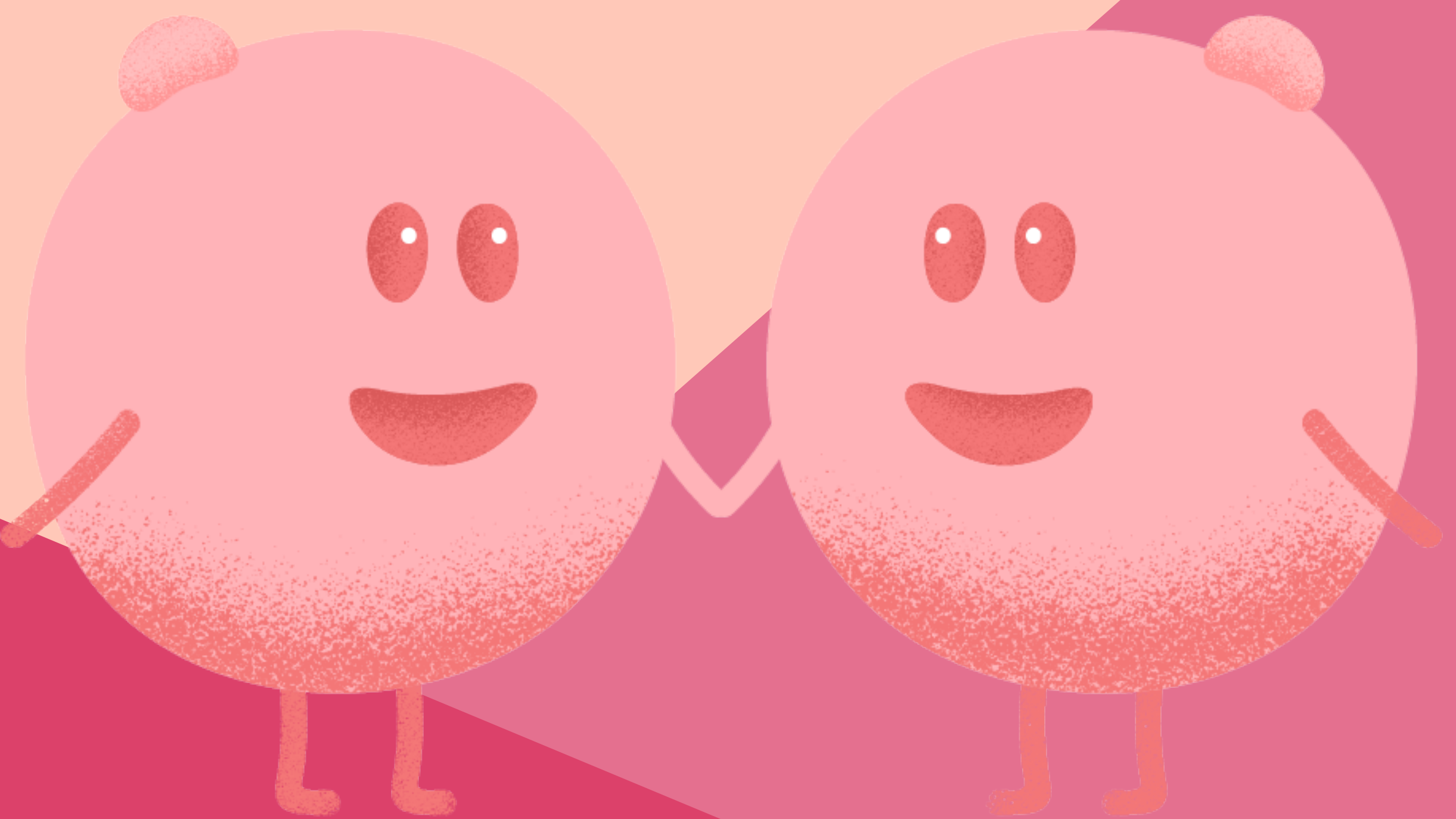





# ORGANism

**“It Pays to Stay Calm” –  
Breast Cancer (2)**





HEALTHIER, LONGER,  
BETTER LIVES

# Diagnostic process of breast Cancer



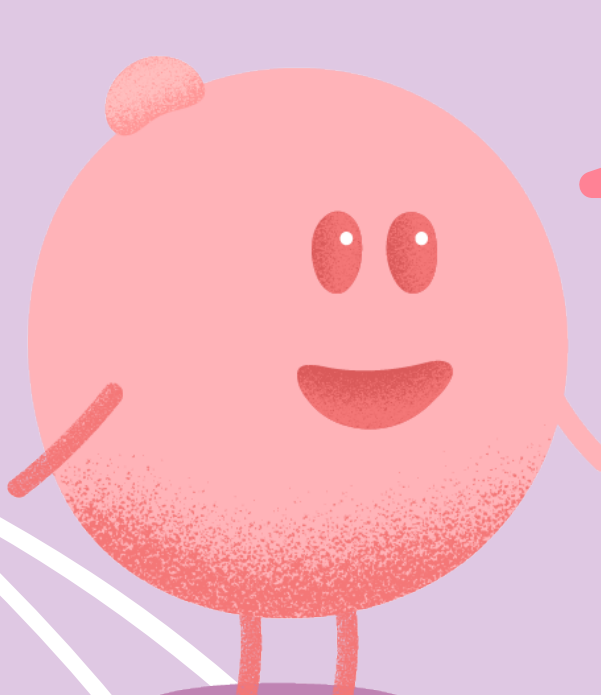

Last time we mentioned the importance of regular self breast examination. Why do we still need to see a Doctor?

