

## Breast cancer in Mexico, a reality that is increasing.

Ortega Jiménez Mayra del Carmen<sup>1\*</sup>, García Rodríguez Deysi Emilia<sup>2</sup> Ortega Jimenez Marcela<sup>3</sup>

<sup>1</sup>Department of Nursing and Obstetrics, University of Guanajuato, Mexico

<sup>2</sup>Department of Nursing and Obstetrics, International Ibero-American University, Mexico

<sup>3</sup>Department of Nursing and Obstetrics, University of Guanajuato, Mexico

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### Introduction

Breast Cancer (CaMa) is a malignant disease, in which the accelerated, disorderly and uncontrolled proliferation of cells belonging to different tissues of the mammary gland, such as the cells of the epithelium of the ducts or breast lobules, which form a tumor, which invades neighboring tissues and metastasizes to distant organs of the body [1].

In Latin America, CaMa is the most common cancer, with 152,059 cases diagnosed annually in women and men. In addition, the incidence at the regional level is 47.2%, the highest in southern countries, mainly Argentina and Uruguay, where the figures are similar to developed countries where there are 71.2 and 69.7 deaths per 100,000 women, respectively [2].

It should be noted that in 2006 in Mexico, CaMa displaced cervical cancer, as the leading cause of death from cancer in women and an annual occurrence of 20,444 cases is estimated, with an incidence of 35.4 per 100,000 women [2].

Thus, in 2013, 5,405 deaths were registered in women, with a rate of 16.3 deaths per 100,000. In addition, the entities with the highest mortality due to CaMa are Coahuila 24.2%, Sonora 22.6% and Nuevo León 22.4% [2].

It is important to mention that in Mexico, CaMa occupies one of the main three types of cancer, affecting mainly the female gender and later the male, the latter is placed at a disadvantage in the media on the subject, since they focus on capturing the results of CaMa in women, due to its higher incidence, in such a way that men may have the belief that they cannot suffer from this type of cancer [3,4] 21% of all deaths from breast cancer, are attributable to alcohol consumption, overweight, obesity, and lack of physical activity [2].

In this sense, every day women are more affected by CaMa, since preventive preparation and concern about performing breast self-examination at an early age seems very scarce, due to the little orientation that the population has on the subject. Breast carcinoma is rare before 20 years

of age, but after this, its incidence rises constantly, so much so that at 90 years of age about a fifth of women will be affected and even if the women are the sex more vulnerable does not mean that men are not exempt [5].

For this reason, emphasis has been placed on the timely detection of CaMa, through health promotion, to reduce the number of cases of morbidity and mortality at the international and national level, but this has not had sufficient impact within the young population, as they need effective preventive guidance, which is one of the main problems that continues to be the lack of knowledge and sociocultural factors of men and women [6].

It is important to point out that the panorama that Mexico faces, in the short and medium term in terms of CaMa, does not look encouraging, since the creation and implementation of prevention and timely detection programs have been insufficient to curb the appearance of cases and deaths from this disease [7], where young people must have early prevention, so that they can become aware of the importance and care of the breasts.

For all of the above, it is identified that despite the dissemination made by different media and by the Health Sector of the Mexican population, the high rate of CaMa has not decreased, on the contrary, it has increased and is generated by different circumstances such as: social, economic, political, cultural, psychological and institutional factors, to which it is added that it has not been possible to raise awareness among the young population, regardless of the actions that should be developed in this regard.

### References

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**\*Correspondence to:**

Ortega Jiménez Mayra del Carmen  
Department of Nursing and Obstetrics, University of Guanajuato  
Mexico  
E-mail: mdc.ortega@ugto.mx