

## **Breast Cancer Early Signs, Clinic and Treatment Methods**

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**Abstract:** About 1 million new cases of the disease are detected worldwide every year. In particular, oncological pathology of the breast occupies a leading place in the system of women's oncological diseases, and according to statistics, it is confirmed that their number is increasing in recent years. In the general system of diseases among women, breast cancer is from 13,5% to 30%, especially in recent decades. It is noted that the disease is growing in economically developed countries is being done. Therefore, it is very important to prevent mastopathy( breast cancer). Mastopathy, fibrocystic mastopathy (FKM) is one of the most common diseases of the mammary glands. According to the statistics of the World Health Organization (WHO), almost every second woman of childbearing age is familiar with this disease.

**Keywords:** Mastopathy, fibro-cystic mastopathy, MRT, UTT, Fitolon, Mastodinon, Mastofit, Klammin, Mastokrel, Progestogel.

### **Enter**

An increase in the frequency of breast diseases has been described in recent years. Various pathologies of this organ occur in 60% of women under the age of 30, on average after the age of 40. Mastopathy, one of the safe diseases of the breast, is observed more often in the reproductive age. According to various researchers, up to 40% of women of childbearing age have mastopathy.

Mastopathy is one of the diseases of the mammary glands. In this case, "nodules" and fibrous tissue of various sizes appear in the mammary glands. When these knots are grasped, they harden the hand, sometimes painful, sometimes painless. If before menstruation or during menstruation, the mammary glands are painful and swollen, it means that this is also a symptom of mastopathy. Mastopathy is more common in young women and usually occurs as a result of dysfunction of endocrine glands. These changes are caused by various inflammatory diseases of the genitals, sexual disorders. In addition, diseases of the thyroid gland and liver can cause mastopathy. Mental anguish, depression, severe anxiety about something is not an exception. Dysfunction of the ovaries also causes mastopathy. As a result, the pattern of menstruation changes. It is important to note that mastopathy persists for a long time in the mammary glands of women who did not treat gynecological diseases in time. It is known that the structure and activity of mammary gland tissue changes depending on a woman's age, height, and breastfeeding. These changes occur primarily under the influence of hormones produced by the ovaries. When a woman is pregnant, under the influence of these hormones, the glandular tissue swells, and the

mammary glands enlarge. By the time the baby is born, the mammary glands produce colostrum, and then real milk. After the opening of a woman's eye, milk comes to her breast for up to 10-12 months and even more. By the end of this period, mammary glands shrink and milk production decreases. It should not be forgotten that if a woman does not breastfeed her child during this period, milk will accumulate and pain will appear in the mammary glands. This condition is the basis for the occurrence of mastitis. Hard "nodules" enlarge over time. Especially after having a child, this process becomes more and more difficult. Sometimes there is no risk of tissue enlargement. In some cases, if mastopathy is not treated and the factors that caused it increase, it can turn into a malignant tumor. Only an oncologist together with a family doctor can determine the nature of the pain.

Currently, breast cancer is the number one cause of oncological disease and death among women in Russia. The absolute number of women diagnosed with breast cancer for the first time in Russia reached 45,857 in 2002. In 2005, there were 49,548 new cases of breast cancer, and 22,461 women died from breast cancer. One out of every 9 women is diagnosed with this disease. From 2003 to 2008, the standardized incidence rate in Russia is 13.4%. In Asian countries and other regions, where multiple births and long-term breastfeeding have been preserved, mastopathy and CKD are significantly less common.

In recent years, the number of people who turn to various treatment facilities for breast diseases that are not related to breast cancer is increasing. One of the most common benign breast tumors is mastopathy, which occurs in 20-60% of women aged 30-50.

According to the information of A.B. Khodjayev, in 2010, KBS in Uzbekistan was 8.1 per 100,000 population. During preventive medical examinations, more than 41% of patients with CKD were identified.

## **FCM**

According to its pathogenesis, mastopathy is a benign hormonal disease. The main reason for its development is hormonal imbalance. In particular, the lack of progesterone in the body and hyperestrogenia - an excess of the estrogen hormone lead to the development of fibrocystic mastopathy. In addition, prolactin plays an indirect role in the development of this pathology. It affects the development and activity of the mammary glands, the increase in prolactin secretion disrupts these processes.

Disturbances in the production of hormones indicated above lead to a pathological hormonal imbalance, which leads to the growth of connective and covering tissues of the alveoli and canals and, as a result, to the pathological formation of the epithelial and connective tissue ratio. At the same time, the first symptoms of fibro-cystic mastopathy in women are high secretion and pain in the mammary glands.

## **Clinical classification of FCM**

Modern medicine distinguishes two main forms of FCM:

Diffuse (scattered);

Knotted.

Diffuse form is characterized by the appearance of millet-shaped small nodules in the mammary glands, which, depending on timely diagnosis and treatment, either disappear or enlarge. According to the predominance of the components of these nodes, diffuse mastopathy, in turn, is divided into four groups:

Cyst;

Fibrosis;

Glandular (the tissue is called parenchyma);

A mix.

If the size of the resulting formation reaches 0.5-2 centimeters in diameter, fibrocystic mastopathy becomes nodular.

In addition, FKM is divided into three groups depending on the severity of the passage: light, medium and significant, and also divided into unilateral or bilateral forms depending on whether the nodules appear in one or both breasts.

