



Breast Cancer

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Topics to Cover

- * **Risk Factors**
- * **Breast Cancer**
- * **Surgical Options –
breast/axillary**
- * **Adjuvant Treatments**

Brief NZ History of Breast Screening

- * 1987 Skegg Report
- * 1991 2 pilot programmes established
- * 1995 Govt announced nationwide programme for 50-64 year women
- * 1998 BreastScreen Aotearoa launched
- * 1999 BSC established, 1 of 6 LP sites
- * 2005 Age extension to 45-69 years
- * 2007 LP sites increased from 6 to 8

The aim of breast screening is to reduce the morbidity and mortality from breast cancer by early detection of small impalpable cancers.

*** Saving lives**

*** Reducing inequalities**

Important Facts

- * **A leading cause of cancer death of NZ women**
- * **1 of 9 women will get breast cancer**
- * **Approx 2500 women diagnosed/year**
- * **Approx 650 women die each year**
- * **13 screening episodes 45 – 65 years**

Breast Screen vs Symptomatic

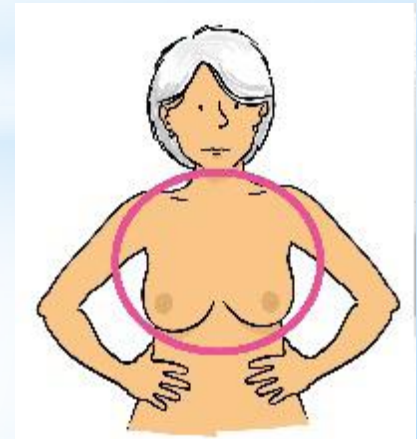
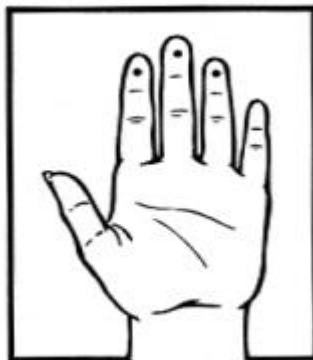
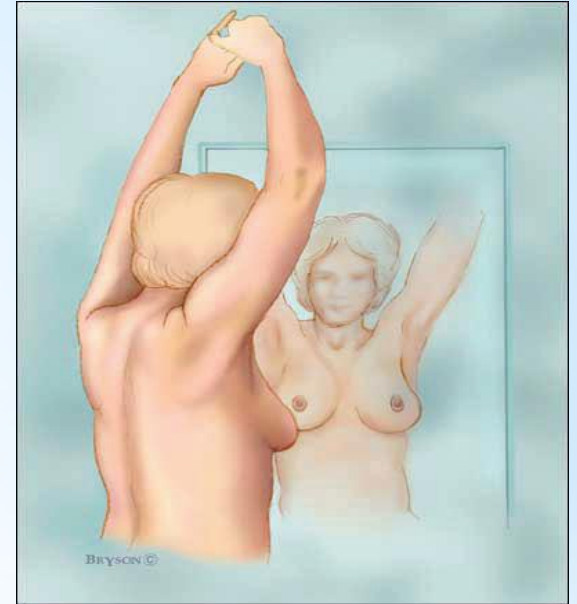
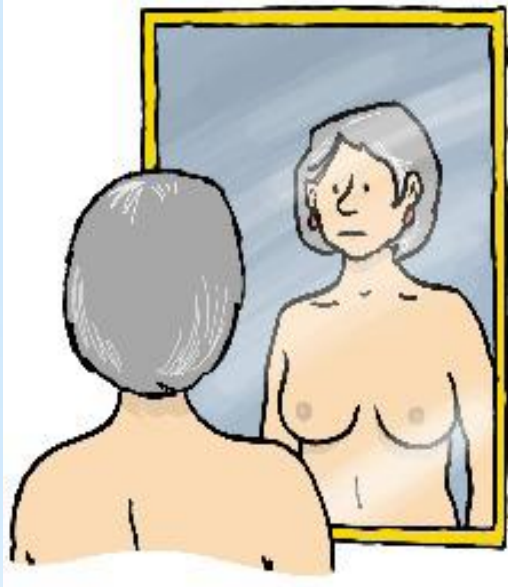
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|--|--|
| * Women only | Men or women |
| * 45-69yrs | Any age |
| * <i>Asymptomatic</i> | Have symptoms |
| * Self referral
(or GP referral if consent) | GP referral
(or other health professional) |
| * BSC | OPD (or pvte) clinic |
| * Free – govt funded | Free-public, pay-pvte |
| * 2 yrly | when nec, often yrly |
| * Not pregnant | Can be pregnant |
| * Not breastfeeding | Can be B/Feeding |

