



# BREAST CANCER



## Symptoms of Breast Cancer

Some people may not have any signs or symptoms and they are diagnosed during routine screening. Different people have different signs and symptoms.



Lump

Depressed

Discharge

Erythema

Inverted  
Nipples

Eczema Around  
the Nipple

Ulcer

1. Lump in the breast
2. Irritation or dimpling of breast skin
3. Swelling of the breast
4. Changes noted at the nipple areolar complex
5. Nipple retraction
6. Nipple discharge – blood
7. Any abnormal changes in the breast or armpit

*If there are any of these symptoms one must see a doctor right away for investigation.*

# Diagnosing Breast Cancer

Upon detecting a breast lump, one should visit your family doctor or see a surgeon. The doctor will take a medical history and then do a physical examination. Imaging tests will then be ordered. Two commonly used imaging tests are **Breast ultrasound** and **Mammogram**.

Breast ultrasound is painless and is usually used for women under 40 years whose breasts are too dense for a clear picture on mammogram. It is also used to determine whether the lump is solid or cyst. Mammogram is an X-ray of the breast and is for women above 40 years old.

A mammogram is useful to detect early changes in the breast when it may be difficult to feel a lump.

If an abnormal lump is detected then breast biopsy may be performed. A sample of cells or tissue from the lump is taken and sent to the lab for analysis. A pathologist will then interpret the sample and look for any cancer cells. Types of biopsy include:

- *Needle aspiration (FNAC)*
- *Needle biopsy (core biopsy)*
- *Excision biopsy (surgical procedure)*

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# Treatment of Breast Cancer

Once breast cancer is diagnosed the treatment options will be discussed with the patient and family. The type of treatment also depends on the stage of the cancer. In Early breast cancer the primary treatment is surgical. Advanced breast cancer the treatment is usually systemic i.e. chemotherapy or hormonal therapy.

## **SURGICAL TREATMENT**

The options of surgical treatment include Modified Radical Mastectomy or Breast conservative surgery. In mastectomy, the breast is removed with all the lymph nodes under the armpit. In Breast conservative surgery, the tumour is removed with a margin of normal tissue along with lymph nodes under the armpit. The breast is then treated with radiotherapy. This treatment is only suitable for small tumours.

Sentinel node biopsy is a minimally invasive technique used to address the axillary lymph nodes. It is used to assess whether the lymph node is involved and if the sentinel lymph nodes are clear of cancer cells the patient can avoid a full axillary clearance.

## **SYSTEMIC TREATMENT**

Systemic treatment is required to eliminate micro metastases which are cancer cells that spread from the breast through the bloodstream to the other organs e.g. lungs, liver, bones and brain. Types of systemic treatment include

- *Chemotherapy*
- *Hormonal therapy*
- *Targeted therapy*

## **RADIOTHERAPY**

Some women with breast cancer will need radiation often in addition to other treatments. Radiation therapy is treatment with high energy rays or particles that destroy cancer cells. Radiotherapy is given

- *After breast conservative surgery*
- *After mastectomy if tumour size > 4cm or multiple lymph nodes involved*
- *If cancer has spread to other parts of the body e.g. bone*

# LIFE AFTER BREAST CANCER

| STAGES OF BREAST CANCER             |  |  |               |
|-------------------------------------|--|--|---------------|
|                                     | T  | N  | M             |
| Early Breast Cancer<br>Stage 1 or 2 | T1-2 Tumour up to 5cm                              | No-None<br>N1-Up to 3 involved -nodes                              | No metastases |
| Locally Advanced<br>Stage 3         | (Any size)   | N2-4 or more nodes or fixed nodes<br>N3-Nodes other than in axilla | No metastases |
| Blank                               | T3-More than 5cm<br>T4-Fixed to skin or chest wall | (Any nodes)  | No metastases |
| Metastatic<br>Stage 4               | (Any Size)   | (Any nodes)  | Metastases    |

Breast cancer survivors have a lot to deal with in terms of physical and emotional challenges. Counselling and support from family members especially spouses and survivors are important in the journey to recovery.

The body goes through a lot of changes during the treatment of breast cancer. Side effects from chemotherapy and radiotherapy must be attended to early and appropriately. Some women may develop lymphedema, a condition where there is persistent swelling of the arm due to fluid retention. Unfortunately, there is no cure but needs to be managed early.

