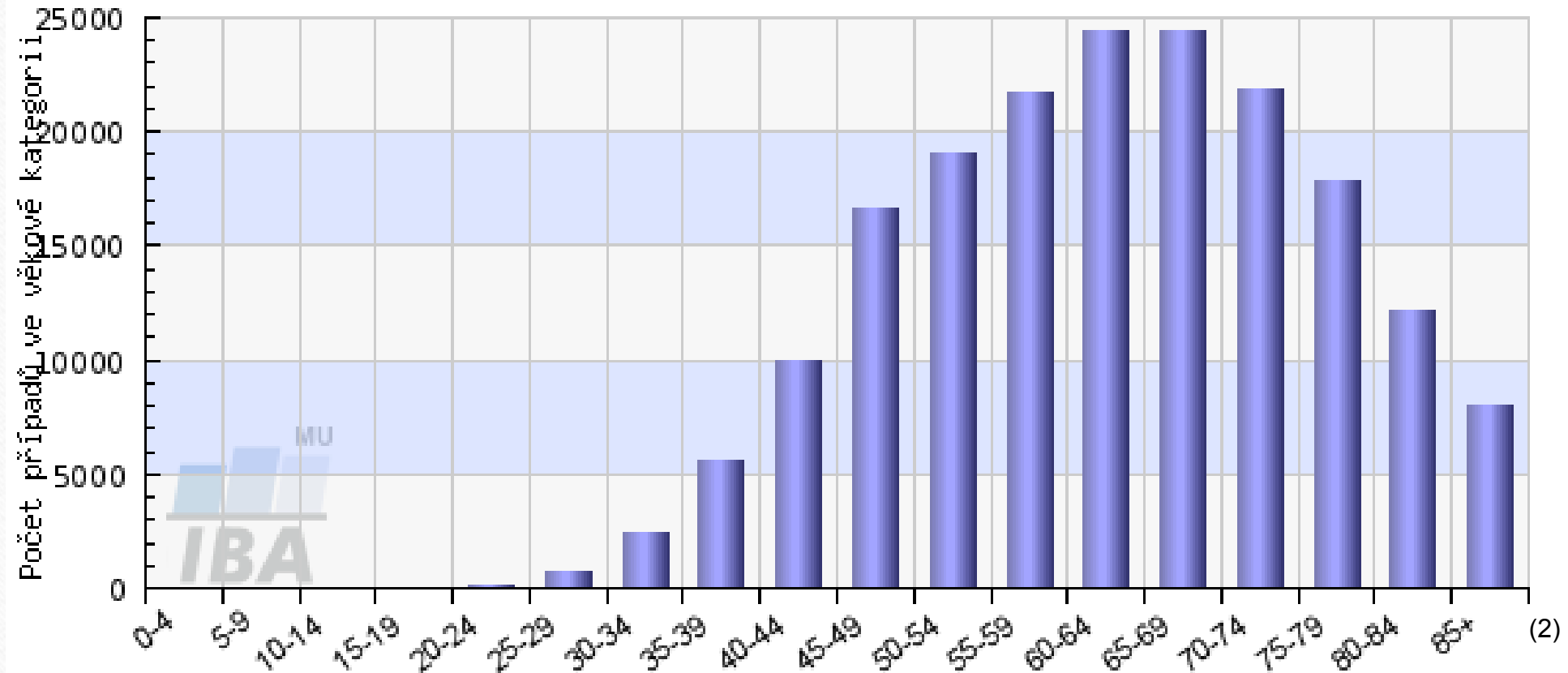
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Occurrence of breast cancer

Breast cancer is the most frequent neoplastic disease in women!



C50 - ZN prsu - Incidence, ženy
věková struktura populace pacientů



Risk factors and symptoms

In case any change is observed,
a gynaecologist or general
practitioner must be consulted!

Risk factors

- Sex, age
- Inheritance
- Hormonal substitution treatment
- Inadequate diet
- Obesity, low physical activity
- Smoking
- Absence of breastfeeding, late or no pregnancy
- Early menstruation, late menopause

Symptoms

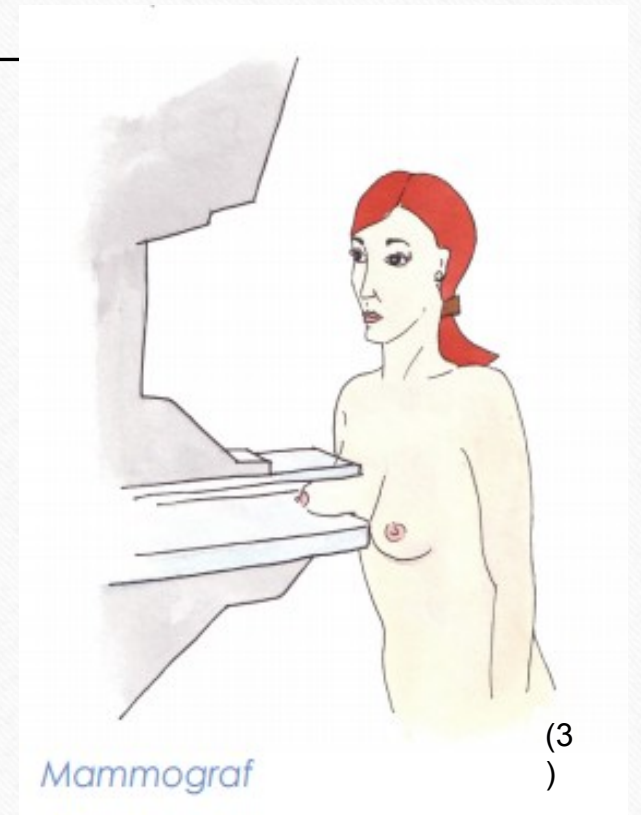
- Painless lump – most frequent symptom
- Pain, enlargement of breast
- Retracted skin or nipple
- Pockmarks, scales, swelling of breast
- Discharge or bleeding from the nipple
- Long-term eczema on the breast, redness
- Enlargement of lymph nodes above the collar bone and in the armpit

Primary and secondary prevention

- Primary prevention
 - Observing general principles of prevention of neoplastic diseases
- Secondary prevention
 - Breast cancer screening = **mammography**
 - **Self-examination of breasts**

Mammographic examination

- Regular preventive examination of breast cancer
- Examination of the mammary gland in women without symptoms
- Early detection of breast tumour
- Examination based on screening of both breasts
- Free of charge for women **over 45 years**
- Performed **once every two years**



Self-examination of breasts

- During self-examination, focus is on any changes in breasts, especially the mentioned symptoms.
- Performed regularly every month, ideally on the second or third day after menstruation when the breasts are not subject to tension.
- Self-examination should be performed after showering with warm water.



The first step is visual inspection, appearance of the breasts is checked in front of the mirror. Then palpation is performed, first in the standing position in front of the mirror, then in the lying position.



The examination is performed by the pads of the three middle fingers, the whole breast is examined, each breast separately.



The nipple is examined by gently pressing it to check for any discharge.



It is necessary to examine the armpit and the area around the collar bone. Lymph nodes in the armpit are palpated, then the pit above the collar bone and the region above the sternum.



One hand is placed behind the head and the whole breast is examined by the other hand using circular movements.



References

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Figures:

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