Symptoms that need Investigation

- * New lump or thickening**
- * Change in breast shape or size**
- * Unusual breast pain**
- * Skin change on breast – puckering/
dimpling/ rash/reddening of skin**
- * Change in 1 nipple – inverted or
discharge without squeezing**

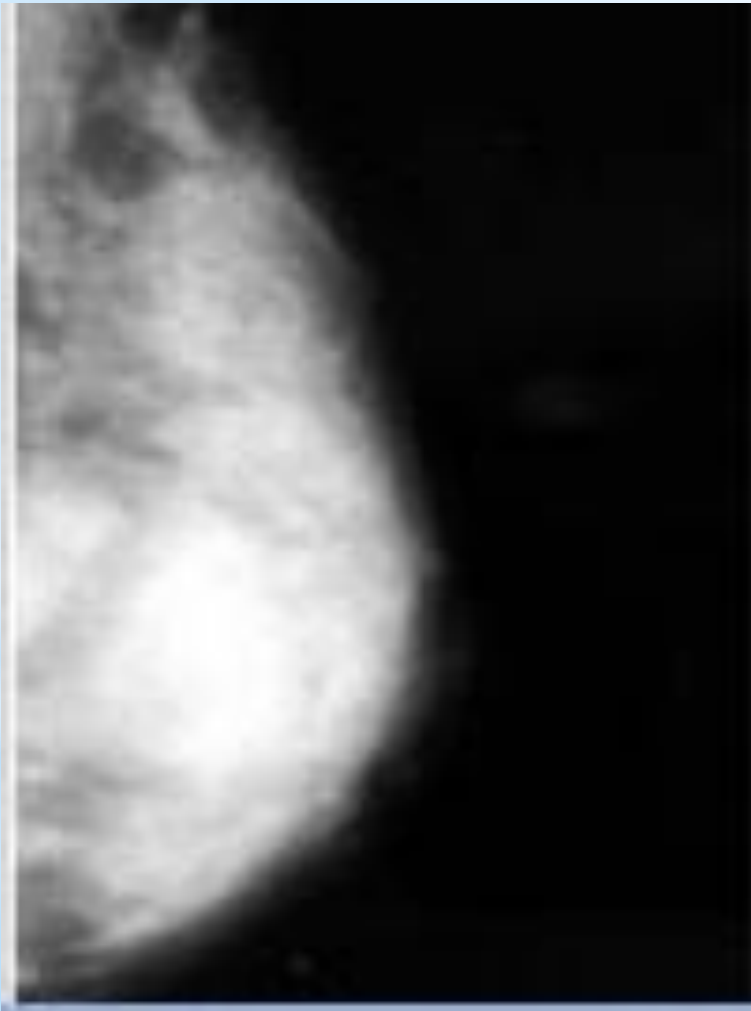
Breast Awareness

Check your breasts - what's normal for you

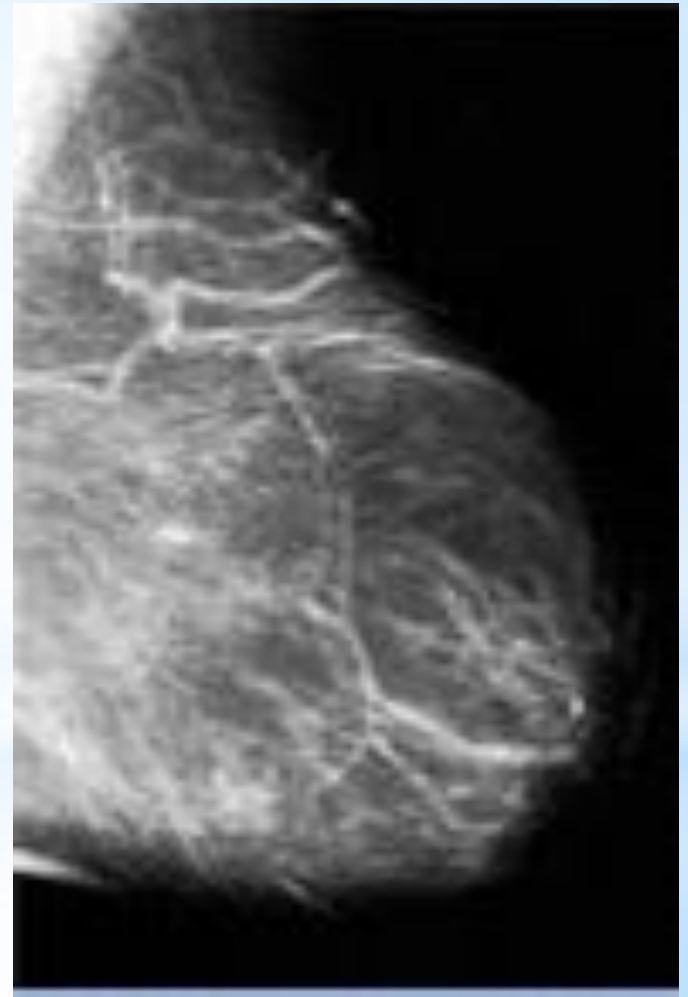


Breast Density

