

## DOCTOR'S RECOMMENDATION

- Healthy food. Eliminate fried and fast food from the diet.
- Properly select a bra in shape and size, so as not to disrupt blood circulation in the chest area and not injure the mammary glands.
- Monitor your weight and exercise. Excess body weight disrupts the hormonal balance in a woman's body and increases the risk of disease.
- To refuse from bad habits. Eliminate alcohol or reduce consumption to a minimum, as it promotes increased production of female sex hormones, which provokes the development of breast cancer.
- Breastfeed your baby. This natural process will reduce the likelihood of developing breast pathologies, including breast cancer.
- Remember hereditary factors and consult a mammologist in a timely manner if your close relatives have had breast cancer.
- At the age of 20-40 years, examinations in the examination room once a year.
- Ultrasound examination of the mammary glands after 40 years 1 time per year.
- X-ray prophylactic examination of the mammary glands (mammography) after 40 years 1 every 2 years.

**Most of these precautions are not difficult to follow. And sports and proper nutrition will save you not only from cancer, but also many other diseases and problems, helping to preserve beauty, youth and good health for a long time.**



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www.cancercentr.kz



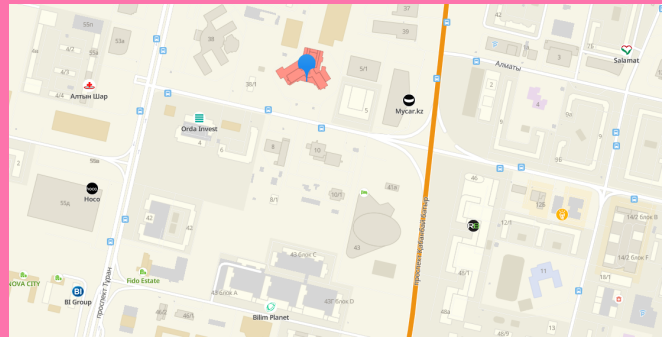
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**Nur-Sultan city,  
Kerey, Zhanibek Khandar str., 3**



**Monday-Friday, from 8:00 to 17:00**



**NATIONAL RESEARCH  
ONCOLOGY CENTER**

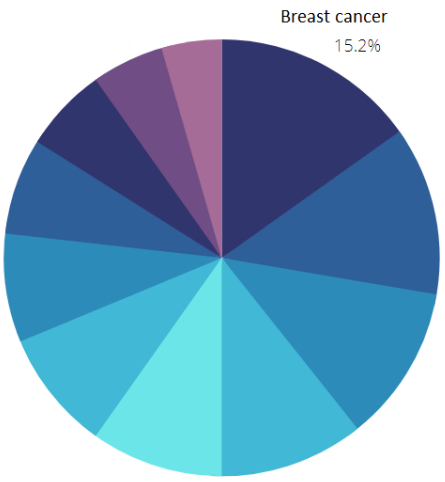


**BREAST  
CANCER  
WHAT IS  
IMPORTANT TO  
KNOW?**

# BREAST CANCER IN THE STRUCTURE OF ONCOPATHOLOGY IN KAZAKHSTAN

# RISK FACTORS

# ALARMING SYMPTOMS



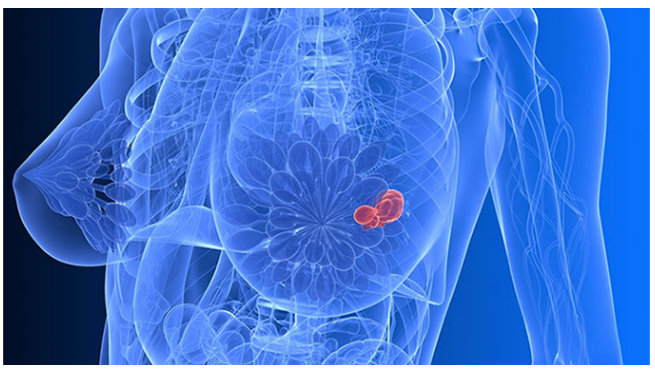
Breast cancer is a malignant tumor of the glandular tissue of the breast. It is the most common cancer among women worldwide, with an incidence rate of 99.4 per 100,000 women between the ages of 13 and 90.

In Kazakhstan, about 5,000 new cases of breast cancer are detected annually. The last 15 years have been oncopathology consistently ranks first in terms of detectability. In terms of mortality from malignant neoplasms, it ranks third and annually claims the lives of about 1200 women.



- Previous diagnosis of breast cancer.
- Have a family history of breast cancer.
- Identified mutations in genes brca 1 and 2 or other gene mutations.
- Radiation therapy to the chest area performed before the age of 30 for Hodgkin's lymphoma.
- Early onset of menstruation - menarche (up to 12 years of age). Late onset of menopause (over 55). Hormone replacement therapy for over 10 years, associated with the treatment of menopause or prescribed for the purpose of contraception.
- Lack of pregnancy and childbirth. Diabetes.
- Obesity. Smoking.
- Alcohol abuse.

The presence of risk factors in women does not mean that the appearance of a malignant tumor is inevitable. Many women with risk factors live happily ever after without cancer. However, knowledge of these factors will allow you to contact specialists in a timely manner and prevent the development of a malignant process if it occurs.



- Nipple retraction.
- Discharge from the nipple.
- Pain in the breast or nipple area.
- Skin infiltration (skin like orange peel) in the breast area.
- The appearance of dense nodes in the axillary region.
- Ulceration of the skin in the area of the mammary gland.
- Swelling of the entire breast or part of it (even if a lump is not clearly felt).
- Unexplained weight loss.
- Weakness.
- Redness, peeling, or thickening of the nipple or breast skin.

