

A pink awareness ribbon is positioned on the left side of the image, looping around the text. The background is a light pink color with a subtle grid pattern.

BREAST

CANCER
AWARENESS

GUIDE

CONTENTS

INTRODUCTION	I
1. What Is Breast Cancer?	1
2. Different Types Of Breast Cancer	1
3. Stages Of Breast Cancer	3
4. Recurrent Cancer	4
5. Symptoms	5
6. Exams And Tests	6
7. Treatment Options	7
8. Powerful Antioxidants	8
9. The Importance Of Fiber	9
10. Prevention	10
11. Limit Alcohol Use	12
12. Stop Smoking	13
13. Dealing With Cancer Related Fatigue	14
14. Exercise Wards Off Breast Cancer	15
CONCLUSION	III

INTRODUCTION



Breast cancer is a disease that strikes women and is also the second leading cause of death.

According to the American Medical Association and American Cancer Society, breast cancer is the most common disease for women.

Usually breast cancer does not affect women until they reach their 20s.

Every year millions of women are diagnosed with breast cancer.

Because of the amount and frequency of breast cancer screening, women visit clinics more regularly than men.

The older women are, the higher their chances of getting breast cancer.

The biggest procedure women go through when visiting their doctors is a mammogram. A mammogram is used to check the breast to determine if it is infected with cancer.

With all this talk about breast cancer, the most common question is what breast cancer is?

Breast cancer is referred to as abnormal cells that somehow have mutated to the point whereby they are no longer normal.

The next question asked is why do women get it?

There are many causes of breast cancer. These causes will be discussed later. For now, I am listing the most common causes.

1. In some women, breast cancer seems to form if their menstrual cycle starts too soon. The average age for a menstrual cycle to start is about age 12. But for those that begin earlier, these are the women who run the risk of getting breast cancer just before their 30s.

2. Another cause is late menopause. If a woman has menopause after 50, it causes the system to have an adverse reaction. The hormones change too late.

3. Having a diet filled with too much saturated fat can cause breast cancer. A diet that includes monounsaturated fats like canola oil and olive oil does not appear to cause or increase the chance of breast cancer.

4. Many types of breast cancers are inherited. If the family has a history of breast cancer, it is very likely to be passed on to later generations.

So if you had a great-grandmother, grandmother, mother, sister, or cousin, who had breast cancer, you may get it too.

5. Women who take estrogen replacement therapy also can cause breast cancer. This is true if the therapy has been extended up to 10 years.

It is obvious that breast cancer is a serious illness that cannot be taken lightly. Women should never forsake getting checkups especially when they reach their mid-20s.

Since it is a dangerous disease, every effort should be made by women to find out what really causes and how to cure it. Or better still, how to prevent it from happening again.

If you happen to be a woman worrying about breast cancer because your friends told you so, you owe it to yourself to get educated about breast cancer.

Through education, you will know and take the necessary steps required to prevent yourself from getting it.

Not only will you benefit by learning about breast cancer, you will also benefit other women by educating and helping them to cope.

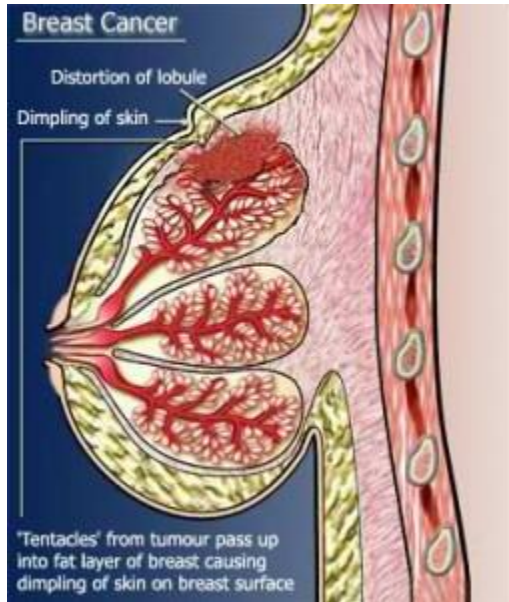
The only way breast cancer can be eliminated is by awareness. The more aware you are of the disease, the more measures you will take to ensure you and those you know will not get it.

