

Breast Cancer in America

Breast cancer is the commonest invasive cancer in women globally and despite the resourceful efforts from the U.S. Preventive Services Task Force (USPSTF) and other anti-cancer institutions in the country and elsewhere, the disease has not been defeated. It amounts to 16% of all women cancer and 22.9% of invasive cancers in females. In addition, breast cancer accounts to 18.2% of all cancer-induced deaths, with both men and women being affected.

Developed countries have more breast cancer patients than developing ones as a result of differential lifestyles and life expectancy. This type of cancer is predominantly common in elderly women. Women living in developed nations have a longer life expectancy than those in poor countries. It is also believed eating behaviors and lifestyles of women in wealthy and impoverished nations are factors that cause breast cancer. DeSantis et al (2011) is associated with the fact that in 2008, 72.8% of non-poor women were screened for breast cancer compared to 51.4% of poor women. The National Cancer Institute sadly maintains that 2,240 male breast cancers and 232,340 female breast cancers are reported in the United States annually, 39,520 of which end up in deaths (DeSantis et al., 2011).

According to the USPSTF, breast cancer can be prevented through the embracement of healthy habits. Individuals must stay away from excessive alcohol as well as engage in physical activities to keep the body healthy. While some risk factors like genetics cannot be prevented, smoking, alcoholism, overweight, lack of breast feeding, stay away from environmental pollution and radioactive materials and facilities and can be. Moreover, breast cancer can be prevented or reduced by strictly administering a health and balanced diet in consistence. Breast cancer patients and normal individuals should eat fruits, legumes, whole grains, vegetables and

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nuts. High fat, high-sodium foods nor saturated fats are recommended. But how does one know they have breast cancer (Love, 2015; Winchester, 2006).

Symptoms of Breast Cancer

Although breast cancer does not have any significant clinical manifestations at the start, patients feeling a small lump in the breast, then they should consider seeing a doctor immediately for tests, diagnosis, and treatment. Other symptoms are:

- Pain in the breast
- Skin irritation or dimpling
- A nipple discharge that is not breast milk
- Swelling of all or part of the breast
- Redness, scaliness or thickening of the nipple or breast skin

Treatment of Breast Cancer

Reed & Audisio (2010) and Saxton & Daley (2010) state that the treatment procedure for breast cancer involves multiple departments, but surgery and radiotherapy are the most common. Other treatment departments include pathology; oncology and psychology are the treatments for breast cancer. The type of treatment depends on the severity of the tumor, patient's preference, type of breast cancer, patient's age and overall health (Saxton & Daley, 2010). Surgery procedures include mastectomy (breast removal via surgery), lumpectomy (tumor removal), sentinel ode biopsy (one lymph node is surgically gotten rid of) and breast reconstructive surgery (Reed & Audisio, 2010). Surgeries erode beauty and degrade bodily functionality in women especially when the tumor spreads to other tissues that would also need to be removed. Treatment via irradiation exposes women to radioactive emissions that can greatly cause medical implications (Saxton & Daley, 2010).

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Risk Factors

Age: Older women (50-74 years) are more exposed to breast cancer. Reed & Audisio (2010) insist that women under 40 have less chances of getting breast cancer. Only 5% of breast cancer patients in the United States are aged 40 and under. Age increase is associated with a lot of abnormal cellular changes. DeSantis et al (2011) add that when such changes take place, cancer may develop. These statistics are worrying the USPSTF and as a result, the institution recommends biennial screening mammography for women aged 50-74 years (DeSantis et al., 2011).

Ethnicity: African American, Hispanic, and Asian women are more prone to breast cancer than white women. African American women, due to limited access to mammography and lower quality of medical care, are more likely to be diagnosed with and die from breast cancer. Additionally, the under-representation of African American women in clinical trials technically excludes them from the most promising therapies.

In conclusion, breast cancer is a serious illness that kills hundreds of thousands of women across the globe. While there is treatment of the disease, women are advised to attend regular medical check-ups for early detection and treatment, which is more effective. The best thing; however, is to apply preventive measures. Women should limit alcohol use, quit smoking, eat healthy and balanced meals, engage in physical exercises and adopt healthy lifestyles (Saxton & Daley, 2010).

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