



تجمع الرياض الصحي الثاني
Riyadh Second Health Cluster



Breast Cancer

What is breast Cancer?

An abnormal growth and multiplication of cells. Cells are divided more quickly than the normal cells and the abnormal cells gather to form a diffuse tumor in the breast. It may spread to the lymph nodes or to other parts of the body. Breast cancer affects both men and women, but it is usually more common in women.



Breast Cancer Factors

Researchers identified some factors that can increase the risk of breast cancer, however, the link between these factors and breast cancer is still uncertain.

Breast cancer is likely to be caused by the presence of hereditary factor.

The surrounding environment factors:

- Heredity
- Gender – women are more likely to develop breast cancer than men.
- Aging increases the risk of breast cancer, especially after the age of forty.
- Hormone replacement therapy after menopause.
- The medical history of the breast cancer patient.
In case of previous breast cancer incidence, the risk of developing breast cancer again increases.
- The family history of breast cancer – If the patient has a mother, sister or daughter with breast cancer, this increases the percentage of breast cancer incidence in this patient.
- Menarche before the age of 12 increases the risk of breast cancer.

- The period of menopause after the age of 55 increases the risk of breast cancer.
- Giving birth to the first child after the age of 35 or childlessness increases the chance of developing breast cancer.
- Exposure to radiation, especially the chest area.
- Obesity and weight gain.
- Lack of exercise.
- Smoking.



Signs and symptoms of breast cancer:

- Tumor or mass in the breast.
- A change in the breast size, shape or color of skin.
- A lump or thickness of the breast.
- Dimpling, puckering, redness of the skin “orange peel-like texture”.

- Bloody discharge from nipples.
- Change in the nipple shape (inverted).



Necessary tests for breast cancer:

It is recommended to do a medical examination of the breast at least every 3 years in the 20s, and every year starting from the age of 40.

Factors that may reduce the chances of developing breast cancer:

- Learning about the percentage of breast cancer risk.
- Performing the necessary tests.
- Breastfeeding.

- Learning about the natural state of the breast and visiting the doctor upon noticing any change in breast shape or color.
- Maintaining a healthy lifestyle by:
 - o Exercising for at least 30 minutes a day.
 - o Avoid using the hormone treatment after menopause, unless otherwise prescribed by the doctor.
 - o Breastfeeding.
 - o Maintaining weight in the normal range.

لأن الوعي وقاية ..

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