Believe it or not, once you so, you can cure yourself with or without doctor's help.

Curing breast cancer is the number one priority for women and doctors as well.

Until scientists can find what really causes breast cancer and provide a safe and healthy way to get rid of it, you will just have to do what is necessary to keep your breast as healthy as possible.

What Is Breast Cancer?



As I stated in the introduction, breast cancer is a bunch of cells in the breast that become abnormal for some reason.

Scientists suspect that some forms of bacteria penetrate the cells and cause mutation. Those mutated cells will attack other normal cells and cause them to become infected.

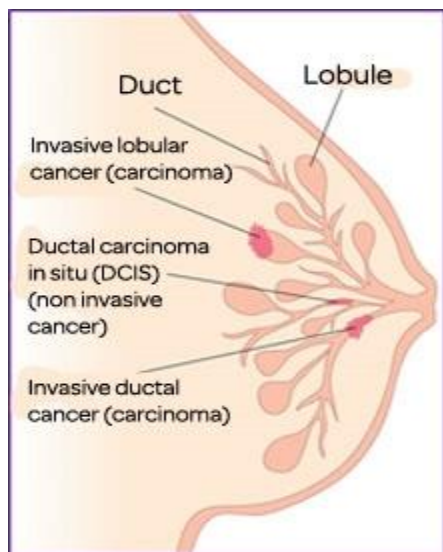
Some normal cells may end up being destroyed and causing the breast to be exceptionally vulnerable to diseases.

When enough cells are changed in this manner, cancer develops. Sometimes a small amount of mutated cells end up becoming cancerous.

This is why cancer often starts small, in a certain section of the breast and spreads from there.

If breast cancer is not stopped or properly managed, it could end up spreading to other areas of the body. This is when it becomes an absolute and vital necessity to find a cure quickly.

Different Types Of Breast Cancer



In this chapter, I am going to list down and describe several different types of breast cancer

They are:

1. Ductal Carcinoma In-Situ
2. Infiltrating Ductal
3. Medullary Carcinoma
4. Infiltrating Lobular
5. Tubular Carcinoma
6. Mucinous Carcinoma

7. Inflammatory Breast Cancer Or Erythema

1. Ductal Carcinoma In-Situ:

Divided into comedo and non-comedo types.

2. Infiltrating Ductal

Represents 78% of all malignancies.

Appears often as lesions that are shaped as stars. They can also be rounded.

3. Medullary Carcinoma

Well-rounded lesions that may be difficult to distinguish from fibro adenoma.

4. Infiltrating Lobular

These lesions are generally present in the upper outer quadrant of the breast as a subtle thickening and are difficult to diagnose by mammography.

5. Tubular Carcinoma

Orderly or well-differentiated carcinoma of the breast.

6. Mucinous Carcinoma

These lesions are usually well rounded.

7. Inflammatory Breast Cancer Or Erythema

A particularly aggressive type of breast cancer is found when the skin changes including redness, thickening of the skin and prominence of the hair follicles resembling an orange peel.

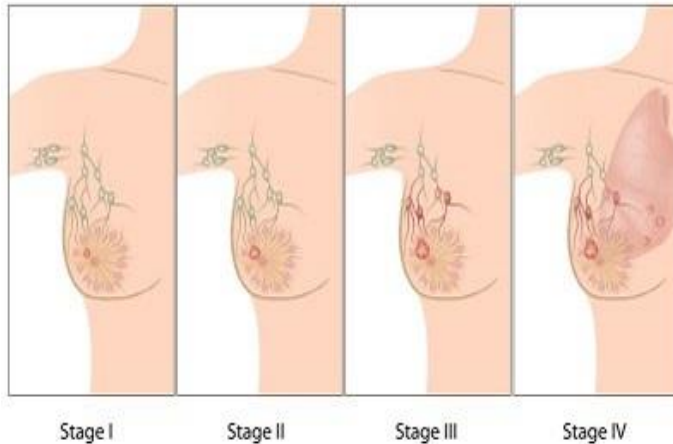
These are 7 of the most common types. Like it or not, there are many more.

