

Beating Breast Cancer, Step by Step

Both worldwide and here in Malaysia, breast cancer is the most common cancer for women, with case numbers continuing to rise in many nations. (Breast cancer also occurs in men, but at a significantly lower rate.) Interestingly, the risk of breast cancer is considerably lower in Malaysia than in the US and Europe, with the overall lifetime risk here just 1 in 27 women, compared with 1 in 8 women in Western countries. However, vigilance is still key to early detection, no matter where you are.



We cannot prevent breast cancer, so early detection is vitally important, as when breast cancer is diagnosed at a very early stage, and treated appropriately, the prognosis for recovery and remission is very good. All women should perform regular breast self-examinations, and screening via mammograms is advised for women over 40, or for those in identified high-risk categories. Self-examination allows a woman to feel abnormalities or lumps in the breast, while mammograms can detect lesions or lumps which are very small and not felt during self-exams. Additionally, 3D mammography is an imaging modality that improves detection even more.

women can take to reduce their risk of its development:

- Healthy eating, balanced nutrition
- Regular exercise
- Breast feeding infants, when possible
- Monitor and reduce consumption of alcohol

balanced, healthy diet and regular exercise yield many other benefits, too.

Bottom line? Maintaining a healthy lifestyle is key, particularly for breast cancer survivors, who must diligently do monthly self-examinations and get regular mammograms from their healthcare provider. ■

The risk of breast cancer increases with age, with rates of incidence rising from age 40 and peaking between age 60 and 70. However, breast cancer can and does occur in women under 40, as well, so getting into a good habit of routine breast self-examination is recommended for all women. Beyond age, additional potential risk factors include:

- Family history of breast cancer
- Early onset of menstruation (period) and/or late menopause
- No children, or having first child at an older age
- Not breast feeding
- Long-term hormone replacement therapy (over 15 years)
- Obesity

Though advancements in exam techniques, treatments, and diagnoses have made breast cancer highly survivable with early detection, the old saying "an ounce of prevention is worth a pound of cure" is very much applicable here, too. Taking steps to mitigate risks is always advisable, and of course, steps like adopting a

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Find it Earlier
Fight it Better

Now @
RM368



3D Mammography finds 20% - 65% more cancer.

An annual mammography is necessary for women starting from age 40 even if you are in good health.

It is **SIMPLY BETTER** with 3D Mammogram



Fast Scan Time



Low Radiation Dose



Early Detection



Comfortable

Screening is conducted at 1st Floor, Health Screening Centre, Mediplex

Book an appointment with your doctor today **03-5639 1212**

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