

12. Breast Cancer

Breast cancer is the most common form of cancer among women. If breast cancer is identified and treated early then there is a better chance to cure the patient. In Myanmar breast cancer is often identified (too) late. Regular screening can identify breast cancer early and can avoid many deaths.

The chance of breast cancer increases by age. It is low among young women, begins to increase after 40 and is highest among women over age 70.

There are several ways to identify breast cancer early;

- Stimulate women to examine their breasts themselves at home regularly and invite them to visit a clinic when they identify something suspicious.
- Passive case detection; Examine women in the clinic when they present with complaints related to their breasts.
- Active case detection; Invite women to be screened regularly. This should be done for high-risk age-groups only. For MAM clinics we can
 - Invite all women between 40-50 years of age for a breast exam and advise them to do a regular home exam.
 - Invite all women over 50 years for a regular breast exam every 3 years in a clinic.

Reference

MAM Breast examination and treatment guideline