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Breast Cancer is not a death sentence



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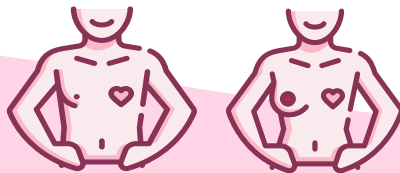
What is **Breast Cancer** ?

Breast cancer is cancer that starts in the breast.

It starts when cells in the breast begin to grow out of control. It can start in one or both breasts.

Breast cancer cells usually form a tumor that can often be seen on a mammogram or ultrasound or felt as a lump.

Breast cancer is most common in women, but men also can get breast cancer .



Breast cancer

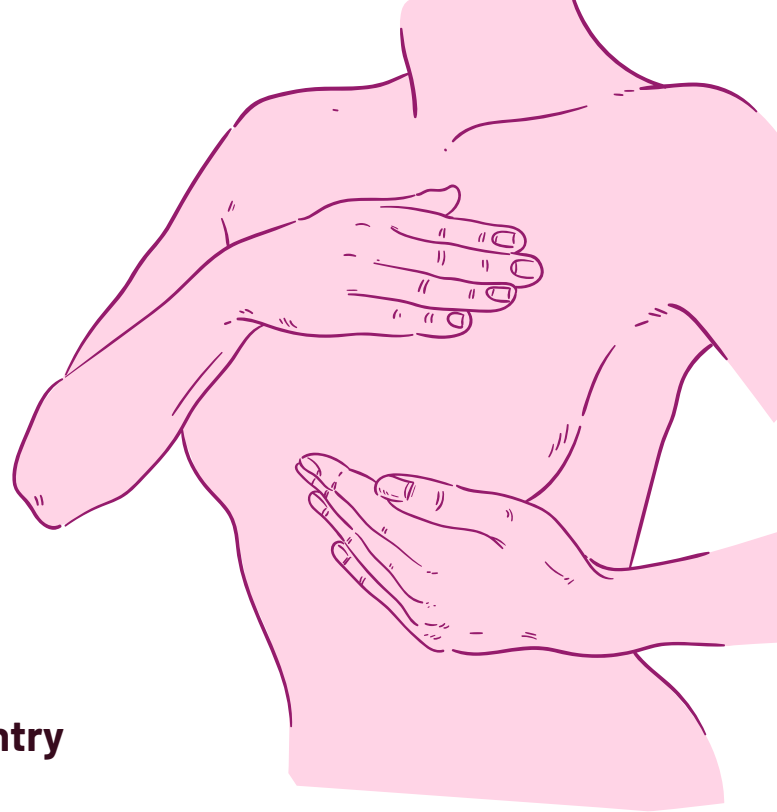
is the **most common type of cancer in women** in the **Philippines**¹

Accounts for **15%** of all **new cancer** cases

Responsible for **8%** of all **cancer deaths** in the country.²

More than half (53%) of **breast cancers in the country**

are diagnosed in Stages III and IV, while only 2%–3% of cases are diagnosed in Stage I³



References:

1. Department of Health (DOH), cited in <https://www.bworldonline.com/special-features/2022/10/24/489793/awareness-and-a-rising-need-for-improved-breast-cancer-screening/>
2. World Health Organization Country Profile 2020, cited in <https://www.bworldonline.com/special-features/2022/10/24/489793/awareness-and-a-rising-need-for-improved-breast-cancer-screening/>
3. 4. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6385717/>

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is not a death
sentence.**



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**Cancer patients are
considered survivors on the
1st day of diagnosis.**



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Cancer survivorship focuses on the health and well-being of a person with cancer from the time of diagnosis until the end of life.

This includes the physical, mental, emotional, social, and financial effects of cancer that begin at diagnosis and continue through treatment and beyond.

The survivorship experience also includes issues related to follow-up care, late effects of treatment, cancer recurrence, second cancers, and quality of life.

Family members, friends, and caregivers are also considered part of the survivorship experience.



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Breast Cancer CONTINUUM

Understanding the breast cancer patient journey



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Awareness & Recognition



Detection: Feeling a lump



Breast or
nipple pain



Lumps in the breast
or underarm



Changes in the size or
shape of the breast



Inversion of
the nipple



Itchy rash around
the nipple



Unusual or bloody
nipple discharge



Irritation or dimpling
of breast skin



Redness or flaky skin in the
nipple area or on the breast



Thickening or swelling of
all or part of the breast

Breast Cancer Risk Factors

Alcohol

Increases the risk for breast cancer and should be avoided. Limit consumption to no more than one drink per day.