Whichever they are, each type can be more dangerous than the other or it could be the same.

The only way to find out is by having a diagnosis done by a professional doctor. This will greatly help to determine the type and cure quickly.

Stages Of Breast Cancer

Stages of Breast Cancer



Breast cancer often occurs in stages.

Some cancers spread slowly while others spread quickly.

There are cancers that are predictable in growth and there are those that spread unpredictably.

The cancers that are unpredictable are created by the use of estrogen in the body.

The stage itself will depend mainly on the size of the tumor whether the cancer has spread or not.

Stage 0

Stage 0 refers to noninvasive carcinoma or carcinoma in situ. With this stage the cells are abnormal in the lining of the lobule but are not cancerous as yet.

Stage 1

The tumor has become cancerous and has grown to an inch in diameter but has not spread beyond the breast.

Stage 2

Either 1 of 3 things will happen:

1. The cancerous tumor grows to less than one inch across and has spread to the lymph nodes under the arm,
2. It has grown to be about one and two inches and has not reached the lymph nodes as yet but just leaning in that direction and
3. It is larger than 2 inches in diameter and has not moved.

Stage 3

The cancerous tumor has grown to more than two inches apart, and has reached and penetrated the lymph nodes of the underarms.

In some cases this type of cancer has been known to spread to the lymph nodes near the breastbone or other tissue near the breast.

The patient will lose most or all his or her hair and has to go through chemotherapy to delay the cancerous cells from spreading further.

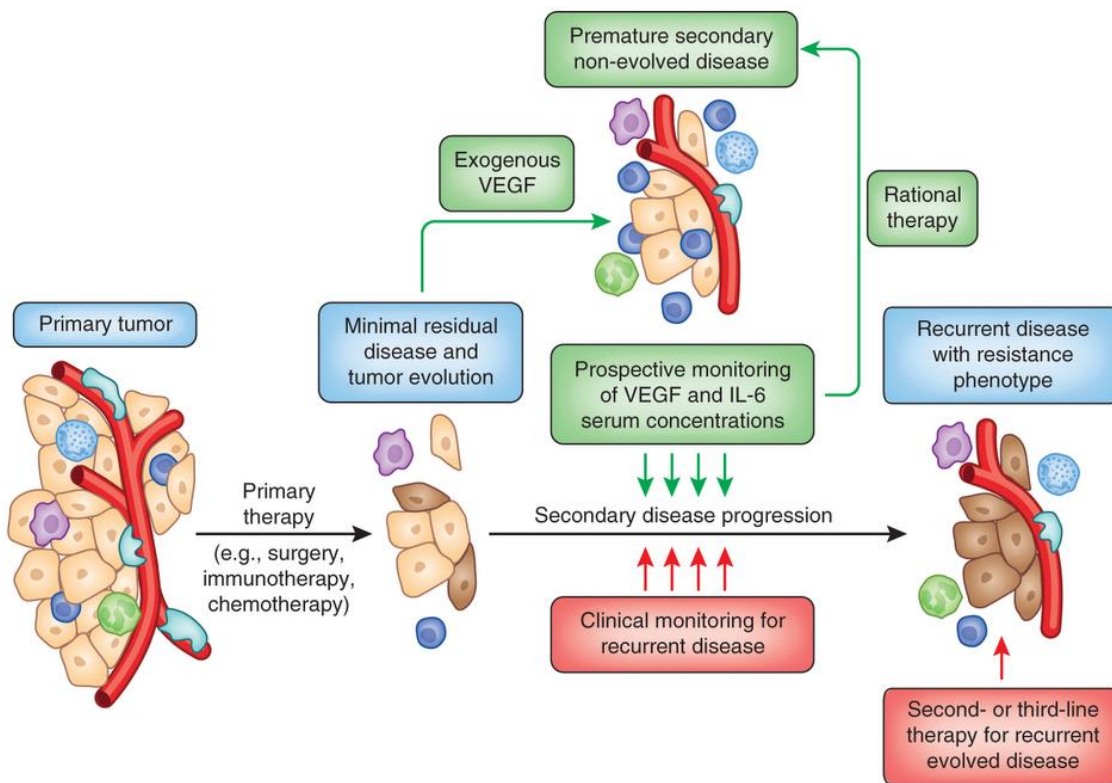
Stage 4

The cancer becomes metastatic and fatal.