Losing a breast for a woman may be equal to losing one's femininity and sexuality, thus proper counselling is very important. Women who had mastectomy can now opt for breast reconstructive surgery. Some prefer just to use a prosthesis. Prosthetic bras are now available. These bras have pockets for breast prostheses.

# Conclusion



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**Breast Cancer Is Curable If Detected Early. Seek Help Early!**

Women tend to see treatment late. We need to encourage ladies to do breast self examination and go for regular screening. It must be emphasized that now with advancement in treatment and technology, there are better outcome and survival rates for breast cancer. Early diagnosis ensures good prognosis.

Breast cancer does not only affect women but men too can get breast cancer. The ratio is 1:100 (male: female). Men should also do self breast examination and seek medical attention early. The investigations and treatment is the same for both male and female breast cancers.

The mortality rate from breast cancer is high in

Malaysia and this is usually due to delay in diagnosis. A lot of women also tend to seek alternative therapy rather than medical treatment. They are afraid to come to hospital and thus seek the easier option which is not proven. By the time these women present to the doctors they are at a late stage. Educating people and creating awareness is very important.

The most important message is

**Breast Cancer Is Curable If Detected Early.**

Seek Help Early.



我和郭林气功结下不解之缘.....

## 能奉献就是幸福

我不敢以一名抗癌英雄自居，因为前途仍然多舛，两个月前我还动了肝管结石手术，我只希望自己没白病一场，能够把自己的遭遇，以及所学到的和感受到的，写出来帮助所有需要的人。觉察自己的苦，才能体会他人的苦，我之所以答应写这篇文章，也是在对自己做出自勉和自疗，若能使所有的癌友们也能得到启示和鼓励，则是我最大的欣慰！

我自小体弱多病，身上总爱长瘤及结石。在过去的73年岁月中，饱受病痛缠身；子宫内外肿瘤、胆、胰腺管及肝管结石、人工流产、双乳得癌、大腿折裂，身患三高，至今共动了11次手术。

女人最神圣的生理特征都被移掉，真可说是“一身轻”。由于一生都在经历病痛折磨，除了积极治疗外，在康复道路上我曾采取多种运动手段，如勤练外丹功、杨家太极套路

无可否认这些功法对我多次手术后体力的恢复是有所帮助，但最终（1990年）我还是得了乳腺癌，真不甘心，比谁都恨，恨老天爷的开玩笑，恨为什么是我？心里非常迷茫，无奈与无助。经过手术及35次放疗后体力尽失，却在这个时候，患上大肠癌的大姐突然撒手西归，母亲又因糖尿病并发症而昏迷不醒，一连串的打击，仿佛把自己推入极度深渊中，影响了我求生意志及对死亡的恐惧，更令我想到；死神不知何时会把我带走，弄得自己茶饭不思寝食难眠，每天恍恍惚惚，甚至想自杀了断，搞到最后，需借助理医生的辅导，才勉强把情绪稳定下来。

就在我逐渐对生命失去信心的当儿，上门探访我的同学送了两本有关郭林气功的书给我，建议我不妨试试，照着书本的阐述练功。在我多方的打听下，知道柔佛州的麻坡有一位徐建华中医师开班授徒，我毅然决定前往学功，终于找到了让自己继续活下去的方法。当初我对这功法功理根本一

点都不了解，也没多进一步去研究，一心一意渴望活下来，一☒希望就是一线生机，既然有人经过勤练郭林气功而生存下来，以此类推，我也应该可以做到。癌症的成因复杂，战胜癌症的方法当然不此一种，那个方法好，就用那个方法，我就是在这样的一个理念下，每天坚持不断勤练，终于重拾健康。此后在何平老师的提拔下，一起创办了马来西亚郭林气功研究会，致力于推广郭林气功，和郭林气功研究会一起成长。

