



## Breast Cancer Is The Most Common Cancer In Women

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### Abstract:

*The aims of this article is to aware the peoples and update the epidemiology of breast cancer in Pakistan. Breast cancer is the most common in women. It is the second leading cause of death among the women due to cancer and most of the deaths are occurred in the developing countries. In Pakistan the breast cancer is common in young age. One, out of nine Pakistani women suffers from breast cancer and it is the high incidence rate in Asia. In the preparation of this article the help was taken from the available literature downloaded from the internet.*

### KEY WORDS:

Epidemiology, Breast cancer, developing countries, Literature.

### INTRODUCTION:

Among infectious diseases on the surface of the globe cancer is one of the most leading causes of morbidity and mortality. The breast cancer is the most frequent cause of the death in women worldwide and ranked second cause of death due to cancer<sup>1</sup>. The breast cancer is the malignancy of the cell which constitutes the breast tissue. The ductal carcinoma is the common form of the breast cancer and 70-80% originates from the ducts followed by lobular carcinoma 4-5% originates from lobules milk producing glands<sup>2,3,4</sup>. The breast cancer are affected the male but it is very rare 5,6,7. In 2004, 519,000 women are died due to breast cancer and 69% of these deaths were reported in the developing countries<sup>1</sup>. In the Pakistan the breast cancer is more common in young age while it is common in old age in the western population. In Pakistan the annual standardized breast cancer rate is 69.1/100,000<sup>5,8,9</sup>. Out of nine, one Pakistani woman suffer from breast cancer which is one of the most high incidence rates in Asia<sup>10</sup>. In breast cancer several histopathological features have prognostic significance include, lymphovascular invasion, oestrogen and progesterone receptor status, tumor grade, proliferation markers and DNA content, peptide hormones, oncogenes, and tumour suppressor genes growth factors and their receptors<sup>11</sup>. The risk factors associated with breast cancer are age, early menarche, family history, use of combined estrogen and progestin menopausal hormones, alcohol consumption, physical inactivity, accesses to health care center, low socioeconomic status, lack of awareness regarding the disease are the major factors contribute in the spread of the disease<sup>12</sup>.

### METHODOLOGY

The main objectives of this short article is to aware the peoples and update the epidemiology of the breast cancer in Pakistan. And also inform the Government and health department to focus on the prevention and control of the disease. In the preparation of this article the help was taken from the available

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literatures published in the National journals and International journals downloaded from the internet. Total 9 published literatures were studied in which the 3 are irrelevant and were excluded.

### **CONCLUSIONS**

Unfortunately the Pakistan is a developing country and according to available literature the breast cancer is too much high in Pakistan than the other Asian countries. The Government of Pakistan spend low budget both on health and education. The Global Competitiveness Index (GCI) stated that the performance of Pakistan both in health and education is weak when it is compared with the other countries in the region India, Bangladesh, Sri Lanka, China and Malaysia<sup>13</sup>. In Pakistan the 75% population are living below the line of poverty which alarming for health. Most of the cancer patients cannot afford the treatment and as a result they loss their life. For the control of breast cancer the sufficient knowledge regarding the risk factors and screening modalities is very essential. The Government and Health care department need to focus on the disease. If the proper management is not done for the prevention and control of the disease it may lead to affect the whole population.

### **COMPETING INTEREST**

The author declares that they have no competing interest.

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