

BREAST CARE

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MD, CIME, ABIME, MCFP

DISCLOSURE

NONE

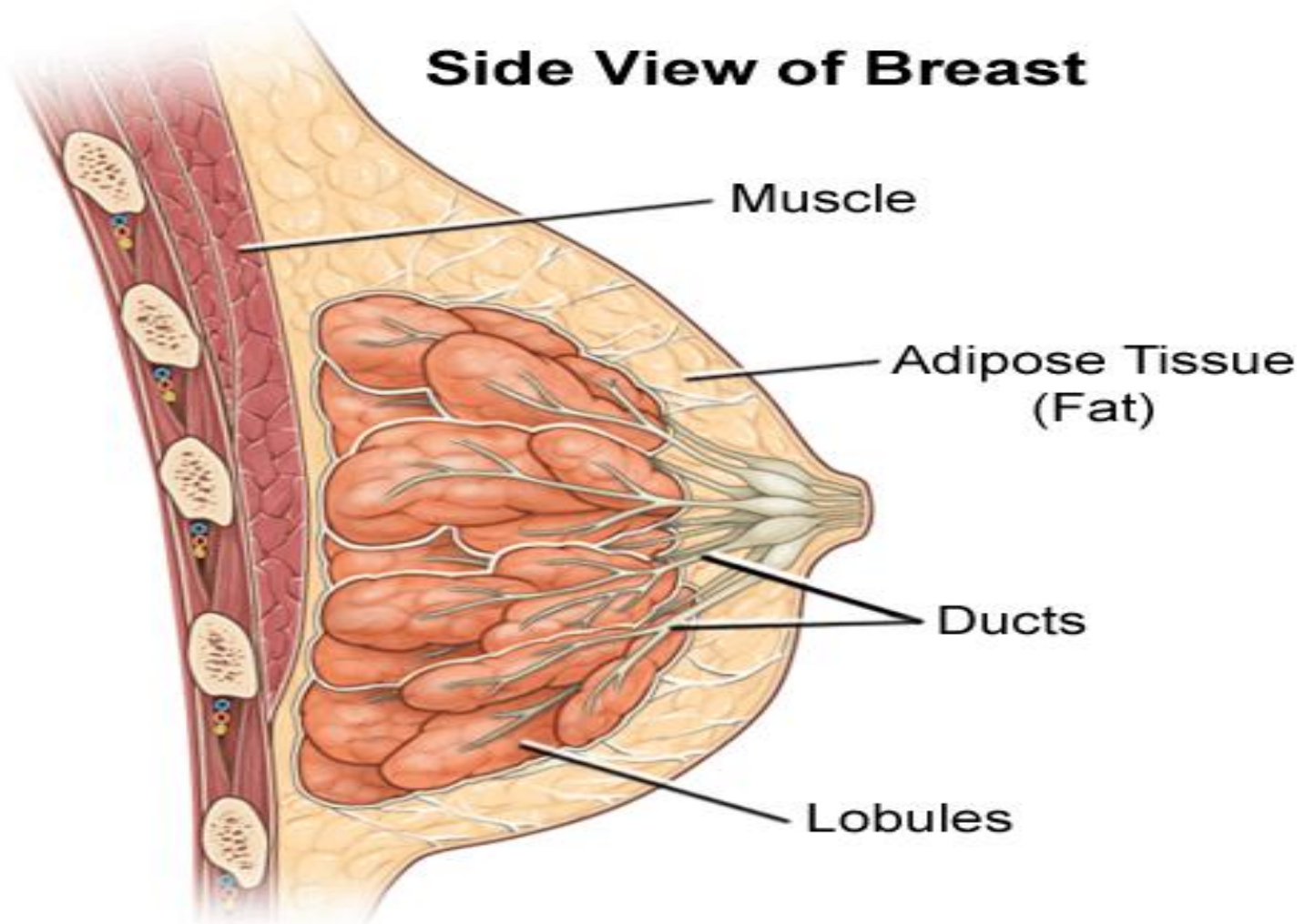
OUTLINE:

- Anatomy of the breast
- Common benign breast conditions
- Malignant breast conditions
- Red flags
- Who is at risk
- Breast exam
- **Breast screening and guidelines

ABOUT THE BREAST

- Each breast has about 15-20 lobes containing the milk sacs.
- Lobes are surrounded by fibrous and fat tissues
- Breast contains blood vessel, lymph glands and nerve.
- Milk production is not determined by the size
- Hormonal changes (menstrual, pregnancy or menopause)

BREAST ANATOMY



BREAST CONDITIONS

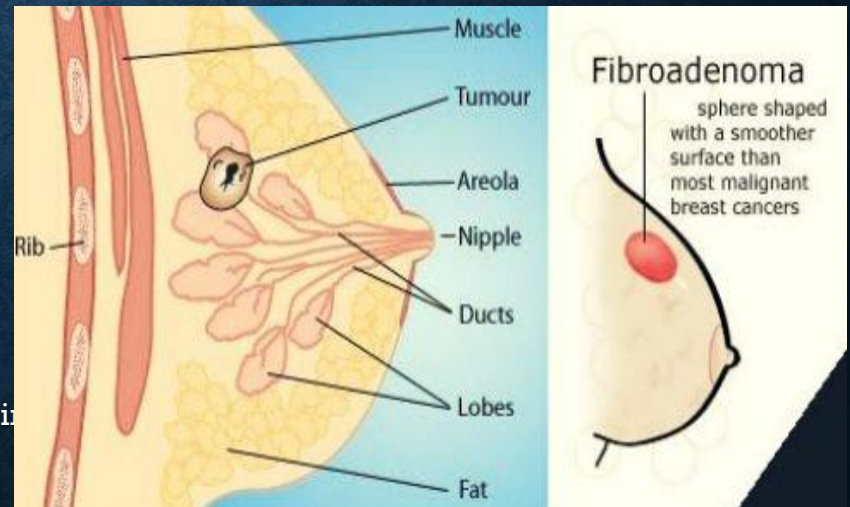
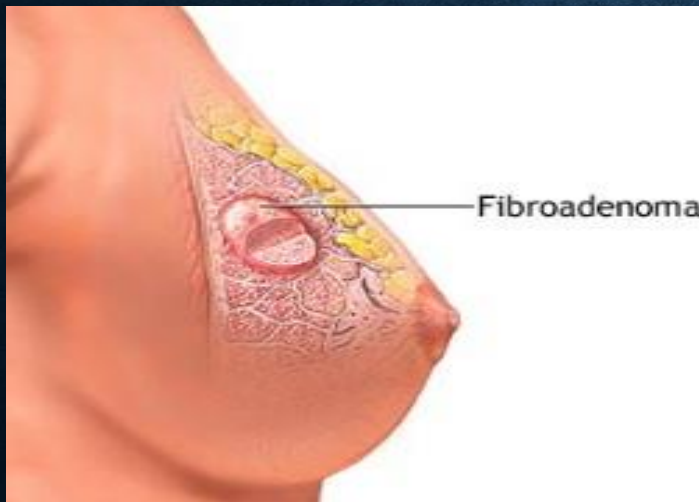
- Malignant (cancer)
- Benign(non-cancerous)

BENIGN BREAST CONDITIONS

- Intraductal papilloma
- Fibroadenoma (fibrous lump)
- Fibrocystic breast disease
- Mastitis
- Fat necrosis
- Atypical Hyperplasia
- Duct ectasia
- Galactocele

FIBROADENOMA

- Simple fibrous breast lump
- Common young adults
- Very common and typically benign
- Can occur unilateral/bilateral
- Painless, mobile and slow growth

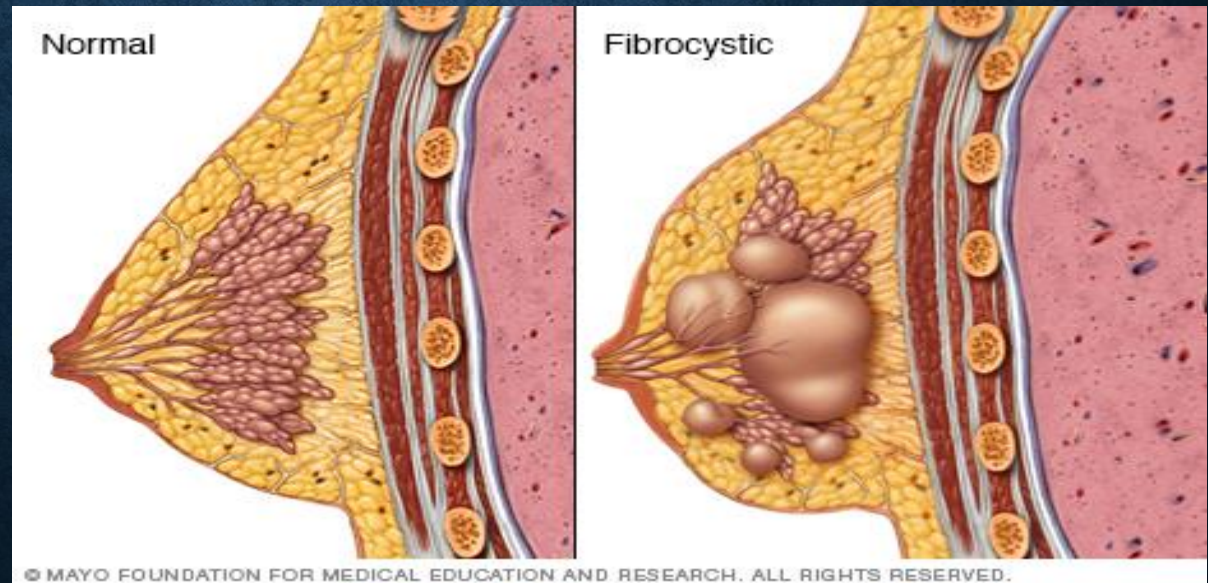


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FIBROCYSTIC BREAST DISEASE

- Simple breast mass containing fluid
- Multiple, frequently painful, dense,
- Age 35-50
- Worse during menstrual period
- Caffeine intake may worsen symptoms

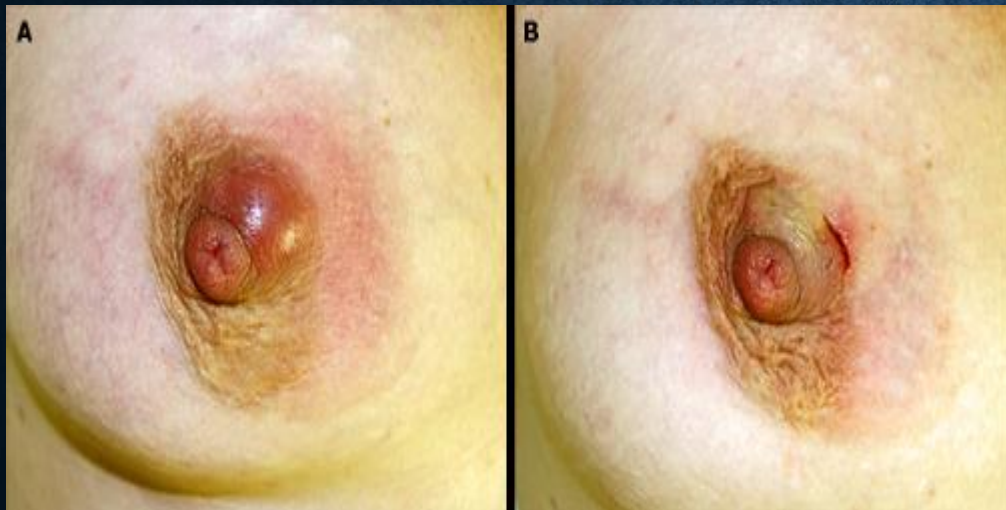
- **google pic ***uptodate.com



MASTITIS

- Inflammation of the breast tissues.
 - Breastfeeding ...blocked milk duct→ engorgement
 - Infection: cracked skin especially nipple
 - Yeast
 - Irregular feeding

