

THE STAR
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Know the disease

BREAST cancer is a condition in which cells begin to grow out of control, usually forming a tumour that can be felt as a lump or seen via imaging. It can arise from cells that produce (lobular) or transport (ductal) milk.

Symptoms

Below are some symptoms of this abnormal growth.

- Usually painless lumps
- Blood-stained nipple discharge
- Unilateral rash on the nipple areola that worsens over time
- Sudden onset of inverted nipple
- Sudden change in size or shape of breast

Stages

The stages of breast cancer are:

- **Stage 0** – Known as ductal carcinoma, the cell growth is limited to the area within a duct or lobule and has not invaded surrounding tissues.
- **Stage 1** – The tumour is up to 2cm across and has not affected the lymph nodes.
- **Stage 2** – The tumour is 2cm to 5cm across and may have spread to nearby nodes.
- **Stage 3** – The tumour is more than 5cm across and may have spread to some lymph nodes.
- **Stage 4** – The cancer has spread to distant organs, usually the bones, liver, brain and lungs.



Dr Sujatha Narayanan.

Prevention

There are no definite preventative methods for breast cancer. However, simple steps can be taken to reduce the risks:

- Early detection via mammogram or ultrasound, depending on your age
- Practising a healthy diet and exercising as being overweight increases the risk of breast cancer, especially after menopause
- Breastfeeding may lower the risk of breast cancer
- Avoiding smoking and reducing alcohol consumption as these may increase the risk of breast cancer in women

KPJ Selangor Specialist Hospital in Seksyen 20, Shah Alam, uses digital breast tomosynthesis (DBT) for all mammographic examinations.

DBT reduces compression discomfort, increases detection

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rates, emits less radiation and provides greater clarity.

Associated stereotactic biopsy can increase the rate of detection of abnormal microcalcifications in the breast.

Interested in our digital 3D mammogram? Call our radiology services at 03-5543 1111 for an appointment. – **By Dr Sujatha Narayanan, consultant general and breast surgeon at KPJ Selangor Specialist Hospital**

■ For details, visit www.kpjselangor.com
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