Obesity

Being overweight or obese after menopause increases breast cancer risk.

Lifestyle

Evidence is growing that regular physical activity reduces breast cancer risk.

Not having Children

have not had children or who had their first child after age 30 have a slightly higher breast cancer risk overall.

Not Breastfeeding

breastfeeding may slightly lower breast cancer risk, especially if it continues for a year or more.

Birth Control

women using OCP have a slightly higher risk of breast cancer.

Keep calm, don't panic. Be prepared

- 1. Seek the help of a medical doctor**
- 2. Inform a family member**
- 3. Prepare a list of questions to ask the doctor**
- 4. Identify organizations, ie. financial assistance**
- 5. Try to be organized**

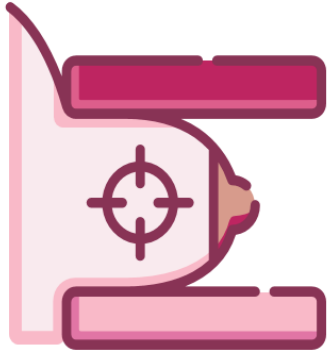


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Diagnosis



Test and Procedures

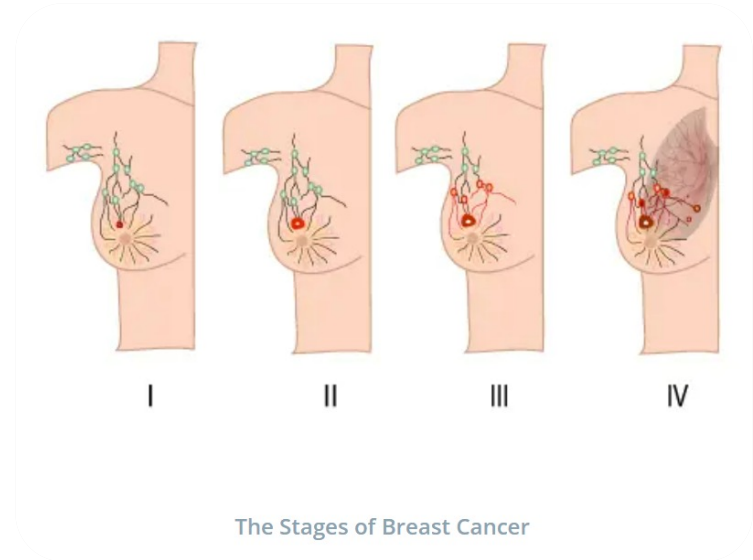


1. **Mammogram** is a low-dose x-ray that allows doctors, or specifically, a radiologist to look for any abnormalities in the breast tissue.
2. **Breast ultrasound** uses sound waves and their echoes to create computer images of the inside of the breast.
3. **Breast MRI** (magnetic resonance imaging) uses radio waves and strong magnets to capture detailed pictures of the inside of the breast.
4. **Biopsy** - a doctor gets a sample of the breast tissue from the suspicious area so they can be looked at in the lab to see if they contain cancer cells.

Diagnosis: Pathology Result

Breast Cancer Stage describe how much the cancer cells have spread. The stage determines how the cancer will be treated, as well as the chances of survival over a certain number of years.

Breast cancer will be classified into one of five stages, ranging from Stage 0 (zero) to Stage IV (4), with Stage 0 (carcinoma in situ) being the earliest stage.



Diagnosis: Pathology Result

Hormone receptor (ER/PR) status - invasive breast cancer is tested to see if the cancer cells have receptors for the hormones estrogen and progesterone.

HER2 status - human epidermal growth factor receptor (HER) 2 (or HER2) is a protein involved in cell growth. Ten to 25 percent of breast cancer patients have too many of these proteins in their breast cells, causing the cancer to grow and spread more aggressively than in other breast cancers.

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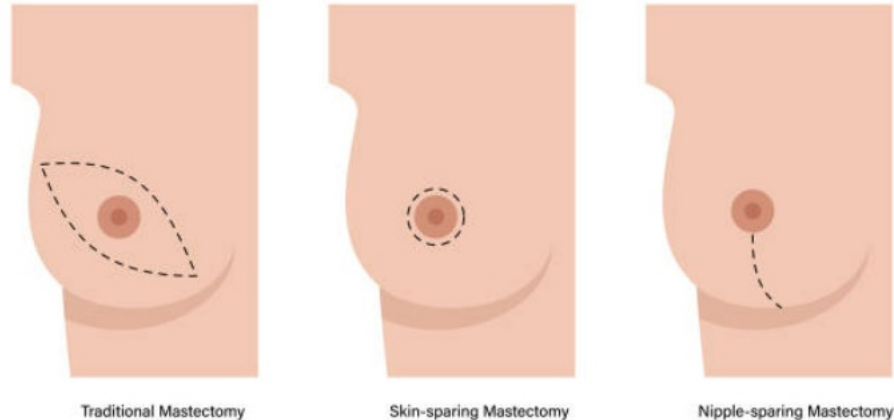
Treatment



Surgery

Lumpectomy or partial mastectomy - this is where only the cancerous lump or the tumor is removed

Mastectomy - this is where the whole breast is removed. Some patients opt to have reconstructive surgery after mastectomy to recreate the breast that was removed

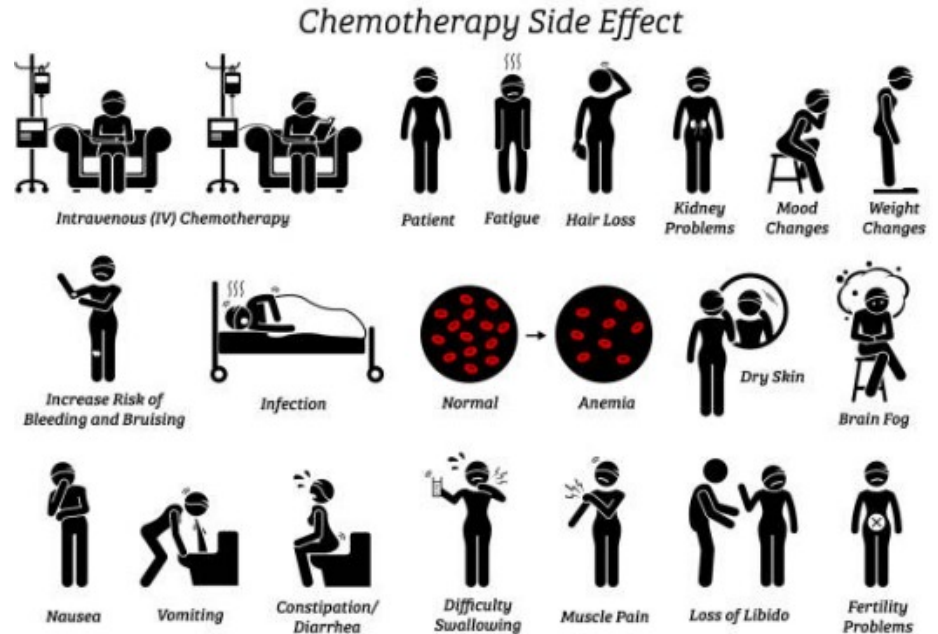


Systemic Treatments

Chemotherapy – systemic treatments that are meant to kill the cancer cells.

Most common treatment.

The type of chemotherapy will depend on many factors, such as the type of breast cancer, grade of the tumor, stage of the cancer, and more.



Systemic Treatments

Hormone therapy is given to breast cancer patients whose tumors are affected by estrogen and progesterone. This is determined by a test, done after surgery, to determine if the type of breast cancer has receptors for the naturally occurring hormones estrogen or progesterone.

Immunotherapy for breast cancer uses medicines to improve the patient's immunity to help the body fight the cancer.

Systemic Treatments

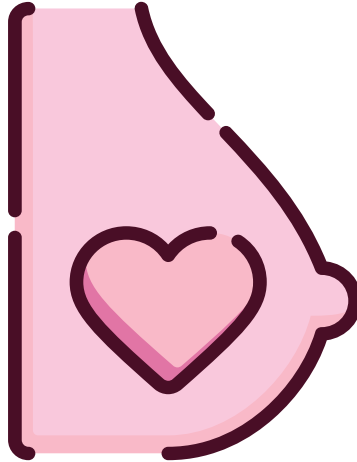
Targeted drug therapy could be given to patients to slow the growth of or destroy cancer cells.