Its cells have spread beyond the breast and lymph nodes to other parts of the body.

Under this stage, the patient is usually given a few months to a year to live.

Recurrent Cancer



Cancer is often recurrent.

This is a cancer that goes away but comes back.

Recurrent cancer usually happens when the treatment provided earlier did not get rid of all the cancer. Then the cancer just spread quickly and showed up.

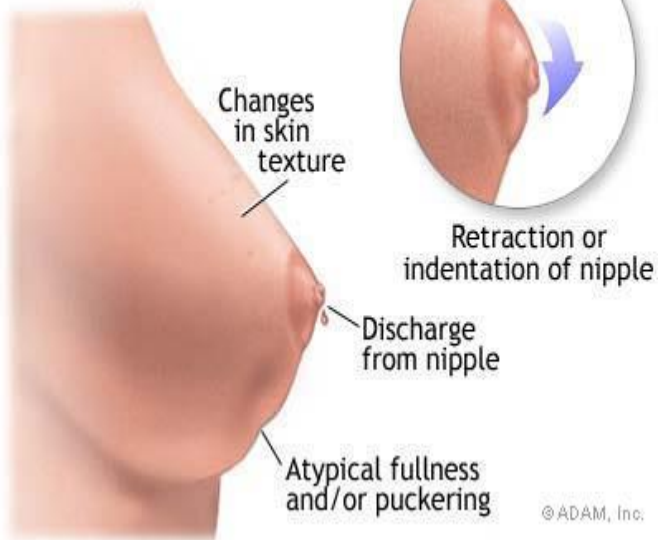
You may not realize this, but what is often the case is that when medical treatment is given for cancer removal, it does not always get rid of all cancer.

Some cancer is hidden within cells and just does not get killed off.

Despite all misconceptions, breast cancer is dangerous but it can be cured if caught in time.

Symptoms

Breast self-exam:
Visual inspection



When breast cancer first develops, there are usually no symptoms.

This is why regular breast exams are important. Symptoms do occur when the cancer grows. The most common ones include:

- A lump in the breast or in the armpit that is hard, has uneven edges, and usually does not hurt,
- The breast or nipple changes size, shape, or feel. With cancer, your breast has redness, dimpling, or puckering that looks like the skin of an orange and
- You will often see fluid coming out of the nipple and it may be bloody, clear to

yellow, green and look like pus.

Symptoms of advanced breast cancer may include:

- Bone Pain
- Breast Pain Or Discomfort
- Skin Ulcers
- Swelling Of One Arm Next To Breast With Cancer And
- Weight Loss

Exams And Tests



When you visit the doctor, he will ask you what your symptoms are.

Once you tell him your symptoms, he will reveal what your risk factors are. It is during this period he will explain what may happen and what may not.

Once he interviews you, he will set up and perform a physical exam. This physical examination will include both breasts, armpits, neck and chest areas.

He may perform other tests like:

- Mammography to help identify the breast lump,
- A MRI of the breast to determine what the lump is
- Breast ultrasound to show whether the lump is solid or fluid-filled
- Breast biopsy, needle aspiration, or breast lump removal to remove all or part of the breast lump for closer examination by a laboratory specialist
- CT scan
- Sentinal lymph node biopsy

- PET scan

If after all tests are performed and your doctor discovers you do have breast cancer, he will request additional tests to be done to see if the cancer may have spread in other places of the body.

Treatment Options



vegetables, whole grains, and legumes.

There are many treatment options available to help get rid of your cancer.

The best method, according to many doctors and nutritionist, is the food you eat.

According to research studies, foods that have healing properties are the best to consume, in order to get rid of breast cancer.

So if certain foods are required, what would these foods be? Based on nutritionist, the best and most healthy diet involves eating plenty of fruits,

By consuming these foods, you greatly reduce developing breast cancer. However, if you already have breast cancer, by eating these foods, you have an excellent chance of eliminating cancer.

