



AWARENESS

## BREAST CANCER ADVANCEMENTS

**October is Breast Cancer Awareness Month, which is organised and supported by various breast cancer charities around the world.**

Over the decades there have been many advances in the treatment and diagnosis of this disease, which the Continuous Update Project (CUP) says is still the most common cancer in women.

Although previously rare, male breast cancer is an increasing trend according to Johns Hopkins Medicine.

Here are some of the latest findings with regard to breast cancer research and treatment:

### 1. New evidence of what causes it

The CUP has found that there is strong evidence to suggest that the consumption of alcohol, excess body fat and weight gain causes premenopausal breast cancer.

### 2. New evidence of what prevents it

The CUP has also uncovered strong evidence that reveals that breastfeeding and regular vigorous exercise have both been associated with preventative measures that may protect against breast cancer.

### 3. New form of early detection

The National Cancer Institute has shared that 3-D mammography has recently been introduced to numerous facilities around the world, as they provide physicians with better images of the breast from all angles.

Cancer Institute NSW suggest that a screening mammogram is the best way to detect breast cancer early for women over 50.

### 4. New non-hormonal drug treatments

The American Cancer Society has revealed that hormone therapy drugs are often used to help treat breast cancer, but that new non-hormonal drugs for osteoporosis, cholesterol, and anti-inflammatory medications are also in clinical trials for breast cancer reduction.

### 5. New perspectives on breast cancer

The American Psychological Association stresses the importance of seeking emotional support in the event of a breast cancer diagnosis.

Counselling and reaching out to others for support has been associated with fewer symptoms and improved recovery.

**Speak to a health professional immediately if you experience breast or nipple pain, nipple discharge, swelling or unusual lumps within your breast tissue.**