

Commentary on Breast Cancer

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ETIOLOGY

Although the precise causes of breast cancer are unclear, years of medical studies have identified many risk factors. It's also uncertain why some women with no risk factors develop breast cancer and those with high risk never do. It's best to be on the lookout for warning signs, risk factors, and preventive measures. Genetics and heredity, sedentary lifestyle, late or no pregnancy, use of oral contraception, early start to menstruation, late menopause, excessive drinking, smoking, rising obesity among young people, stress, and low dietary intake are all risk factors for breast cancer. These factors have been linked to an increase in the incidences of breast cancer among young Indian women.

Scientists are making significant strides in their understanding of how such genetic variations can cause normal breast cells to become cancerous. DNA is a molecule that contains the instructions for almost all of our cells' functions. Since our DNA comes from our ancestors, we normally look like them. However, DNA has an effect on more than just our appearance. Some genes (DNA segments) provide instructions for how our cells divide, expand, and die. Oncogenes are genes that facilitate the division of cells. Tumor suppressor genes are those that delay cell division or trigger cells to die at the appropriate time. DNA mutations (changes) that "turn on" oncogenes and "turn off" tumor suppressor genes are known to cause cancer. Certain inherited DNA variations put people at a higher risk of developing cancer, and they're what are behind the cancers that run in some families.

CANCER

The American society defines cancer as a "Group of disease characterized by uncontrollable growth and spread of abnormal cells. If the spread is not controlled, it can result in death." Cancer is a broad term that encompasses a variety of diseases. Rather, it is made up of over 100 different diseases. Cancer, neoplasia, tumour, neoplasm, and development are among the cancer related terminology added. Medical practitioners sometimes use the term neoplasia, which is a synonym for cancer. Tumor is a synonym for neoplasm, which means "new

growth." There are many other words that refer to abnormal cell development.

BREAST CANCER

Breast cancer is a cancer that starts in the breast and spreads to other parts of the body. As cells proliferate uncontrollably, cancer grows. A tumour, which can be seen on x-rays or felt as a lump, is formed by breast cancer cells. Breast cancer is almost exclusively a female disease, but it may also strike men.

Epidemiology of breast cancer

For decades, cervical cancer was the most common cancer in Indian women, and it was responsible for more deaths in women than any other cancer. Breast cancer, on the other hand, has been gradually rising over the last decade or so, and in 2012, it overtook cervical cancer as the most common cancer in Indian women for the first time. This is due in part to a decrease in the number of cases of cervical cancer. Breast cancer incidence, on the other hand, has been gradually increasing, with a 50 percent rise between 1965 and 1985, owing mainly to a drastic increase in the number of cases. The annual percentage change in breast cancer incidence ranged from 0.46 to 2.56. In India, 155,000 new cases of breast cancer are expected to be diagnosed in 2015, with 76,000 people expected to die as a result of the disease. Breast cancer tends to be more common in India's younger age groups, with 52 percent of all breast cancer patients in Mumbai being between the ages of 40 and 49. The majority of the patients are under the age of 30. According to population-based registries, the prevalence of breast cancer differs greatly between rural and urban areas. Hospital-based registries, on the other hand, may be skewed due to different comparative patterns/socioeconomic and other variables.

Breast cancer is the most commonly diagnosed cancer in women and the leading cause of cancer-related deaths. In 2018, breast cancer claimed the lives of 2.08 million people out of 18.08 million new cancer cases (An 11.6 percent incidence rate) and 626,679 people out of 9.55 million cancer-related deaths (6.6 percent of all cancer-related deaths).

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