What is it about these foods that allow such healing? The same nutritionist spoken about above found certain compounds in foods that actually help fight and prevent cancer at the cellular level.

There are substances that are found in plant food known as phytonutrients. They have the ability to stop cancer.

A good example of this type of plant food is broccoli. Broccoli contains phytonutrients also known as isothiocyanates. In lab tests, this chemical actually destroyed cancer tissue.

You can find phytonutrients in many other types of foods such as soybeans, tofu, tempeh and soy milk. As for soy milk, this is especially good for you if you are lactose intolerant.

For it contains a soy product called genistein. Genistein has been known to prevent the growth of tumors in tissue.

Another food that has been known for centuries as a perfect healer for many illnesses is garlic.

It has a lot of phytonutrients and allyl sulfides. Allyl sulfides have been known to destroy cancer-causing substances in the body.

Powerful Antioxidants



Do you know foreign bodies attack your body every day?

These foreign bodies or molecules are known as free radicals.

They are known as free radicals because they have lost an electron and thus are roaming freely about with no attachment to an atom.

However, the first atom they find they will become attached to it.

Once they become attached to the atom, the cell destroys what is there or

replaces the cell.

When this replacement has been completed, the once healthy cell now becomes a bad cell. Then the bad cell goes after another healthy cell and converts that cell into a bad cell. In time, these groups of cells become mutated and cancerous.

In order to reverse this process, you need to have an adequate supply of antioxidants such as fruits, vegetables and other foods. The three most powerful antioxidants are beta-carotene, vitamin C, and vitamin E.

Beta-carotene is what gives many fruits their appearance. It also stimulates the release of natural anti-cancer cells, which hunt down and destroy cancer cells before they can do any damage.

It only takes about 15 to 30 milligrams a day to stop these free radicals and destroy them.

You can find beta-carotene in cantaloupes, sweet potatoes, spinach, and bok choy.

Vitamin C is the next powerful antioxidant.

According to scientific studies at the University of California, those who took at least 66 milligrams of vitamin C every day, found their bodies to be free of any foreign antibodies.

The most versatile antioxidant is vitamin E. This vitamin not only blocks free radicals, it also stops cancer by stimulating the immune system. When the immune system is engaged, it goes about its job of destroying any bad cells in the body.

The best way to get vitamin E is by eating wheat germ. Other foods that contain vitamin E are whole grains, legumes, nuts, and seeds.

The Importance Of Fiber



Fiber

Food sources of fiber include whole wheat, bran, fresh or dried fruits, and vegetables

In our human body, there is a function that many people take for granted.

However without it we could die.

This function helps with absorption. It is called fiber.

Fiber works by absorbing water as it moves through the digestive track.

This action forces the undigested matter to become larger which in turn moves the fecal matter out of the intestines faster.

This way the fecal matter can be excreted quickly so it won't do any harm to the body.

According to the National Cancer Institute, you need at least 20 grams of fiber a day to reduce the risk of cancer.

The best way to get fiber is by eating raw fruits and vegetables. This means eating foods with the skin intact. Other sources of fiber are beans, vegetables, and whole grains.

Do not forget breast cancer is caused by abnormal cell growth in the body. To prevent this, just watch what you eat.

If your diet consists of mainly potato chips, pizza, cheeseburgers, and doughnuts, the likelihood of you getting breast cancer increases dramatically.

The reason is simple. Those foods I mentioned contain excessive amounts of fat. Evidence proves that a diet rich in fats causes many types of cancers.

What a high-fat diet does is it steps up the body's production of free radicals, which as you know damages healthy cells.

A high-fat diet also increases bile acid. Bile acid has been known to digest fats. But too much of it can cause a production of cancer-causing compounds.

Also by consuming a high-fat diet, the body increases production of estrogen and testosterone.

Having a large amount of estrogen and testosterone in the blood stream can develop tumors in the breast.

The best way to reduce a lot of fat is to eat less meat, dairy, and processed foods.

Prevention



There are certain situations that neither you nor your doctor can control.

These situations include your genes and family history. But if you can learn to eat right and make certain lifestyle adjustments, you may just find your cancer reduced or eliminated.

