

All you need to know about the breasts!

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Why are the breasts so important

- Commonest cancer 1:8 women affected in the UK
- Other common problems
- Kylie Minogue, Angelina Jolie etc
- Cosmetic problems
- Socio-political organ



Common problems

- Breast pain
- Lumps
- Nipple discharge
- Nipple changes
- Skin changes
- Asymmetry
- Size of the breasts



Breast pain

- Very common
- Hormonal
- Musculoskeletal
- Big breasts
- Previous operations
- Ill fitting undergarments
- **NOT A COMMON FEATURE OF CANCER**



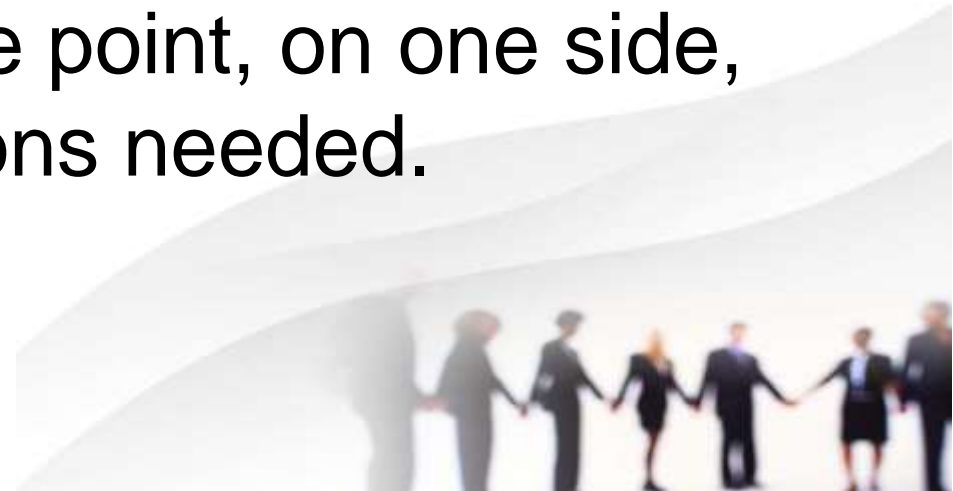
Lumps

- Benign lumps- Fibroadenoma- common in young age puberty to late 20s- mobile, regular, usually painless
- Cysts, Benign breast changes- common after 30s to menopause. May present with pain and tenderness
- Skin cysts, other benign lumps like Lipoma
- Cancer- more common after 40 years- usually painless.
- Paget's- eczematoid changes usually unilateral, not getting better with moisturisation/ steroid



Nipple Discharge

- Majority- benign
- Puberty, menopause, Benign changes like dilated ducts, pregnancy, lactation, warts in the ducts, side effects or the medications
- Malignant: Pre-cancerous or cancer
- Bloody discharge occurring at a single point, on one side, in people over 40- urgent investigations needed.



Other problems

- Nipple inversion- Benign, usually no mass
- Nipple retraction- malignant- usually with underlying mass
- Paget's disease- Usually unilateral- not getting better with topical steroids



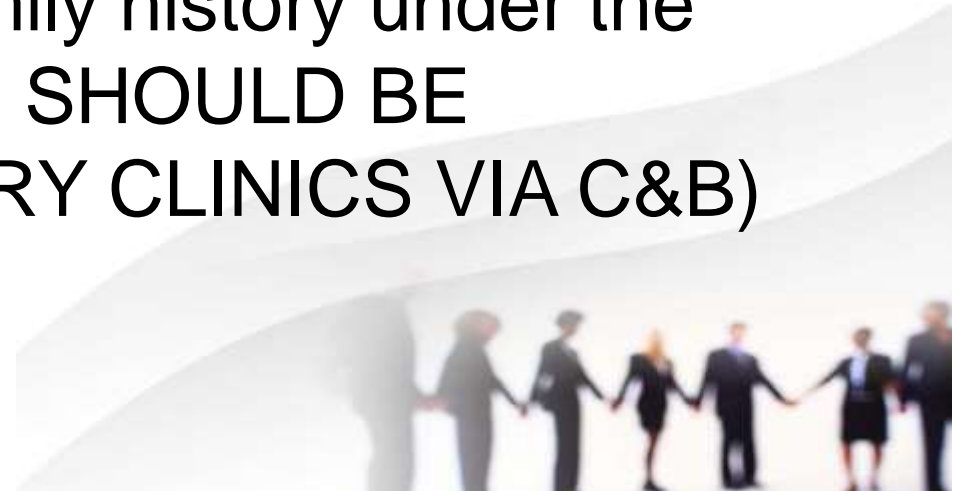
Cosmetic

- Asymmetry
- Small breasts
- Large breasts
- Tubular breasts
- Saggy or ptotic breasts
- Post reconstruction/ cosmetic surgery problems



When to refer as urgent

- Painless lump especially after 40
- Unilateral single duct bloody discharge/ persistent discharge with normal hormone levels
- Nipple changes- ulcerations, unilateral eczematoid changes
- History of breast cancer with new symptoms
- Symptomatic patients with significant family history under the age of 50. (ASYMPTOMATIC PATIENTS SHOULD BE REFERRED TO LOCAL FAMILY HISTORY CLINICS VIA C&B)
- **If you are worried- better to refer.**



Is the referral absolutely necessary?

- COVID considerations
- Breast pains without lump
- cyclical pains/ cyclical nodularity
- cosmetic





Thank You