



Breast Cancer: A Curable Disease

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Editorial

Breast cancer is the malignant tumor. No dermatological most frequent among Women around the world with incidence figures that are growing in recent years, mainly due to unhealthy social and nutritional habits, since there is a clear correlation between their incidence and the level of economic development. The incidence in Spain is low compared with that of the more developed countries like the United States, Canada, Germany or the United Kingdom, and similar to that of the countries of the Mediterranean Europe. Eastern countries especially Japan (due to the different feeding scheme) have a much smaller incidence. In Spain, 22,000 new cases of breast cancer are diagnosed annually, i.e. every 24 minutes a new case of breast cancer is diagnosed.

But coupled with these little encouraging figures of Incidence, today we can ensure that with adequate therapeutic management the vast majority of these patients can opt for the curative. 50 years ago when presented the data of this disease we referred to survive (how long we could get them to live after the diagnosis), without. However today our statistics are based on percentage of healing; as today in Spain we reach half the cure over 80% of patients diagnosed (this is obviously global figures without taking into account the type of tumor, age or phase at the time of diagnosis). By both the message we must say is that breast cancer today in Spain can be cured.

In order to produce this circumstance we must carry out screening programs (Mammographic screening schemes) to get a diagnosis as early as possible to achieve healing. There are several different screening models. The program that screening in HM hospital's breast unit includes for the general population an annual mammogram from the age of 40 to 65 and then biannual. With this scheme we ensure a high percentage of early diagnoses in asymptomatic patients. We also count on the latest MAM technology Available (mammography digital, Tomosynthesis).

To the screening programs that serve us for the diagnosis of asymptomatic patients we must add the recommendation to consult with any symptom that can orient us to some problem of mammary pathology and that it is the specialist that marks the course diagnosis that requires the problem. Between them and as fundamentals I must remember L Following:

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1. Presence of any lump (regular or irregular) in the breasts or armpit.
2. The existence of nipple secretion or the retraction of the same.
3. Presence of irregularities in the breast contour.
4. Alterations of the skin of the breast or areola-nipple complex.

Any of these symptoms do not necessarily indicate the existence of a breast cancer but if they should act as signs of alarm that lead us to consult with a specialist to make it he, which values the importance of the symptom in the context of the disease. To observe the appearance of any of these symptoms is absolutely recommended breast self-examination (explore both breasts separately and comparing with the other, explore the armpits and observe the contour and mobility at Levantar Arms and Should be performed at least once a month in the days after the menstrual period.

Once the diagnosis has been made we must handle the case in a Multidisciplinary unit of Mammary pathology and to follow carefully all the established steps of extension study defined by protocol to obtain as much information as possible of that specific tumor and to be able to carry out a suitable therapeutic orientation to that tumor (suit to measure). Since our pretension should be to make a specific treatment for a woman who suffers from breast cancer and not remain in the simplicity of treating a generic breast cancer (we treat people and not just diseases). The management of the patient diagnosed with breast cancer should be multidisciplinary and therefore the breast unit should have gynecologists, surgeons, plastics, Anatomic-pathologists, radiologists, oncologists, radiation therapists, nuclear physicians and clinical psychologists; and among all to

individualize each case to offer the best and most complete treatment orientation for each patient.

For all the above mentioned, if we comply with prevention programs, we consult with certain symptoms and put our case in

units of mammary pathology can ensure that breast cancer today in Spain can be cure.