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Breast cancer: An alarming trend in India**Aditi Singh**

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According to World Health Organization's (WHO) latest report, breast cancer is the most common cause of cancer in women affecting almost 2 million each year. It also remains the cause of highest cancer related mortality in women, with 627,000 deaths worldwide till 2018. This accounts for approximately 15% of all cancer deaths in women. According to Globocan 2017, breast cancer among Indian population is the highest worldwide. Also the incidence of breast cancer is rising in urban women than the rural population and it has become the most common cancer in cities and second most common in rural areas. A mortality rate of 21.5% in females is recorded due to breast cancer in India. If the incidence and death rate is compared for the year 2008 and 2012, India has reported 17,000 more deaths, which is a huge number. India is witnessing an increasing number of younger patients being diagnosed with breast cancer, the incidence has more than doubled in the age group of 30-40 in a span of 25 years. The data comparison of 25 years indicates a very alarming trend, which shows that while 69% of patients were above 50 years of age previously, the percent positivity is almost 48% in the below 50 years age group presently. Many studies have now established genetic and/or hormonal factors as the primary risk factors for breast cancer. But apart from known risk factors like reproductive age, the inherited predisposition to disease, socio-economic factors, obesity in post-menopausal women and females undergone hormonal replacement therapy, studies have correlated number of environmental factors like ionizing radiation, organo chlorines, cadmium, tobacco smoking and household solid fuel use with increased risk of breast cancer. However, about 30-50% of all cancer types are preventable and prevention is the most cost effective long term strategy for cancer control. Therefore, it is now recognized that early detection is the most critical and important factor for better outcome and survival in breast cancer. As per WHO, the two best strategies for breast cancer control management are early diagnosis and screening. Early diagnosis consists of strategies to identify breast cancer at an early stage for the treatment to be effective and reducing risk of death. Screening involves identifying cancer in women before any symptom appear. Population based cancer registries have been documenting data on cancer treatment and survival and thus providing clinician's useful insight into improving quality of care and preventing cancer deaths in population.

Biography

Aditi Singh has completed her PhD in Amity Institute of Biotechnology, Amity University Uttar Pradesh, Lucknow, India. Her passion for research which is being continued till now. She have published the Journals in national and international journals.

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