

## Breast cancer

Breast cancer is a disease in which cells in different parts of the breast begin to multiply uncontrollably with the potential to invade other tissues and parts of the body, such as the liver, kidney, and brain.

Types of Breast Cancer	
<b>Ductal Carcinoma</b>	It begins in the cells of the ducts.
<b>Lobular Carcinoma</b>	Cancer that begins in the lobes or lobules and is usually found in both breasts.
<b>Inflammatory breast cancer</b>	It is a rare type of cancer in which the breast is hot, red, and swollen.
<b>Male breast cancer</b>	It is a rare cancer that forms in the male breast tissue and is more common in older men.

### Risk Factors:

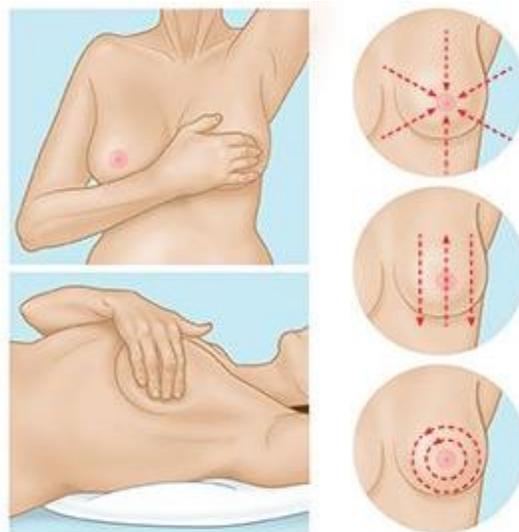
- First menstrual period before age 11 or having periods after age 54.
- Having the first pregnancy after the age of 40.
- Taking birth control pills or female hormones.
- Do not breastfeed or breastfeed only for a short period of time.
- Having a family history of breast cancer.
- Eat high-fat foods.
- Being overweight.
- Smoke

### Signs and Symptoms

- Swelling or a lump in the breast.
- Bleeding or clear discharge from the nipple.
- Breast pain or discomfort.
- Dimpling of the skin like the texture of an orange.
- The nipple is pushed inward. (inverted nipple).
- Swollen lymph nodes under the arm.

### Know your breasts

Being familiar with how your breasts look and feel can help you notice symptoms such as lumps, pain, or changes in size that may cause concern. Reporting identified changes to your doctor or health care provider is important for the prevention and early detection of breast cancer.



### Breast cancer in men

Men can also get breast cancer at any age, but it is most common between the ages of 60 and 70. Usually, breast lumps are not cancer. However, most men with breast cancer have lumps.

Other symptoms include:

- Dimpled or wrinkled skin.
- Red or scaly nipple or skin.
- Bleeding or clear discharge from the nipple.

The survival of men with breast cancer is similar to the survival of women with this cancer when they are in the same stage at the time of diagnosis.



### How is breast cancer diagnosed?

Depending on the findings, even if you have no symptoms, breast cancer screening tests such as: diagnostic mammography or an ultrasound that uses sound waves to display images on a monitor, may be ordered.

Your doctor may order other tests, such as:

- **Clinical breast exam (CBE):** The doctor will carefully feel the breasts and the area under the arms for lumps or anything else that seems unusual.
- **Ultrasound:** A procedure in which ultrasound waves are bounced off internal tissues or organs to make echoes and take a picture (sonogram).
- **Magnetic resonance imaging (MRI):** A procedure that uses a magnet, radio waves, and a computer to make a series of detailed pictures of the breast.
- **Blood chemistry studies:** A blood sample is checked to measure the number of certain substances released into the blood by organs and tissues in the body.
- **Biopsy:** The removal of cells or tissues so a pathologist can look at them under a microscope to check for signs of cancer.

### How is breast cancer treated?

- Treatment depends on the size of the tumor, whether it has spread, and whether it responds to hormones.
- These include drugs, radiation therapy, chemotherapy, targeted therapy, or surgery. Your doctor will identify the appropriate treatment depending on the stage of the cancer.

### What are the risks of breast cancer?

If breast cancer is not treated, it can spread to other parts of the body, such as the liver, lungs, brain, and that could be life threatening. The cancer could spread even if you get treatment.

### COVID-19 and Cancer

People who are receiving cancer treatment, such as chemotherapy and / or bone marrow transplant can be weakened the immune system, it is important that they take preventive measures such as: the use of a mask, keep 6 feet of distance, and consult with your doctor if you can receive the COVID-19 vaccine.

Also, avoid places that have inadequate ventilation that prevents sufficient air circulation and closed spaces with too many people.

### Social and Emotional Aspect

For recommendations, tools, and resources on how you and your family can cope with emotional and physical concerns that arise during and after medical treatment, please visit your primary care physician or contact the following phone lines:

#### Medical Advice Line

1-844-347-7801

TTY/TDD 1-844-347-7804

#### APS Healthcare

787-641-9133

#### References:

<https://www.cancer.org/es/noticias-recientes/preguntas-comunes-acerca-del-brote-del-nuevo-coronavirus.html>

<https://www.mayoclinic.org/es-es/diseases-conditions/male-breast-cancer/symptoms-causes/syc-20374740>

<https://medlineplus.gov/spanish/breastcancer.html>

Prepared by licensed Health Educators.

Revised June 2022.

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