BREAST CANCER AMONG ADOLESCENT GIRLS

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ABSTRACT
Breast cancer is the cancer that forms in tissues of breast, usually the ducts (tubes that carry milk to the nipple) and lobules (glands that make milk). Cancer is a group of diseases in which cells in the body grow, change and multiply out of control. The incidence of breast cancer increase in women as the age increases. Genetic mutations, increased age, null parity, early menarche, late menopause, exposure to ionizing radiations, obesity, family history of breast cancer, hormonal replacement therapy, alcohol intake are some of the risk factors which are associated with the causation of breast cancer. Sometimes it is found that teen age girl, worry about risk of getting breast cancer. Development of breast cancer in a teenager is extremely rare. The most common benign lump as the breasts are developing is known as a fibroadenoma. It’s normal for breasts to feel uncomfortable and painful at times. Breast pain can be anything from a mild ache to a sharp, stabbing, burning sensation. Some things – like drinking too much alcohol and smoking – might increase the risk.

Key word: Breast cancer, adolescent girls.

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INTRODUCTION

Puberty brings about changes that can be scary for any young person. Young women develop breasts for the first time and may be unaccustomed to their look and feel. Some may worry about breast cancer. Early breast development often begins as a lump under the nipple, which may compound worries a young teen may have about breast cancer. These breast buds may also be sensitive, triggering fears that something is wrong. Parents and doctors should reassure teenagers about normal breast growth, since developing breasts will be a new experience and can be unnerving. Cancer is a group of diseases in which cells in the body grow, change and multiply out of control. Breast cancer is among the commonest of all human cancers throughout the world. Breast cancer is an uncontrolled growth of breast cells. It affects both males as well as females. But the incidence rate is higher in females. The incidence of breast cancer increase in women as the age increases. There is no single specific cause of breast cancer; rather a combination of hormonal, genetic and possibly environmental events may contribute to its development. Genetic mutations, increased age, null parity, early menarche, late menopause, exposure to ionizing radiations, obesity, family history of breast cancer, hormonal replacement therapy, alcohol intake are some of the risk factors which are associated with the causation of breast cancer.

Teenage girls sometimes worry about risk of getting breast cancer. Development of breast cancer in a teenager is extremely rare. It’s also uncommon in women in their 20s and 30s. The vast majority of breast cancers are diagnosed in women over the age of 50. It is normal to feel lumps when in adolescents breasts are developing and they often disappear on their own. In teen age a lump causing any discomfort, appears to get bigger is point of worry and should be immediately discussed someone in family or a school nurse. Although it’s very unlikely that there’s anything wrong, a doctor can check it out and removes anxiety from adolescents mind. Mother should take care of it and adolescent must be asked to see a female doctor or the practice nurse if this will make teen feel more comfortable. Very occasionally lumps are a sign of a benign breast condition. ‘Benign’ means harmless, and a benign condition will not become a breast cancer. The most common benign lump as the breasts are developing is known as a fibroadenoma.

National Cancer Institute (2012) estimated new cases and deaths from breast cancer in the United States in 2012 are new cases 2, 26870 and deaths 39,510. Breast cancer is a cancer that starts in the tissues of breast. There are two main types of breast cancer; ductal carcinoma that starts in the tubes that carry milk from the breast to the nipple and lobular carcinoma that starts in the lobules that produce milk. Breast cancer may be invasive or non-invasive. Invasive means it has spread from the milk ducts to other tissues and non-invasive means it has not yet invaded the other breast tissues. It’s normal for breasts to feel uncomfortable and painful at times. Breast pain can be anything from a mild ache to a sharp, stabbing, burning sensation. Breasts can be painful when teens are developing during puberty. For some female, breast pain is affected by changing hormone levels: the pain is at its worst just before a period, settling down again afterwards. For others the pain can happen at any time. There are practical ways and treatments to help settle breast pain, so talking to doctor is necessary if the problem persists. Reasons that a teenager might develop a lump in her breast include:
Fibroadenoma
A fibroadenoma is a benign breast tumor. Common among women in their 20s and 30s, these lumps do not turn into cancer. They are associated with a slight increase in the risk of breast cancer.

Cystosarcoma phyllodes
Phyllodes are tumors that grow fast, but they are almost always benign. They are very rare, but in 10 percent of cases, they can spread to other areas of the body.

Breast cysts
Cysts are small growths in the breast tissue, akin to pimples under the skin. Some women have fibrocystic breasts, which mean their breasts contain many cysts and may feel lumpy. Teens who have fibrocystic breasts should talk to a doctor about their concerns. Knowing how their breasts normally feel can help women with a lumpy breast distinguish cancer from a cyst.

Patients with breast cancer have many treatment options. Most treatments are adjusted specifically to the type of cancer and the staging group. Most women with breast cancer will require surgery. The surgical therapies for breast cancer includes breast conserving surgery, lumpectomy, and mastectomy. The other measures include radiation therapy, chemotherapy and hormone therapy. Stanley MC (2011) Breast cancer like other cancers occurs, because of an interaction between the environment and a defective gene. Normal cells divide as many times as needed and stop. They attach to other cells and stay in place in tissues. Cells become cancerous when mutations destroy their ability to stop dividing, to attach to other cells and to stay where they belong. Breast cancer occurs through various stages. Breast cancer staging using the TNM system is based on the size of the tumor, whether or not the tumor has spread to lymph nodes in the armpits, whether the tumor has metastasized. Adolescent who develop breast cancer more often have aggressive, fast-growing tumors. In addition, younger women may wait longer before seeking treatment, meaning that the prognosis for those with breast cancer is often worse than for older women. Even in young adult women, the odds of developing breast cancer are very low.

CONCLUSIONS
One of the reasons for breast discomfort are an ill-fitting bra can cause pain and discomfort, so it’s worth making sure that bra fits properly. There are many myths about the causes of breast cancer such as injuring own breast, wearing an underwired bra, having nipple pierced, usage of deodorants, and carrying a mobile phone in the breast pocket. Things that increase the risk of breast cancer the most are things we have no control over are: being a woman, getting older, and having a significant family history of breast cancer. Some other factors are drinking too much alcohol and smoking; they may increase the risk of developing cancer in teenage girls. There are practical ways and treatments to help settle breast pain, so talking to doctor is necessary if the problem persists.
REFERENCES


