

Breast Cancer: 6 Things You Should Know

Emilia Clark*

Managing Editor, Gynecology and Obstetrics, Belgium

BREAST CANCER

In India, breast cancer is one of the most frequent cancers in women. The good news is that breast cancer isn't as common as it once was. Breast cancer survival rates have improved in recent years. Because of increased awareness, early detection, and therapeutic breakthroughs.

Before it's too late, here are a few things you should know about breast cancer.

It's not only an illness that affects the elderly

It's a malignancy that can strike women of any age group. Unfortunately, breast cancer is now being found in women in their 20s, 30s, and 40s. As a result, it is critical for young women to be breast-conscious. But don't be alarmed! The majority of lumps and changes in a young woman's breasts aren't cancerous. However, if you see anything that worries you, see your doctor.

It isn't always a hunk of meat

A lump in the breast is frequently the most common indication of breast cancer. Many women, however, are unaware that there may be other warning indicators that they should be aware of. Other possible breast cancer symptoms include:

- Thickness in the breasts or armpits
- A rash on the nipple that is itchy and scaly.
- Changes in breast size and form
- Weight loss that isn't explained

Only a small percentage of breast cancer cases are inherited

One of the most common misconceptions about breast cancer is that you can only acquire it if someone in your family has had it.

The truth is that only a small percentage of instances are hereditary. Inherited gene mutations are responsible for only 5% of breast cancer cases. It's simply a pretty prevalent cancer in females.

Get in touch with your doctor if you're concerned about a genetic link to breast cancer and your higher risk.

It is true that lifestyle factors are important

Breast cancer risk can be reduced by living a healthy lifestyle. Some of the following lifestyle choices, according to reports, may minimise your risk:

- Exercising at least three times a week is recommended.
- Get a mammogram every year after the age of 40.
- Every month, perform a self-examination of your breasts.
- Take any lumps or changes in your breasts seriously.
- Consume alcohol in moderation.
- Stay stress-free by getting plenty of sleep every night.

Breast cancer is a complex disease

Breast cancer comes in a variety of forms, each of which grows in various regions of the breast. And the sickness does not affect every woman in the same manner. It can be detected at various stages and grows at various speeds.

As a result, breast cancer treatment is personalised to the individual, and what works best for one person may not work for another.

Breast cancer can strike men as well

Many individuals are unaware that men are also affected by breast cancer. Breast tissues are found in both men and women, albeit men have a smaller amount. Though the odds of breast cancer are extremely low and uncommon in men, it should not be fully dismissed.

Correspondence to: Emilia Clark, Managing Editor, Gynecology and Obstetrics, Belgium; E-mail: obsgyne@emedicinejournals.com

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