Or if you do not have cancer, you will place yourself in the position where you will greatly reduce the chance of getting breast cancer. The key to eliminating breast cancer is by early prevention

The way to detect breast cancer early involves the following methods:

1. Breast Self-Exams or BSE,
2. Clinical Breast Exams By A Medical Professional and
3. Screening Mammography

Most experts recommend women age 20 and older should get their breasts examined once a month during the week following their menstrual period.

However embarrassing it might seem to them, they should have an examination of their breasts at least once every 3 years.

The best test to get for cancer screening is a mammography. This test can examine every angle of the breast.

If you are over 40,

1. You should have a mammogram every 1 - 2 years. You should call your doctor if you notice a change in your breasts, even if you have a regular routine of breast self-exams and
2. You should also have a complete breast exam by a health care provider every year.

If the doctor has determined that you are have high risk factor of breast cancer, you would consider having a breast MRI done along with your yearly mammogram.

The best advice is to ask your doctor if you need an MRI.

In some cases, doctors may prescribe tamoxifen to women who have been proven to be at high risk of breast cancer. It helps to prevent breast cancer especially for women aged 35 and older.

If you are placed in a category of having a high risk of breast cancer, you should consider preventive mastectomy or surgical removal of your breasts. Possible candidates for this procedure may include women with

1. already one breast removed due to cancer,
2. strong family history of breast cancer and
3. genes or genetic mutations that raise their risk of breast cancer.

The best preventive measure you can take to make sure you do not get breast cancer is to simply eat right and not to indulge in anything that may have a high risk of developing cancer.

Limit Alcohol Use



drink.

If you talk to experts in the medical field, they will tell you that drinking a little alcohol may be good for your heart so long as it is done in moderation.

But when the consumption of alcohol increases beyond a glass a day, this raises the risk of woman developing breast cancer.

And this is backed up by a medical study which concludes that women who drank 2–4 alcoholic drinks per day had a 40% greater chance of developing breast cancer than those who did not

This might be due to the fact that alcohol can alter the way a woman's body metabolizes estrogen. This may cause blood estrogen levels to rise, increasing the risk of breast cancer onset.

These facts were presented in a study that tracks the health of 122,000 women since 1976. Every single woman was free of cancer at the beginning of the study.

During the study, the women were asked every four years how much alcohol they had consumed during an average month in the past year.

By the year 2002, almost 6,000 women developed breast cancer.

What the study indicated was that the more alcohol women consumed, the greater the risk was.

Also, another factor was taken into consideration. Some of the women underwent menopause.

As such, the study concluded that women who did so and drank half glass of wine daily, increased their chance of breast cancer by 18%.

The study definitely concluded that 70% of the women who developed breast cancer was the result of elevated levels of hormones estrogen and progesterone.

Because of this study, the American Cancer Society lists alcohol as a major factor and contributor of breast cancer.

Stop Smoking



Smoking is a known risk factor for many cancers, including breast cancer.

There are many chemicals in cigarette smoke that goes into the body. These chemicals get into the lungs and bloodstream.

And when they do, they raise havoc with the body. The chemicals found in tobacco products and in the smoke have been known to kill good cells in the body.

These chemicals, if used alone, are deadly poisons. But when absorbed into the body by means of burning them off, these chemicals get into the body and act like destroyers.

The chemicals go into the lungs and settle there, accumulating and filling every crevice until every spot in the lungs is filled with the stuff. When that happens, you suffocate or have severe breathing problems.

Going beyond the lungs, the chemicals interact with other organs, destroying them or altering the way they work, until eventually, the organ no longer functions.

This also relates to the breast, because behind the breast is living tissue. This tissue is a living organism.

And as a living organism it is prone to diseases. The chemicals in smoke can get into this tissue by way of the bloodstream.

When that happens, the chemicals stick to the tissue, destroy or mutate the cells, and soon those cells become cancerous.



It is never too late to stop smoking.

Even if you did develop breast cancer from smoking, you not only prevent other smoking-related diseases from developing but also give your body a fighting chance to get rid of the cancer you do have.

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