Although self conducted breast examination is useful , having a regular clinical examination from a doctor and mammography is much more thorough and accurate in the early detection of breast cancer. 😊



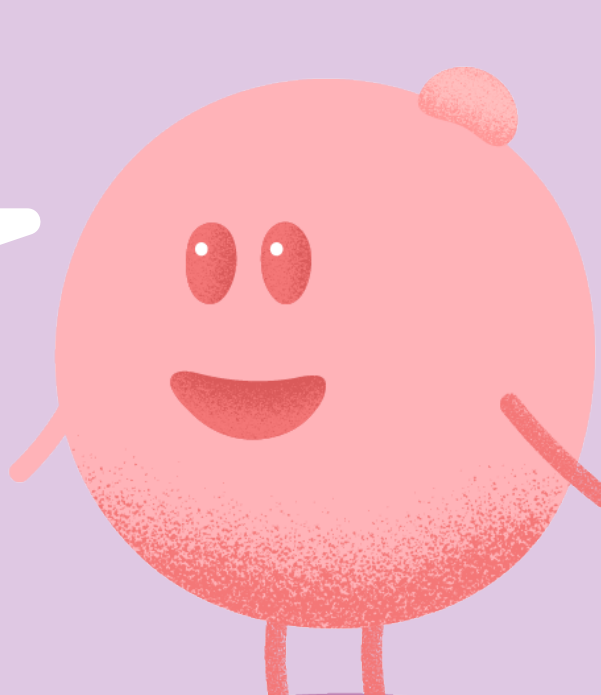
😲 I see , having these regular checkups will greatly improve the chances of detecting cancer at an early stage.

You are absolutely correct. Breast cancer is classified to different stages (0 to 4) depending on its size, local invasion, lymphatic or distant spread.



I know. Firstly, the doctor will assess the local extent of the tumor including its size and any skin or chest wall involvement. If the tumor is just confined to the breast , then it is considered an early stage.

In addition, the doctor will also check if the tumor has spread to neighboring lymph nodes (stage 3) or to other parts of the body such as lung, liver or bones (stage 4). 👍👍



# Breast Cancer Surgery Options

Breast cancer is potentially curable. To treat breast cancer, there are 5 major treatment modalities including surgery, chemotherapy, radiation treatment, hormonal therapy and targeted therapy. We have to understand the advantages and disadvantages of those therapies. Let's take a look at surgical treatment.

## Breast cancer surgery

Breast conserving surgery (partial mastectomy / lumpectomy)

Mastectomy

+/- Breast Reconstruction

Timing

Methods

Immediate reconstruction: Remove and reconstruct breast at the same time

suitable for early-stage patient

Implants

Reconstruction using own tissue

Fat grafting

Delayed reconstruction surgery (muscle flaps): Remove breast and have auxiliary treatment before breast reconstruction

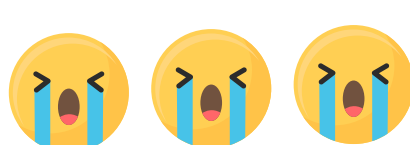
suitable for late-stage patient

## Axillary lymph node surgery

Sentinel Lymph Nodes Biopsy

Axillary dissection

But Axillary lymph node surgery may cause lymphedema of the arm.



Doctor will assess the metastatic status of lymph nodes before deciding which type of surgery required.

# Myths about Breast Cancer



Patient A

🤔 I love to eat chicken wings. Will the hormonal effect of those chicken wings trigger breast cancer ?

There is a rumor that eating soya bean products, chicken etc, will lead to breast cancer. Currently there is no clinical evidence to support this.



Doctor



Patient B

I heard only women after menopause will suffer from breast cancer? I am just 22 years old. Did the doctor make a mistake? 😞

It is true that the risk of breast cancer increases with age. In Hong Kong, over 30% of breast cancer patients are 60 years or above. However recent data showed that two-thirds of patients are aged 40-59, with the youngest being only about 20 years old.



Doctor



Patient C

Someone told me that women with bigger breasts have more mammary glands and therefore are more prone to develop breast cancer. Am I at high risk? 😱

There is no direct relationship between the size and shape of the breast and the risk of breast cancer. All women should be equally concerned about the health of her breasts and the importance of regular breast examinations.



Doctor

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