在推广郭林气功的过程中，我的另一半也得了第四期的前列腺癌，此时反而没有什么可恨的了，只好自嘲是“双喜临门”。也没像我当初得癌的恐惧与无助，因为他得癌时我已和癌症作战了八年，经过八年的癌战，教育了我们如何去面对、如何去治疗、如何的生活；除了积极治疗外，妇唱夫随，他跟随我天天走进公园“吸吸呼”，快乐似神仙，这才能巩固疗效，加上饮食及中药的调理，健康逐渐得到恢复。夫妻俩虽然不同时期得癌，但可说是同患难，“夫妻本是同林鸟，大难临头双双飞”这是于大元老师给我们留下的一句赠言，永生难忘！夫妻俩在抗癌道路上并不寂寞，共同面对，并肩作战。我们是癌症康复者，也是郭林气功受益者，希望利用有限的生命，做更多有意义的事，把小爱转为大爱，我除了曾经担任马来西亚郭林气功研究会几届的理事外，目前还是八打灵郭林气功分站站长，全心全意地投入教功生涯中，从中认识了各种癌症的癌友，一起奋斗，一起成长，群体抗癌，从中得到鼓励，得到帮助，得到方向，把“努力活下去”当成唯一的目标，以他人的勇敢实例，来勉励及鞭策自己做得更好！

本人曾参加了两届北京抗癌乐园举办的“抗癌明星庆生大会”，并在交流会上和癌友们分享自己得癌的心路历程及练功心得，能够把自己如何活下来的故事和大家分享，当然也希望更多的癌友能够活下来，这对我来说也是一个很好的磨练机会，我感到非常幸福！

郭林气功陪伴我走过18年后，我以为自己完全康复，可是命运仿佛一直与我开玩笑，在我生命充满活力和晴空万里时，癌细胞又无声无息在我另一边（右乳房）生长出来。来不及悲伤，也没有掉一滴眼泪，马上到医院就医，把另一边乳房切除，化验结果是第三期，由于已扩散到腋窝下的

淋巴，须马上进行放疗及化疗。但我是位糖尿病患者，手术后伤口发炎及有血水，须天天回医院处理伤口，经过半年多的护理，伤口才完全愈合。这时已错失了化疗期，只做了35次的放疗及口服抑制雌性荷尔蒙药（Arimidex）。这类药物的副作用是会引发骨质疏松症，因此须口服Fosamax，此药服用了4年后引发骨质硬碎，右大腿骨折裂，动手术装上钢支。再次的得癌让我知道了一些药物的服用法；20多年前服用荷尔蒙药只须5年，后来发现5年停止服用后复发的几率蛮高，因此医生建议要服用10年。而Fosamax这种药物美国早已不主张采用了，但我的医生竟然给我服用了4年，让我变成铁脚人。再次的得癌让我更了解了乳腺癌的康复期，一般癌症的康复期约5年，乳腺癌的康复期还要长些；10年、15年以上复发及另一边也发病的几率大有人在，如八打灵站就有16年、17年、18年后再次发生的实例。无可否认癌症是会复发、转移和扩散的，一旦得癌就得终生抗癌，由于我的大意及轻敌，以为已过18年，应该完全康复了，没有做体检，自以为安然无恙，疏于防范及少练功。癌症再次袭击，并没把我击倒，反而让我获得人生中三大宝贵的机会；即再磨难、再考验、再学习。

疾病是我的人生舞台，勤练功是我日常生活中不可缺少的一部分，为了使生活丰富多彩，我常回校友会学唱歌。

生命，总是在挫折和磨难中崛起；意志，总是在残酷和无情中坚强。疾病让我深感健康之可贵，健康是长寿和事业的保证，也可说健康是财富，又是幸福！虽患重病，但仍要继续在身心健康的征途上奔驰，发一分余光，奋斗终生！

特别为乳房全切除者推荐郭林气功的对症指针功之循经按摩

乳腺癌患者一般因手术内外创伤较大，尤其是腋窝下的淋巴腺被切除后，许多淋巴管和血管吻合不好，造成患侧肢体（手臂）肿胀，活动受限，用循经按摩功可以减轻症状，改善功能。

功法：松静平坐。预备功后，自然放手，用对侧手五指（拇指在下，其余四指）从患侧腋下轻轻沿阴经走向往下捏拿肌肉与皮肤，捏至手掌时轻摩患侧手心和手背，然后再沿阳经走向，轻轻往上捏拿肌肉和皮肤，至患侧肩头，这样为一轮，反复做三轮，然后沿此路线，用手轻敲三轮，再捋三轮，然后收功。

此功法最好在术后伤口愈合时就要开始操练，不要等到手臂肿胀后才按摩，早晚睡前及醒后都要做。