

Health tips

We don't know exactly what causes breast cancer but we know that being female, having a family history of breast cancer and getting older are the main risk factors. You can help reduce your risk and look after your health by adopting a healthy lifestyle including:



- **Eating a well-balanced diet with plenty of fruit and vegetables**



- **Maintaining a healthy weight**



- **Taking regular exercise**



- **Not consuming any tobacco products such as cigarettes, shisha, etc.**

Screening tips

- In Qatar, it is recommended that women begin regular breast cancer screenings at the age of 45.
- Breast cancer screening is for women without any signs and symptoms.
- A mammogram (a low dose x-ray exam of the breast) is performed to find very early changes in the breast.

This service is currently offered by the Primary Health Care Corporation (PHCC) at the following centers:

- * Rawdat Al Khail Health Center
- * Al Wakra Health Center
- * Leabib Health Center
- The mammogram screening program takes 20 minutes only and is offered to women from 45 to 69 years old.
- According to the Ministry of Public Health, women with no symptoms should get screened every three years.

Call to action



مؤسسة الرعاية الصحية الأولية
PRIMARY HEALTH CARE CORPORATION

- **If you are female, you are over 45 years old and / or you have a family history of breast cancer, you should get your breasts screened regularly.**
- **If you experience any of the signs and symptoms mentioned above, you need to see your doctor immediately.**
- **Call Primary Health Care Corporation (PHCC) on 107 to schedule an appointment at your registered center.**

- **To learn more about breast cancer, please visit: www.hamad.qa/EN/your%20health/bcac**

Breast Cancer Awareness



What is breast cancer?

- Cancer is a disease in which cells in the body grow out of control. When cancer starts in the breast, it is called breast cancer.
- Breasts are made up of lobules and ducts surrounded by fatty and connective tissue.
- Lobules produce breast milk and ducts carry milk to the nipple.

Did you know?

- Breast cancer is the most common cancer among women in Qatar.
- About one in eight women will develop invasive breast cancer during their lifetime.
- Breast cancer survivorship has tripled over the past 60 years.
- Breast cancer doesn't occur entirely in women; men can get breast cancer too.

About male breast cancer

- Male breast cancer is a disease in which malignant (cancer) cells form in the tissues of the breast.
- Radiation exposure, high levels of estrogen, and a family history of breast cancer can increase a man's risk of breast cancer.
- Male breast cancer is sometimes caused by inherited gene mutations (changes).
- Men with breast cancer usually have lumps that can be felt.
- Tests that examine the breasts are used to detect and diagnose breast cancer in men.
- If cancer is found, tests are done to study the cancer cells.
- Survival rates for men with breast cancer are similar to survival rates for women with breast cancer.
- For men, the signs of breast cancer and treatment are almost the same as for women.

Key Facts


- In 2015, there were 248 newly diagnosed cases of malignant breast cancer in Qatar, six of which were male and 242 that were female.*
- Female breast cancer is the most common female malignant cancer accounting for 39.41% of all cases.*
- The cumulative risk, or the chance of a female getting malignant breast cancer between the ages of 0-74, is 7.4%.*
- The three year survival rate from female breast cancer during the period 2013-2015 was relatively high at 82.3%.*


Risk factors for breast cancer:


- **Breast density:** Women who have dense breasts, which means they have a lot of fibrous or glandular tissue and not much fatty tissue in their breasts. Breast density has nothing to do with weight and can be determined through screening.
- **Gender:** A woman is 200 times more likely than a man to develop breast cancer.
- **Age:** The risk of developing breast cancer increases as a woman gets older, and half of all breast cancers are diagnosed in women over 60 years of age.
- **Genetics:** Women who have inherited abnormal genetic markers that indicate risk, particularly two abnormal genes: BRCA1 (Breast cancer gene one) and BRCA2 (Breast cancer gene two) are considered at risk of breast cancer.
- **Family history:** Risk is higher among women whose close blood relatives have had breast cancer. Less than 15 percent of women with breast cancer have a family member with the disease.
- **Weight:** Being overweight or obese increases the risk of breast cancer.





Other risk factors include:

**Tobacco use**

**Alcohol consumption**

**A sedentary lifestyle**

**Women who had their first child after the age of 30**

**Women who started menstruating early (before the age of 12) or started menopause later (after the age of 55).**

Signs and symptoms:

The symptoms of breast cancer depend on where the tumor is in the breast, the size of the tumor and how quickly it is growing.


Breast changes that may indicate breast cancer include:


- Lump or mass in the breast
- Skin irritation or dimpling
- Breast or nipple pain
- Nipple retraction (turning inward)
- Redness, scaliness or thickening of the nipple or breast skin
- Abnormal nipple discharge


If any of these symptoms are experienced, it is important that you seek medical advice immediately.


Breast cancer diagnosis

Diagnosis of breast cancer involves triple assessments. This includes:

**1. To be done by a breast surgeon**

**2. Imaging tests including a mammogram, ultrasound 3. Biopsy: (taking a sample of tissue from the breast for examination under a microscope).**




**If symptoms show that breast cancer has spread outside the breast, other tests may be done (i.e. Blood tests or bone scan etc.).**

**In some cases, if there is a need to assess the extent of the disease, a magnetic resonance imaging scan (MRI) may be suggested.**

Treatment options

Treatment for breast cancer depends on the stage and type of the disease, the severity of symptoms and the patient's general health.

Treatment usually involves one or more options including:

-  **Surgery to remove part or all of the affected breast, and removal of one or more lymph nodes from the armpit.**
-  **Radiotherapy /chemotherapy/ hormonal therapy/ target therapy**
-  **Breast reconstruction may be available for women who have their whole breast removed (mastectomy).**

Treatment for breast cancer patients is usually provided by a multidisciplinary team.

* Qatar National Cancer Registry 2015