



TREATMENT

Breast cancer treatment aims to eliminate or control cancerous cells in the breast and prevent spread to other parts of the body.

Treatment plans are based on the type and stage of breast cancer, as well as patient's overall health and preferences. The options include:

- Surgery
- Radiation Therapy
- Chemotherapy
- Hormone Therapy
- Targeted Drug Therapy for Breast Cancer
- Immunotherapy



Talk to your Doctor or visit the nearest Health Centre for more information

Non-Communicable Diseases and Injury Prevention Unit
The Reit Building
52-60 Grenada Crescent, Kingston 5
876-633-7771 | 876-633-8172
Website: <https://ncdip.moh.gov.jm>



BREAST CANCER

BASIC FACTS



BREAST CANCER

Breast cancer is a type of cancer that develops in the cells of the breast. It can occur in both men and women. It happens when the cells in the breast grow out of control.

WHO IS AT RISK

Female gender is the strongest breast cancer risk factor. Approximately 0.5–1% of breast cancers occur in men.

Risk factors for breast cancer that we cannot change include:

- Increasing age
- A family history of breast cancer
- Prior diagnosis of breast cancer
- Inherited gene mutations, such as BRCA1 & BRCA2
- Dense breast tissue
- Early onset of menstruation (before age 12), late menopause (after age 55).
- Previous treatment using radiation therapy to the breast or chest

Risk factors we can change include:

- Alcohol consumption
- Being overweight or obese
- Physical inactivity
- Having the first child at an older age can slightly increase risk

- A diet high in saturated fats and low in fruits and vegetables
- Taking hormones

SIGNS & SYMPTOMS

Most people will not experience any symptoms when the cancer is still in the early stages.

Common signs and symptoms include:



Constant Pain in the Breast or Armpit



Nipple becoming Inverted



Differences in shape or size



Skin irritation or Dimpling



Swelling of all or part of the Breast



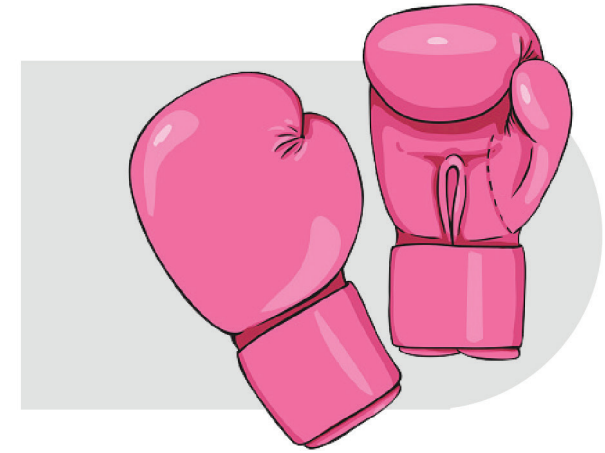
Rash or Redness around the Nipple on the Skin



Nipple discharge without squeezing



Swelling in your Armpit or Collarbone



EARLY DETECTION SAVES LIVES

In Jamaica, all women should talk to their healthcare provider about getting their breasts examined.

If you are 40 years or older, get your annual mammograms done. In high-risk individuals, your doctor may recommend Breast Magnetic resonance imaging (MRI).