Pre-menopausal



Post-menopausal



Who is at Risk

The 2 greatest risk factors

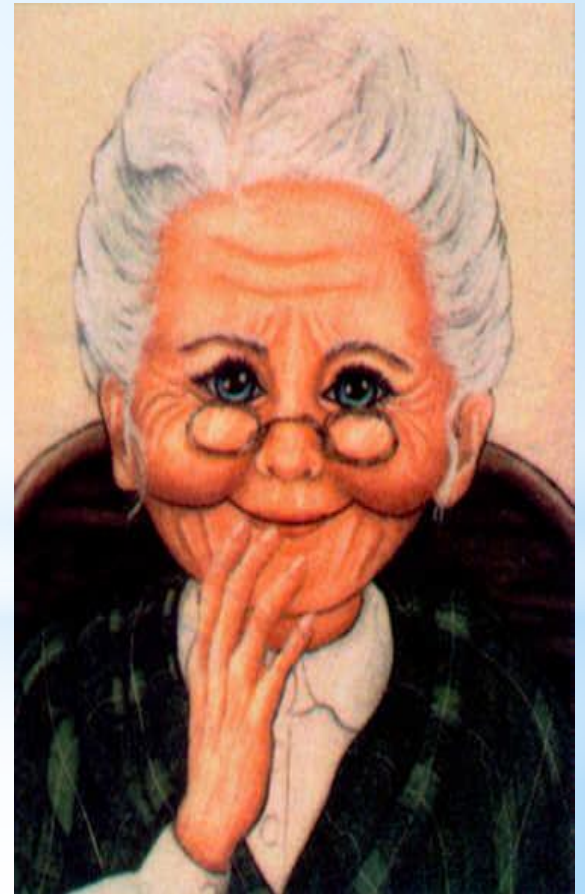
***Being a woman**

***Getting older**

■ **Family History**

■ **HRT**

■ **Other risk factors**

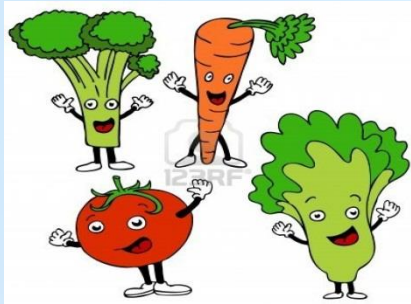


Other Risk Factors

*Lifestyle choices

unhealthy diet, obesity, smoking, alcohol

You can lower your risk



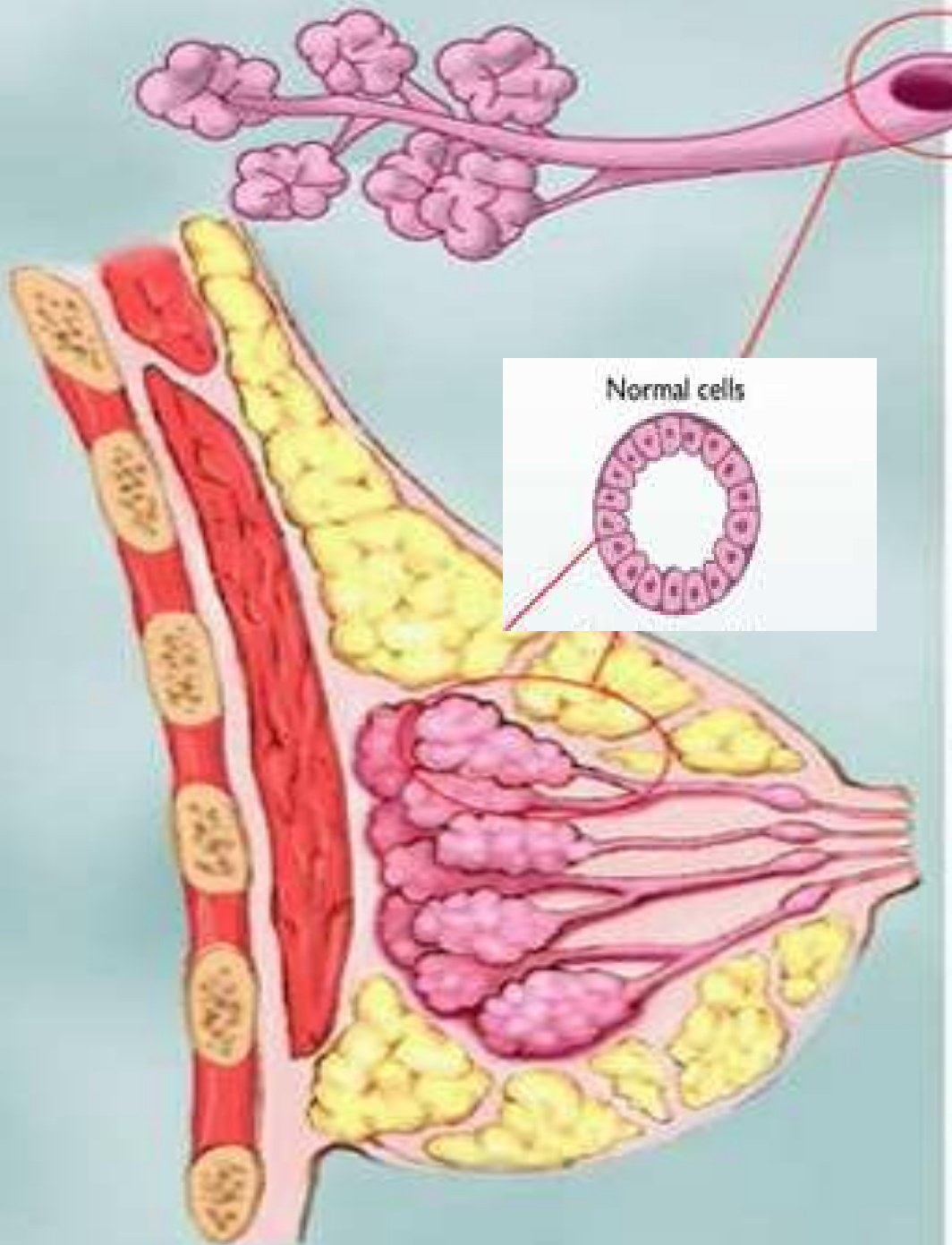
*Oestrogen exposure

early menarche, late menopause, no pregnancies, didn't b/feed, 1st child at older age, HRT, oral contraceptives

*Radiation

Breast Cancer

- * **86% start in the ducts**
- * **12% start in the lobules**
- * **The rest start in surrounding breast tissue**



Non Invasive Breast Cancer

Also known as:-

carcinoma in situ, pre invasive cancer, pre cancerous change

Cancer cells confined to ducts or lobules:

Ducts = DCIS

Lobules = LCIS

- * Usually impalpable**
- * Does not pose risk to life**



Invasive Breast Cancer

**Also known as:-
Infiltrating cancer**

**Cancer cells break
through membrane of
duct or lobule into
surrounding breast tissue**



- * Has ability to spread**
- * Therefore poses risk to life**

Breast Surgery Options

* **WLE + radiotherapy**

OR

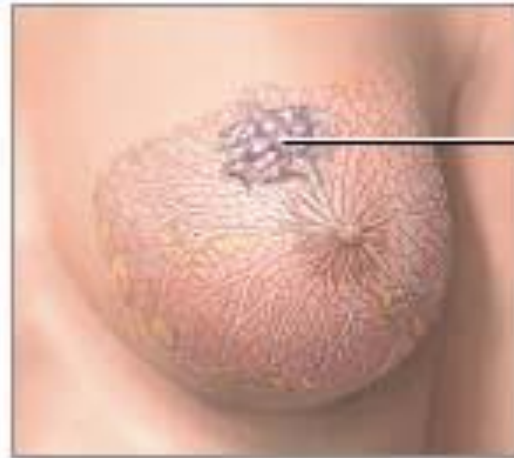
* **Mastectomy**

+ / – reconstruction

immediate

delayed

Wide Local Excision (breast conserving surgery, lumpectomy)

