

Editorial

Breast Cancer Awareness

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Editorial

Breast Cancer (BC) is a global health issue and it impacts women around the world. Breast Cancer accounts for 11.7% of all newly diagnosed cancer cases and has become the leading cause of cancer worldwide. In the earliest stages, the survival rate is nearly 100 percent. However, for tumors detected in later stages, that rate drops to around 25 percent. Breast Cancer Research Foundation indicated that due to the progress in advocacy, awareness, early intervention, prompt diagnosis and treatment, there has been an overall 40 percent decline in breast cancer deaths over the last 30 years.

Triple-negative breast cancer is 12% in the United States with a survival rate of 8% to 16% from 2012 to 2016. Most notable is that triple-negative cancers impact African American women and carriers of BRCA and PALB2 mutations [1]. African Americans with triple-negative breast cancer are nearly two times as likely to die of their disease even controlling for treatment delays, progressive stage and socioeconomic issues [1].

According to Vogel, women may improve their overall health and reduce breast cancer risk by having a healthy weight, not smoking, reducing alcohol consumption, increasing physical activity and avoiding non-diagnostic ionizing radiation [2]. Women who are choosing surgical or pharmacological means for minimizing cancer risk. Prophylactic mastectomy offers at least a 90% reduction in the risk of breast cancer, but the psychological and physical changes are a difficult decision for many women [2]. Pharmacologic breast cancer prevention has a high-risk association with an increased risk of endometrial cancer but also improves the lipid profile, improves bone density and reduces falls and bone fractures [2].

Lifestyle recommendations by the World Cancer Research Fund/American Institute for Cancer Research (WCRF/AICR) are maintaining a healthy body weight, physical exercise, having a fiber and soy-rich diet and minimizing dietary fats, especially saturated fatty acids. These may improve survivorship in patients with cancer. A healthy diet and exercise can reduce the long-term side effects of treatment protocols and reduce breast cancer comorbidities [3].

High risk for women in general if they have known BRCA gene mutations, lifetime “risk assessment” scores of 20 to 25 percent or greater, a first-degree relative (parent, sibling or child) with a BRCA gene mutation but no genetic testing for themselves [4]. Breast Implants, using a hormone-based prescription, alcohol consumption, body weight, age and ethnicity. Asian women born in North America have the same lifetime risk as White Americans. About 70-80% of breast cancer is considered by chance [2].

How Do You Get Screened

The tests and procedures often used to screen for breast cancer include ductogram, Breast MRI, mammogram, ultrasound, magnetic resonance imaging, computed tomography and positron emission tomography scans, as well as a biopsy [5]. Development of radiofrequency sensors, radar-based microwave imaging technologies, microwave imaging technologies and biosensors to identify BC through biomarkers [5].

Exciting MIT Breakthrough: Wearable Device for Early Breast Cancer Detection at Home. The device's portable, user-friendly nature provides real-time monitoring of breast tissue, addressing a vital need in breast cancer diagnosis. The device is portable and easy to use and provides real-time, user-friendly monitoring of breast issues [6]. The scanner can be rotated from different angles and does not require any expertise to function. This is early detection and early diagnosis of breast cancer to the MIT team [6].

We must have a better comprehension of the reasons for the increase in early onset cancer by identifying treatment strategies, holistic approaches as a choice, spiritual care, palliative care, partnership, collaboration and resource allocation. Palliative care practitioners, social workers, clinical psychologists and psychiatric providers are skilled in communication, listening, facilitating emotional regulations and awareness of internal reactions to others and are great at facilitating family meetings.

One's coping strategies, in general, can be journaling, changing one's outlook in life, practicing gratitude by finding five things that you're grateful for every day, using laughter and humor, prayer, mindfulness meditation and coping with other people and extended family members and caregivers. It's important to have DNR, DNI, health care proxy, living will and Physician Orders Life-Sustaining Treatment (POLST). Medical Most Life-Sustaining Treatment (MOLST) discussions, legacy planning with your loved ones and palliative care practitioners when one is living with a cancer diagnosis.

Conflict of Interest

The authors have no conflict of interest to declare.

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