Because of their targeted action, these drugs have an effect on the cancer cells and **mostly leave normal, healthy cells alone**.

Targeted drugs often have **less severe side effects than standard chemotherapy drugs** improving survival rate, compliance and quality life of patients.

Radiation

Radiation therapy is a type of treatment that uses high-energy beams from a machine to destroy the cancer cells in the targeted areas.



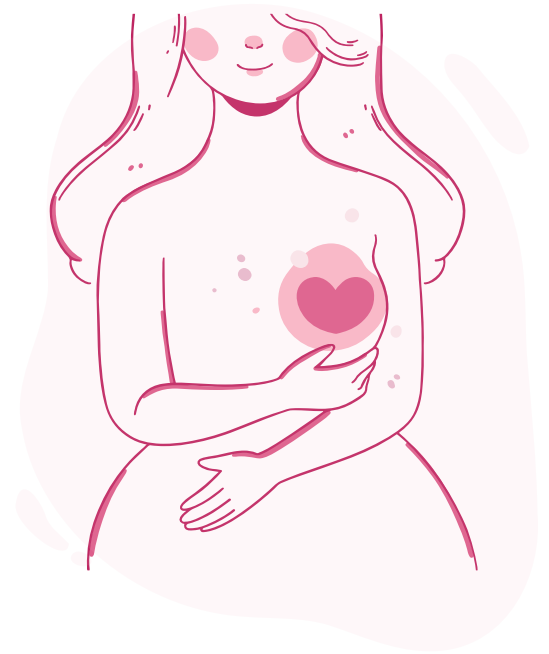
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Palliative Care



Palliative Care

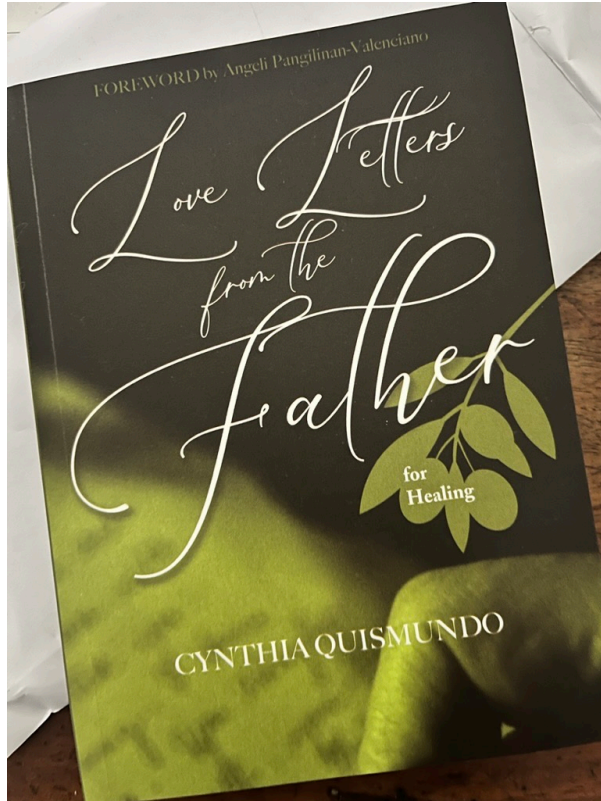
Palliative care is a special approach to caring for anyone with serious illness, such as cancer. Palliative care focuses on **improving the quality of life by helping patients and caregivers manage the symptoms of a serious illness and side effects** of treatment. It's designed to work with the health care team to help people with a serious illness live as well as they can for as long as they can.



Palliative care is appropriate for people of **any age and at any stage** in any serious illness. While, **Hospice care** is offered and provided for patients during their last phase of an incurable illness or near the end of life.

Patient's Cancer Journey





Know More

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Patient's Manual

Breast Cancer Info



News and Updates

Events

Community

Support ICanServe

Contact

DONATE

About I Can Serve Foundation

ICanServe Foundation, Inc. is a Philippines-based advocacy group of breast cancer survivors and volunteers. It co-creates breast cancer control programs with local government as part of its initiative to promote early breast cancer detection, access to accurate diagnosis and timely treatment, survivorship care, palliative care, hospice care and patient navigation.



Learn about breast cancer

Learn how you can ensure your healthy future. It's time for you to take your breast care – and your life – to heart.



Get financial assistance

ICanServe is not a funding agency but we recommend approaching the following institutions.



Support the cause

Be a member, associate, volunteer or



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