Since 2008 there has been a 22% increase in the incidence of breast cancer.

It is also important to know the risk factors for breast cancer.

Breast cancer can be classified into three types:

- Hormone receptor positive
- Triple negative
- HER2-positive

Knowing which type of breast cancer a patient has can help guide decisions about which treatments are most suitable.

Breast cancer isn't just one disease

An estimated 15.127 million years of healthy life are lost globally to breast cancer.

Breast cancer represents 1% of all cancer cases.

Breast cancer represents 1/4 of all cancers.

And its prevalence is increasing.

Breast cancer is also the leading cause of cancer death amongst women.

Did you KNOW?

Men can also get breast cancer.

Being young doesn’t mean you can’t get breast cancer.

That is why it is important to recognise the symptoms.

98% of breast cancer is diagnosed at an early stage before it spreads to other parts of the body.

Symptoms of breast cancer include:

- A lump or swelling in the breast or armpit
- Change in the size or shape of the breast
- Skin dimpling in the breast
- Inverted nipple
- Eczema-like rash on the nipple
- Discharge from the nipple

5% of people diagnosed have inherited one of the breast cancer genes: BRCA1, BRCA2 or TP53.

80% of breast cancer occurs in women over the age of 50.

Whilst some risk factors are unavoidable:

- Gender
- Age
- Family history

Knowing the symptoms of breast cancer and what risk factors you can control is essential.

References: