- Women—diseases

'PINK' OF HEALTH: EXPERTS SHARE ALL YOU NEED TO KNOW ABOUT BREAST CANCER

Underway, experts help decode With Breast Cancer Awareness Month the disease and debunk some

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October is observed as Breast Cancer Awareness Month across the globe. Breast cancer, one of the most prevalent forms of cancer, is characterised by uncontrolled growth of cells, which results information of lumps within the breast. It is one of the treat able forms of cancer. But it can be a life-threatening disease, if not detected early, as it can spread to other parts of the body. Read on to learn more about the dis ease and how you can prevent it from affecting you and your loved ones. that you can't change such as your age and genes, a rise in the number of breast cancer cases also points towards some lifestyle related factors. "There are a number of reasons, starting from late marriages to birthing children late. Also, not breastfeeding one's newborn. In some cases, it's also attributed to hormonal replacement therapy," says Dr Shelly Singh, gynaecologist.



Naming some other common lifestyle mistakes, surgical oncologist Dr Deepak Kumar Jain adds, "Lack of exercise, obesity, alcohol consumption and smoking greatly add to the rise in the number of cases."

Excess fat or obesity increases the risk of getting breast cancer. "Excess body fat increases the oestrogen levels in a woman's body. Oestrogen makes hormone receptor positive, which in turn, helps breast cancer to develop. Increased insulin levels have been linked to breast cancer. Moreover, increased plasma cholesterol in obese women leads to accelerated tumour formation. Obesity also leads to chronic low-level inflammation," elaborates senior gynaecologist Dr Neha Khandelwal.

Symptoms

Different people have different symptoms of breast cancer. Dr Jain points out the warning signs, "The usual first sign is a painless lump/ mass in the breast. Also, changes in the size

or shape of a breast. A dimpling or thickening of some of the skin on a part of a breast is a sign too." A swelling or lump in an armpit is also experienced by some. "Inverted nipple and scaling of the breast or a nipple discharge other than breast milk, including blood are other symptoms," says Dr Singh.

Myths FINDING A LUMP IN YOUR BREAST MEANS YOU HAVE BREAST CANCER

"Every lump is not cancer. Get yourself seen by oncologist for correct opinion," says Dr Jain.

BREAST CANCER IS CONTAGIOUS

"No cancer is contagious. They do not spread by touching, eating food or sharing things" says Dr Jain.

ANTIPERSPIRANTS AND DEODORANTS CAUSE BREAST CANCER

"Some people believe it is because of antiperspirants, that hasn't been proved," says Dr Singh