

The background is a soft pink with wavy horizontal bands. A large pink ribbon is on the left, and several pink petals are falling from the top right. A white rectangular frame is centered on the page.

# Breast Cancer

Sydney Corbett and Davy Gomez

# Background

- ★ 1 in 8 women will develop breast cancer
- ★ When caught early, the 5-year survival rate is 99%
- ★ Breast cancer is the most common cancer in American women, except skin cancers
- ★ Average age of women diagnosed with breast cancer is 62
- ★ Second leading cause of cancer caused death in women, behind lung cancer



# Disease Pathology

- ★ Damage to the DNA and genetic mutations can lead to breast cancer
- ★ Some individuals can inherit DNA defects and genes
- ★ Change in the DNA sequence creating rapidly proliferating cells



# Risk Factors

## Modifiable

- ★ Obesity
- ★ Smoking & ETOH abuse
- ★ Sedentary lifestyles
- ★ Hormone replacement & use of oral contraceptives > 5yr



## Unmodifiable

- ★ Age/gender
  - 40+
  - Affects mostly women
- ★ Family history
- ★ Early/late menarche
- ★ First delivery after the age of 35 or being nulliparous

# Diagnosis

- ★ Monthly self breast exam
- ★ Mammogram
  - Yearly after 40 years of age
- ★ Breast MRI
- ★ Biopsy
- ★ Diagnostic tests
  - BRCA1 or BRCA2
  - HER-2
  - Estrogen and Progesterone receptors

## HOW TO DO A BREAST EXAM IN 6 STEPS



DO ONCE A MONTH, A WEEK AFTER YOUR PERIOD



LOOK IN THE MIRROR FOR ANY ASYMMETRIES



TOUCH ALL PORTIONS OF YOUR BREASTS-UP & DOWN & LEFT-RIGHT



START FEELING FOR LUMPS OR MASSES



CHECK FROM THE UNDERARM AREA TO THE CHEST WALL & STERNUM

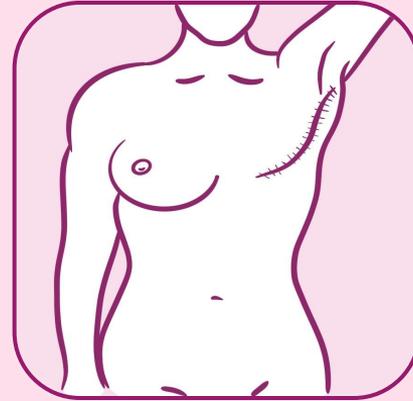


CONDUCT THE SELF-EXAM STANDING UP OR LYING DOWN

# Treatment

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- ★ Surgical
  - Lumpectomy
  - Simple mastectomy
  - Radical or modified mastectomy
- ★ Nonsurgical
  - Chemotherapy
  - Radiation
  - Hormonal manipulation



# Chemotherapy Patient Education

**(48-72 hr after treatment)**

- ★ Excretion in body fluids up to 48hr
- ★ Flush toilet twice after
  - Rinse toilet with bleach daily
  - Hand Hygiene is crucial
- ★ Avoid sexual intercourse
  - use 2 forms of birth control



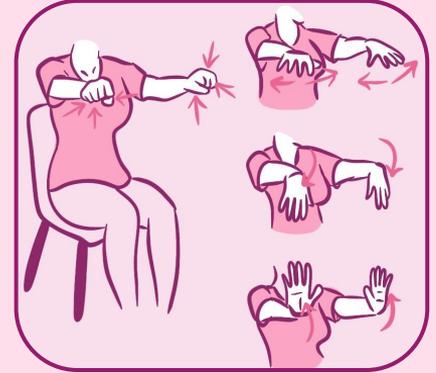
# Radiation Patient Education

- ★ Wash area with tepid water and soft washcloth
  - Avoid vigorous scrubbing
- ★ Avoid long exposures to sunlight
- ★ No tight-constricting clothes



# Mastectomy Post Op Education

- ★ No B/P cuffs and needle sticks of affected arm
- ★ Wear a sling on affected arm during ambulation
- ★ Arm and hand pumping exercises are highly encouraged to prevent lymphedema
- ★ Loose non-constrictive clothing



# Nursing Actions and Responsibilities

- ★ Nutritional support
  - High protein/high calories
- ★ Emotional support
- ★ Pain management
  - Background pain
  - Acute pain
- ★ Closely monitoring lab values
  - WBC, RBC, H/H, Platelets
- ★ Recognizing possible complications
  - Lymphedema
  - Extravasation



# Patient Impact

- ★ Can lead to depression, anxiety, helplessness and distress
- ★ During treatment patient may experience pain, nausea, and fatigue
- ★ Patients may also feel isolated and rely more on family members for help with activities of daily living



MOOD



MENTAL HEALTH



BODY IMAGE



FATIGUE



SOCIAL DISTRESS



SEXUAL SATISFACTION



SOCIAL SUPPORT



INSOMNIA



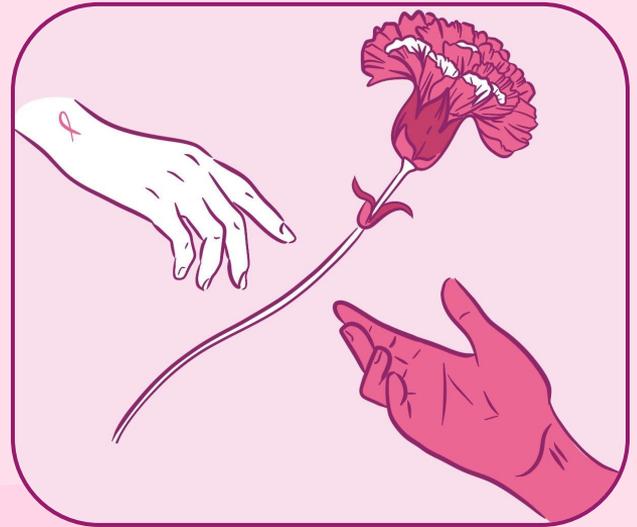
EMOTIONAL  
FUNCTIONING



QUALITY OF LIFE

# Community Resources

- ★ American Cancer Society Hope Lodge
  - A free home away from home
- ★ American Cancer Society "Reach for Recovery"
  - Connects people facing breast cancer
  - Speak to someone who's been there
- ★ Cancer Help-Line
  - 1-800-227-2345
  - Get referrals to cancer-related information



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Questions?