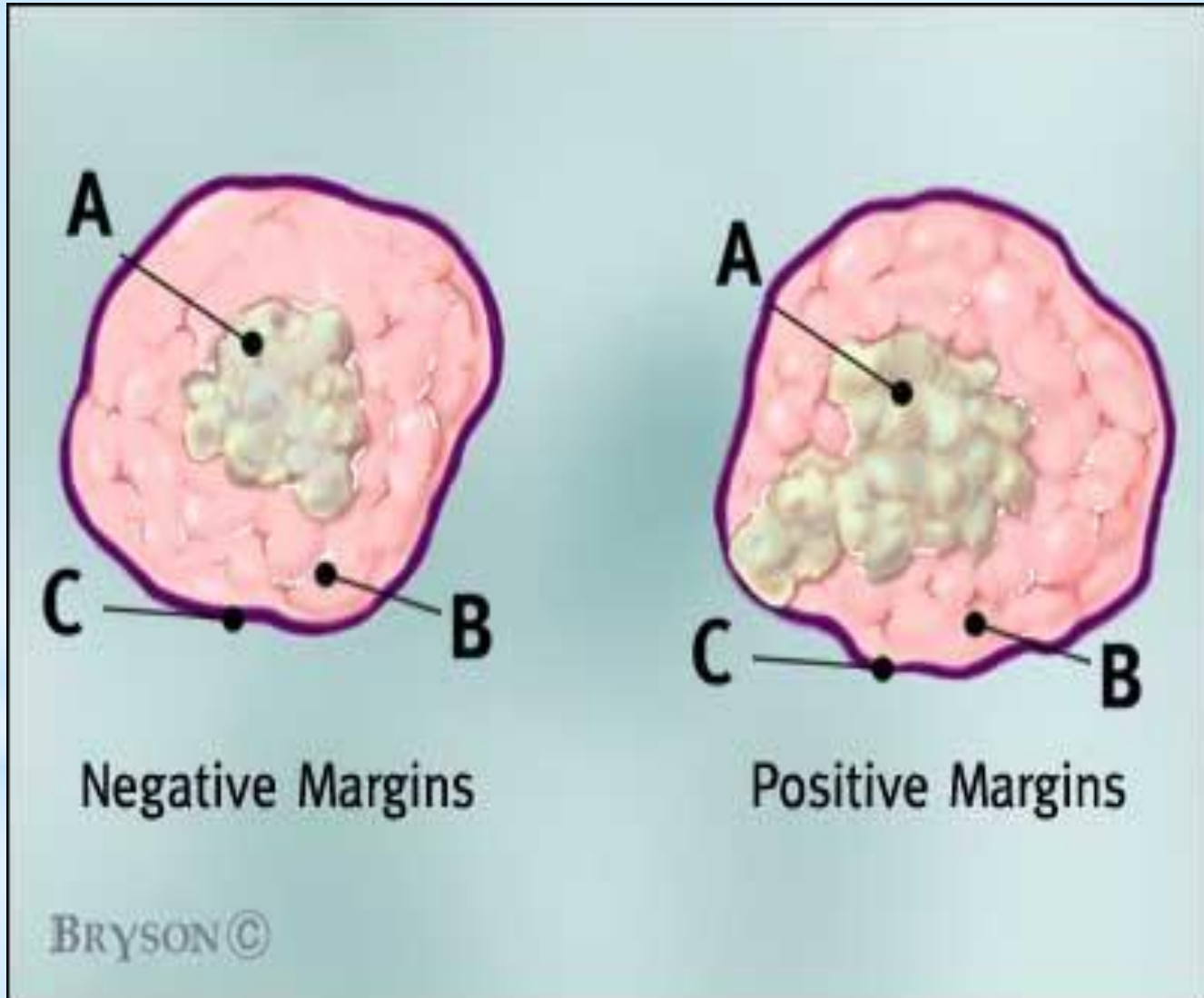


Breast
lump

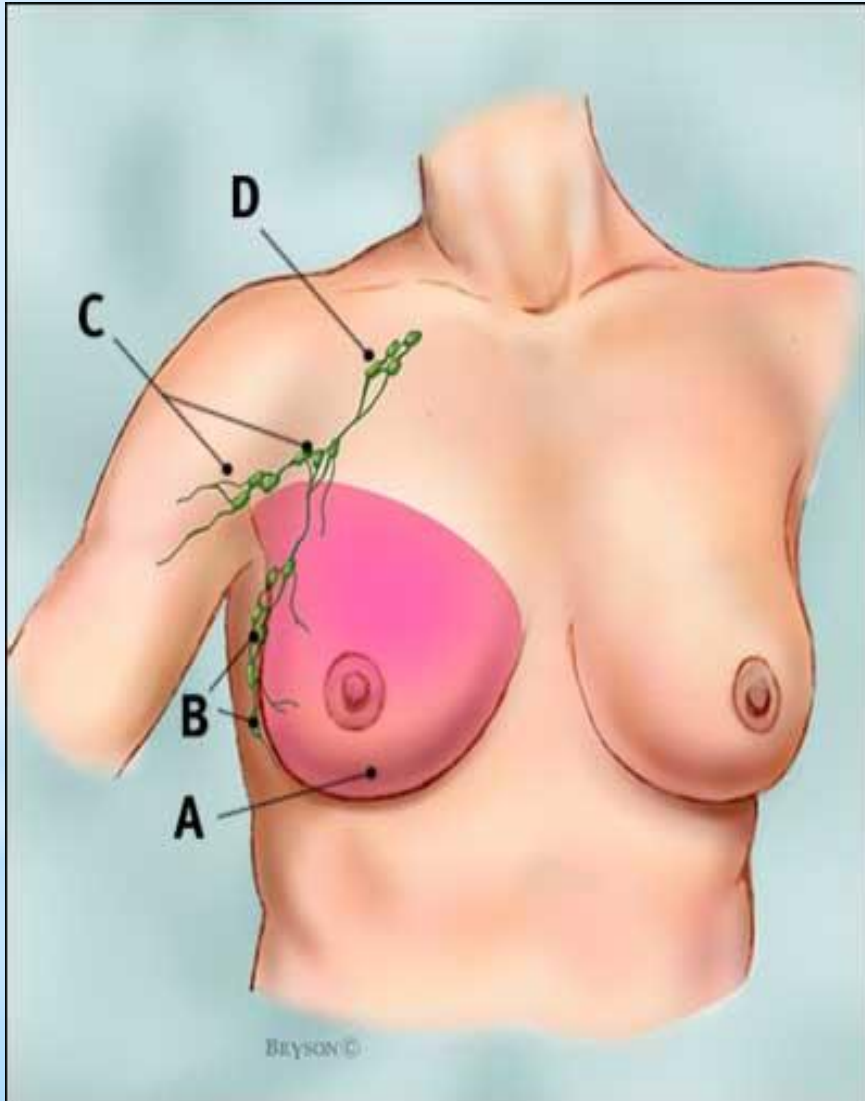


Lump and surrounding
tissue is removed

Margins



Mastectomy



- * **A - pink area indicates tissue removed**
- * **B - axillary lymph nodes: levels I**
- * **C - axillary lymph nodes: levels II**
- * **D - axillary lymph nodes: levels III**

