

## Awareness and Safety Measures for Breast Carcinoma

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A type of disease in which the cells divide abnormally without any control and can invade nearby tissues through epithelial cells is called Carcinoma. Carcinoma is a cancer that starts with in the tissues and that can line from inside and outside the body surface, which arises from cells originating in the endodermal, mesodermal, or ectodermal germ layer during embryogenesis. There are different types of cancer but the most commonly occurring cancer in women is the Breast cancer. This is most common type of cancer in women and this is the second leading cause of cancer death in women after lung cancer. Breast cancer can occur in Women and in some cases, this can be seen rarely in men. This cancers can be identified through the formation of lump in the breast and in some cases there will be the discharge of blood from nipple and the change of the breast and its shape, size and texture of nipple may completely change and invasive in some cases it may be thickening or swelling at that region with slight or severe Irritation, redness or flaky skin in the nipple area. This can be treated by identifying based on the stages of the cancer. This may consist of different therapies such as chemotherapy, radiation, hormone therapy and can be removed through surgery.

Types of breast cancer include ductal carcinoma in situ, invasive ductal carcinoma, inflammatory breast cancer, metastatic breast cancer. Metastatic breast cancer is classified into the Stage 4 breast cancer. Such type of cancers can spread to all over the body and this breast cancer do not spread to lymph nodes till the tumor with at least to spread from the surface of 2 centimeters to 3 centimeters in diameter. In some cases, it may spread very easily when the surface area is with less than 1 centimeter in size also. About 93% of women who are completed with the treatment of this breast cancer with the stage 2 are recovering and are taking self-care among them self. Based on the survival

rate of the breast cancer patients there are up to 72% with the good survival. Sometimes the effect of this breast cancer cells can damage the skin cells and lead to feel pain, tenderness, and discomfort in the breast region. In case of critical cases the complete breast may have to remove to stop the spread of cells to another tissues. Women suffer a lot in such cases with discomfort, burning sensation due to damage of tissues etc.

The safety measures to reduce the risk of breast carcinoma include: The should drink the alcohol in a limited levels due to intake of more alcohol it lead to the higher risk of lump formation in the breast and it finally lead to cancer. Women should not smoke in case if there is a heavy intake of tobacco it may lead to lung damage and it is a harmful product this type habits can reduce the risk of breast carcinoma. No-a-days the weight of the people are growing in a very abnormal way this may be due to improper diet and or due to junk intake to the body with harmful polluted environment in this cases the people should be safe with the good environment and should be in a proper diet control especially in case of Breast cancer patients the weight should be in control and should be physically active. They should take a limited dose and duration of hormone therapy and finally they should avoid or protect themselves from exposure to radiation and environmental pollution.

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