Antibiotics treatment is usually required

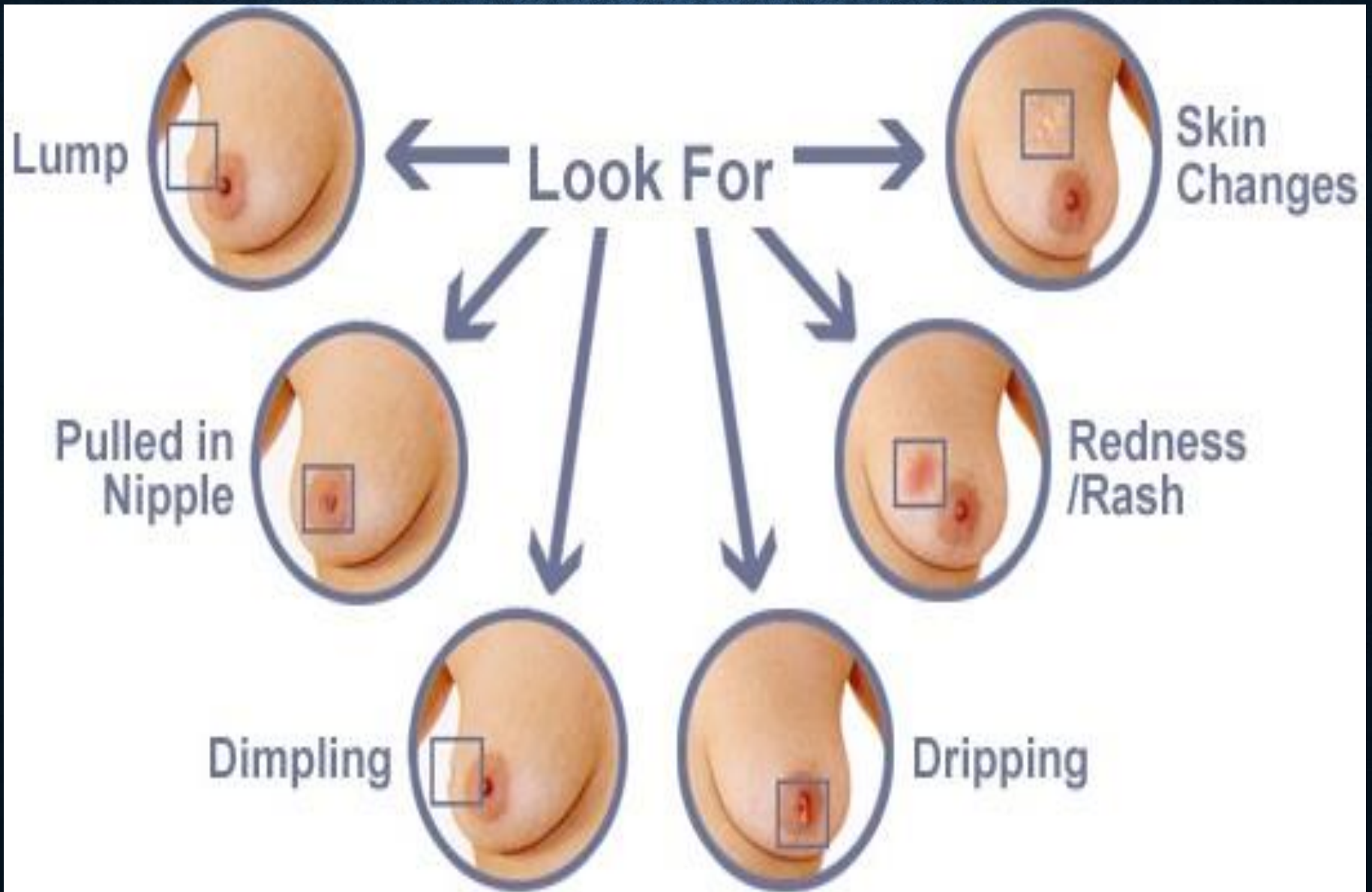


MALIGNANT BREAST DISEASES

- **Types:**

- **Non-invasive or In Situ Breast Cancer**
- **Invasive Breast Cancer**
- **Inflammatory Breast Cancer (IBC)**
- **Paget's Disease of the Nipple**
- **Triple Negative Breast Cancer**