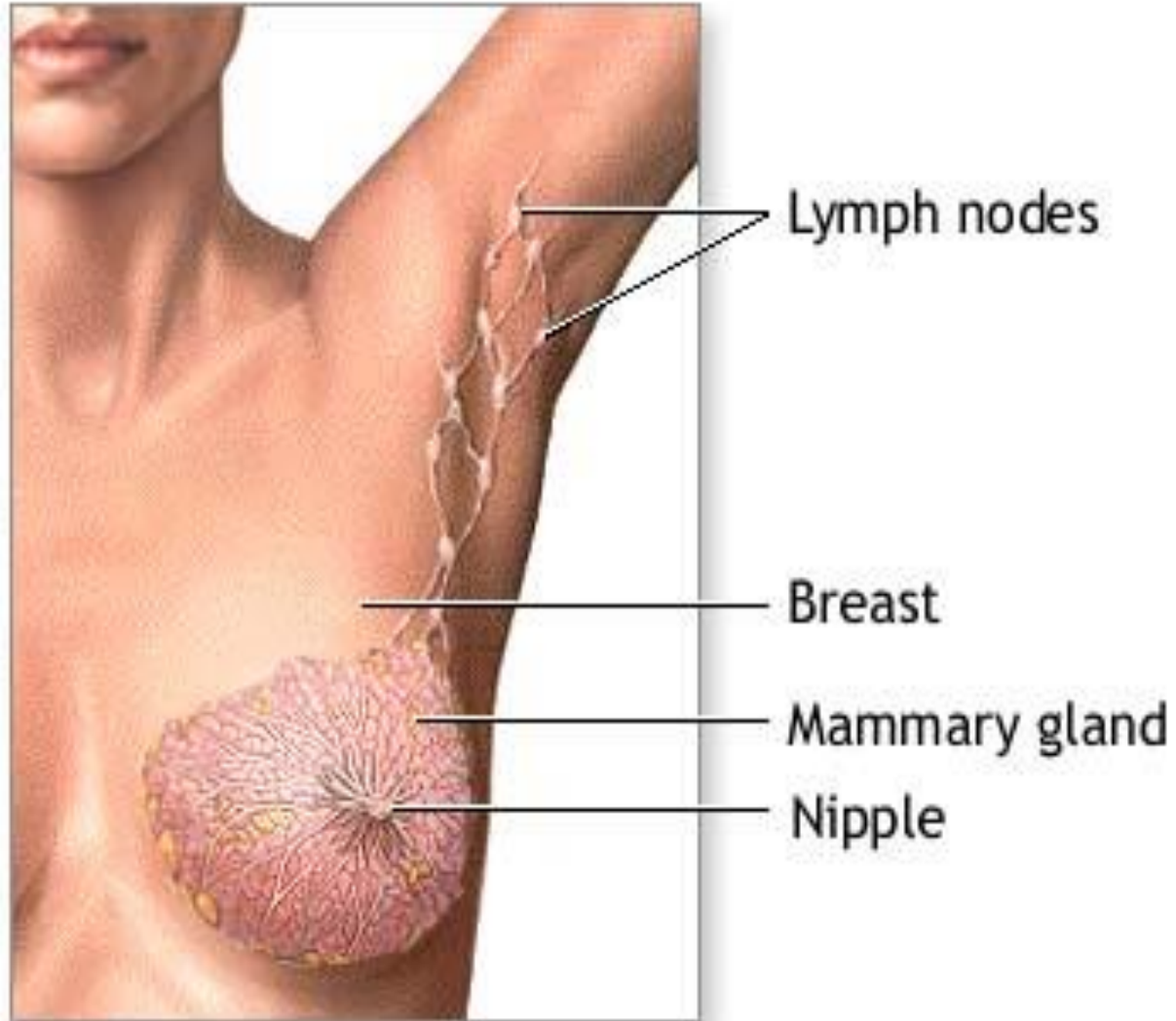
Axillary Surgery Options

*** Axillary dissection**

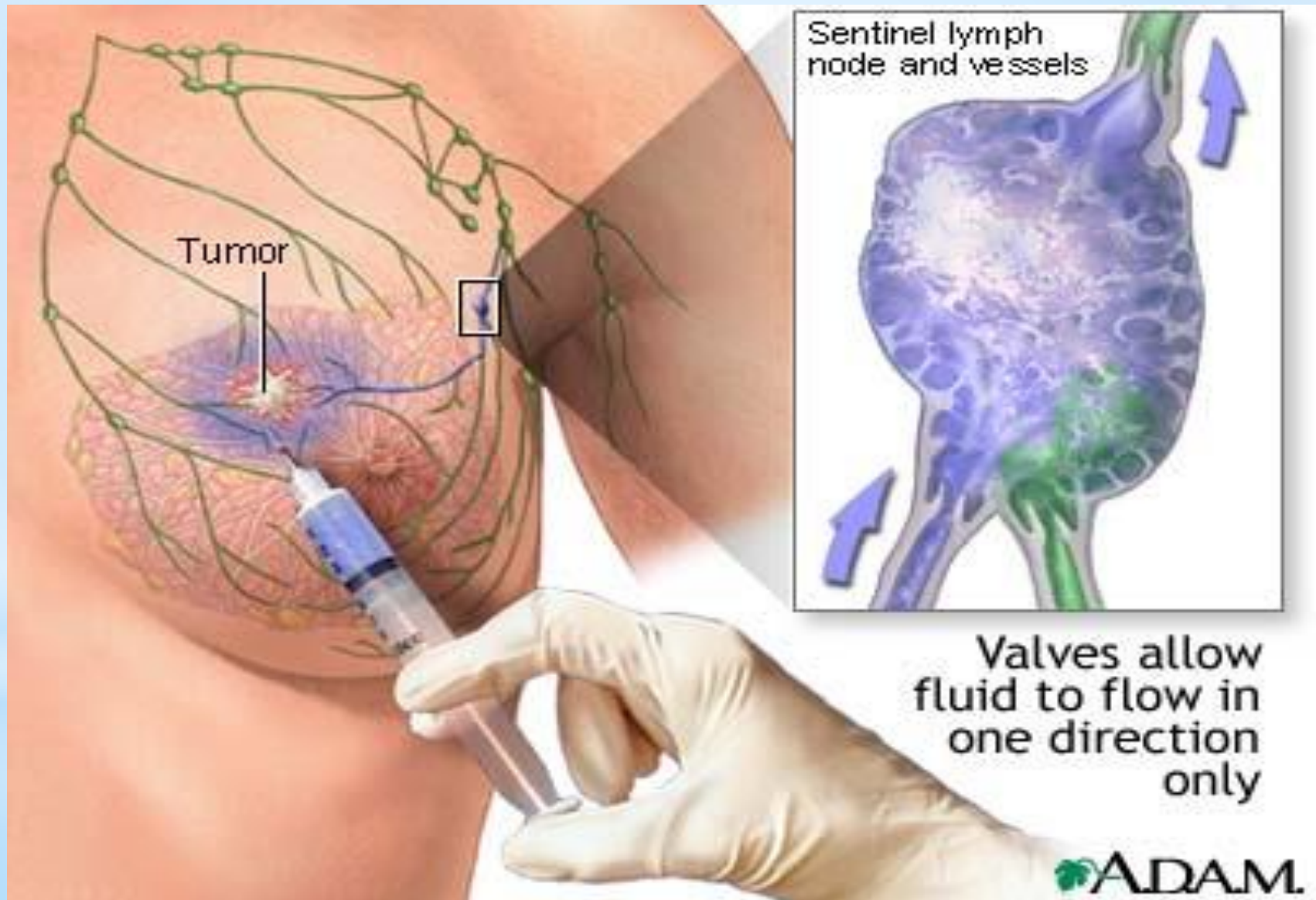
OR

*** Sentinel node biopsy**

Axillary Dissection



Sentinel Node Biopsy



The Breast

Great significance for

- * Nurturing**
- * Sexuality**
- * Femininity**
- * Body image**
- * Self esteem**
- * Relationships**

Adjuvant Treatments

- * **Radiotherapy**
- * **Chemotherapy**
- * **Hormone therapy**
- * **Herceptin**
- * **Ovarian ablation**

Follow-up Plan

- * **Under care of surgeon for 5 years**
- * **6-12 monthly appointments**
- * **Mammograms every year**
- * **At the end of 5yrs can enrol at BreastScreening (if eligible)= 2 yrly mamms**
- * **Often advised to continue yrly mammograms**

Metastases

Most common sites

- * **Bones**
- * **Lungs**
- * **Liver**
- * **Brain**

**Thank
you**

**Any
Questions
?**

