

BREAST CANCER

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ABSTRACT

Breast cancer is the most common cancer. According to medical statistics, 10 % of women worldwide are infected with this disease. In most cases, breast cancer is seen in women over 45 years of age. Although various factors contribute to the development of breast cancer, hereditary predisposition and hormonal changes play a major role. The risk of cancer is particularly high as a result of the effects of estrogenic hormones. The development of the disease is slow, without symptoms for a long time, and in some cases the disease can develop rapidly. Effective treatment of breast cancer can only be achieved if it is detected early.

KEYWORDS: *Tumor, Hormone, Estrogen, Menstruation, Radiation, Hereditary Predisposition, Menopause, Mutation, Proliferation, Mammography, Chemotherapy, Radiation Therapy, Mastopathy.*

INTRODUCTION

In Uzbekistan, as in the rest of the world, breast cancer, followed by cervical cancer, is the most common cancer among women of all ages. In terms of mortality from diseases, breast cancer, stomach cancer and cervical cancer are the third most common among women of all ages. Breast cancer is the most common disease among cancers. According to medical statistics, 10% of women worldwide are infected with this disease. In most cases, breast cancer is seen in women over 45 years of age. [1]

In developed countries, this disease has declined slightly due to the invention of modern tests in the detection of the disease and the effectiveness of treatment measures. [2]

Although various factors contribute to the development of breast cancer, hereditary predisposition and hormonal changes play a major role. The risk of cancer is particularly high as a result of the effects of estrogenic hormones. [3]

The development of the disease is slow, without symptoms for a long time, and in some cases the disease can develop rapidly. Effective treatment of breast cancer can only be achieved if it is detected early. [4]

The following factors cause tumors:

1. Presence of cancer patients among relatives;
2. The onset of menstruation at an early age before the age of 12 or the late onset of the menopause (after the age of 55). These are explained by the activity of the estrogen hormone;
3. Tumors that occur in other organs of the body;
4. Various genetic factors;
5. Radiation exposure, e.g., ionizing light therapy, repeated X-ray examinations, residents and workers in environmentally negative areas;
6. In women with a sedentary lifestyle;
7. Drinking alcohol and smoking;
8. Taking uncontrolled hormonal contraceptives, long-term hormonal therapy;
9. The risk of developing breast cancer is higher in women who have not given birth and in women whose first pregnancy is late (after age 35).

Research shows that tall women and overweight women are more likely to develop breast cancer during menopause.

The risk factors listed above do not directly cause the tumor, but simply increase the susceptibility to cancer. Also, not all tall and obese women get cancer. Of course, not one, but several factors play a role in the origin of breast cancer. [5]

The high tendency to develop breast cancer is associated with dysfunction of hormone-producing organs. Disorders of the ovaries, adrenal glands, thyroid gland, pituitary gland, hypothalamic system play an important role. Early menstruation and late menopause have been found to increase the development of breast cancer. [6]

In recent years, much attention has been paid to genetic disorders in the development of breast cancer. According to the literature, two types of molecular disorders lead to the development of cancer: gene mutation and induction of cell proliferation (Semiglazov V.F.2001).

Mutation occurs in genes responsible for regulating cell growth, differentiation, and cell death. As a result, these genes are activated or inactivated. With the help of proliferation, a tumor-causing effect is created. [7]

Like other cancers, breast cancer is difficult to detect at an early stage because the disease starts without symptoms. If there is pain, swelling, discomfort in the breast, enlargement of the nipples, pathological fluids leaking from the nipples, and the like, it is necessary to immediately see a doctor. [8]

If you have any hardened lumps in your nipples, see a doctor right away, even if the above symptoms are not observed.

Early diagnosis of breast cancer includes a self-examination and a doctor-mammologist examination. After the age of 40, a mammogram should be performed once a year. [9]

It is better to conduct an independent examination of the breast every month, on days 5-7 of the menstrual cycle. During the examination, attention should be paid to the symmetry of the breasts, the condition of the skin lining and nipples, the size of the breasts. The palpation can be performed lying down or sitting. Each breast should be palpated alternately, from the nipples to the end of the body. Any stiffness and condensed product in the breast is a reason to suspect disease. Attention should also be paid to the lymph nodes in the axillary area. If any suspected product is detected, it is necessary to immediately consult a specialist. [10]

To date, breast cancer is the best studied disease among all cancers. It can be detected early and treated effectively.

Treatment of breast cancer in modern medicine includes surgery, chemotherapy and light therapy, hormonal and immunotherapy. Treatment in this disease is individual for each woman and consists of a complex of several methods. [11]

An important aspect in the treatment of breast cancer is the restoration of the patient's psychological and sociological condition.

Breast cancer prevention is divided into 3:

1. It is the prevention of disease by studying environmental factors and predisposition factors. These include protecting the environment, reducing the effects of carcinogens on the human body, normalizing family life, regular sex, timely childbearing, breastfeeding; [12]
2. Early detection and treatment of precancerous diseases of the breast: various forms of mastopathy, fibroadenoma and other benign tumors, as well as disorders of the endocrine system, diseases of the female genital organs, disorders of liver function. [13]
3. Prevention, early diagnosis, treatment of recurrent, metastatic and metachronous tumors.

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