RED FLAGS



RED FLAGS

- Breast lumps

Malignant

Hard

Painless

Irregular

Fixation to skin/chest wall

Skin dimpling

Discharge bloody/unilateral

Nipple retraction

Benign

Firm/rubbery

Painful

Regular/smooth

Mobile/not fixed

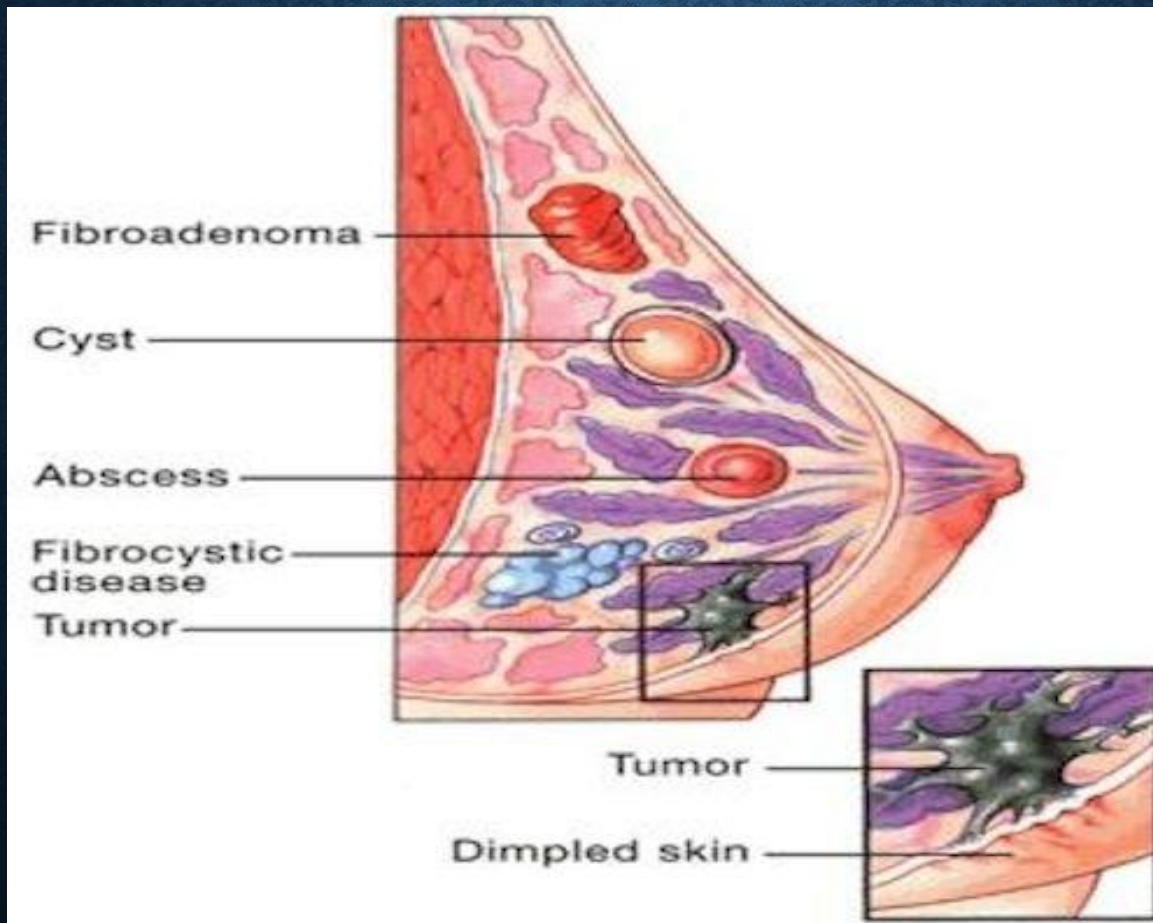
No skin dimpling

Discharge more likely green/yellow

No nipple retraction

RED FLAGS

- Breast lumps cont'd



RED FLAGS

- Nipple retraction (pulled in nipple)

Pulling in of the nipple or other parts of the breast



RED FLAGS

- Dimpling of skin



RED FLAGS

- Breast discharge



Multi-duct Discharge:



RED FLAGS

- Skin changes



CLINICAL PRESENTATION OF BREAST CANCER

Cancer breast

Risk Factors: 1- Old Nullipara Obese Female with +ve family history
2- Duct papilloma (presents with nipple bleeding)

Size

1-Enlargement and Asymmetry

Nipple

2-Circumferential Retraction

Areola

3-Paget disease
(eczema like condition)

Skin

4-Dimpling
5-Nodule
6-Ulceration
7-Peau d'orange

Metastasis

8-Sister Joseph Nodule in umbilicus



WHO IS AT RISK

- Gender: Female >Male
- Advancing age
- Genetic (BRCA 1 or BRCA 2)
- Nulliparous
- Elderly primigravida
- HRT use >5yrs
- OCP use
- Past history of breast cancer or breast condition
- Family history of breast cancer
- Radiation to the breast and chest
- Obesity especially post menopause

SELF BREAST EXAM

- **Timing**

- Avoid during menstrual period

- **Inspection**

- Shape
- Size
- Skin changes

- **Feel**

- All four quadrants
- Nipple (lump and discharge)
- Axilla (armpit)



- Google image



- Google image

SELF BREAST EXAM



SELF BREAST EXAM

Thank you!