### **Factors that motivate the development of mastopathy**

Factors involved in the development of FCM are divided into two groups:

Main (primary);

Second level.

The main factors include multiple births, long-term use of hormonal contraceptives, abortions, not having children after the age of 30, problems with menstruation, women refusing to breastfeed, sexual a include the presence of structural anomalies.

Secondary factors in the development of fibrocystic mastopathy include:

Heredity - the presence of FCM in first and second relatives;

Influence of the activity of pathological organs on the production of hormones (thyroid gland, adrenal glands, pituitary gland);

Life style. Improper nutrition, lack of vitamins in the diet, problems with body weight increase the risk of developing mastopathy;

Bad habits: smoking, alcohol abuse.

### **Symptoms of FCM**

At the initial stage of FCM, the symptoms that can be determined without special diagnostic methods are almost not manifested. Therefore, it is very important for all women to undergo regular medical check-up, which allows to detect this pathology at an early stage.

With its further development, fibro-cystic mastopathy begins to manifest itself through the following symptoms:

Breast lumps that are palpable and painful;

Roughness and enlargement of mammary glands during premenstrual period;

Increased breast sensitivity;

Pain in the chest that can spread to the armpit or shoulder;

White or brown discharge from the breast.

Each of these symptoms means the need to undergo an in-depth medical examination. Discharges from the mammary glands should be examined separately. They are very dangerous symptoms of mastopathy, which can turn into malignant tumors.

### **Diagnosis of FCM**

Doctors agree: "Each woman should have a regular visual inspection of her breasts to detect any lumps that may indicate breast cancer." This practice has become the norm in the West, but it is not yet widespread in our country.

Visual inspection is performed with the following algorithm:

Stand in front of the mirror and let your arms down freely. Evaluate the symmetry of the glands, the degree of equality of their location, the correct boundaries, shape and size. These results should be remembered for comparison during the next inspection.

Bend your body to the sides and check that the level of movement of the chest is the same. At this stage, it is possible to determine the depths and heights of the formations, as well as observe the presence of separation in the movement.

In the same case, evaluate the condition of the skin. Its color should be natural and even, there should be no wrinkles, small wounds and rashes.

Palpate the breasts lying down and standing up. To make this process easier, divide the checked area into conditional squares and check them one by one. Any thickenings, nodules and other abnormal structures should attract your attention.

Carefully inspect the chest and its surroundings. Any change in shape, color, or skin is a sign of the need for clinical diagnosis.

Such an examination should be performed once a month, on exactly one day of the menstrual cycle. This eliminates the differences associated with the natural changes in a woman's breast in different periods.

In addition, regular examinations allow to feel even small changes, and when they are detected, the disease can be eliminated in the early stages of its development.

Clinical diagnosis of mastopathy includes a series of examinations and consultation of three specialists - gynecologist, endocrinologist and mammologist. First of all, the mammary glands of a woman suspected of fibrocystic mastopathy are examined using ultrasound and magnetic resonance imaging. These methods are the most informative and can identify nodes even in the early stages of development.

After the suspected disease is diagnosed using MRI and UTT, mammography, biopsy and ductography are prescribed for detailed examination. They can show the location of tumors and determine the presence of precancerous tumors.

These five methods are absolutely enough to make an accurate diagnosis. And according to their results, doctors can correctly diagnose the pathology and prescribe the right treatment methods. One exception is nodular mastopathy, which requires a puncture of the resulting nodules. This procedure is performed to exclude or confirm the presence of cancerous tumors.

### **Treatment of mastopathy**

Treatment of mild and moderate mastopathy is carried out in three directions:

Non-hormonal preparations for internal use;

Creams for external use;

Complex of phyto- and vitamin preparations. The most commonly used drugs for internal use are:

Fitolon- Strong immunomodulator, antiseptic and antioxidant. Improves tissue microcirculation, slows down the development of cancerous tumors.

Mastodinon - reduces the production of prolactin, stops the development of the diffuse form of fibro-cystic mastopathy.

Mastofit- Controls the activity of metabolic enzymes. It performs a protective function in some forms of oncological pathologies.

Klamin- reduces the pathological manifestations of mastopathy, has an oncoprotective effect, normalizes the activity of the thyroid gland.

Among the most popular means for external use in mastopathy:

Mastofit (cream) - herbal preparation. Reduces swelling, normalizes metabolic processes, improves the shape of mammary glands.

Mastokrel (gel) - The drug has an anti-inflammatory, analgesic, antispasmodic and sedative effect.

Progestogel (gel) - Progestagen is a hormonal preparation that reduces swelling of connective tissue, reduces epithelial activity and increases the permeability of small blood vessels.

Vitamin therapy for fibrocystic mastopathy consists of increasing the amount of vitamins A and E, as well as iodine. They have a positive effect on the activity of hormonal metabolism and restore the normal hormonal background.

Hormonal treatment was prescribed in cases where drugs of this group did not give the desired results and in severe forms of fibrocystic mastopathy. It is selected only by a specialist, depending on the pathology and specific characteristics of the woman's body.

For these purposes, oral contraceptives belonging to the progestogen group, as well as progestogen in pill form, are mainly used. The process of treatment with these drugs takes a long time - up to six months, but in most cases the effect of treatment is clearly observed.

### **Methods of treatment of FCM using folk medicine**

There are many recipes for treating mastopathy in folk medicine. In most cases, they are used not as independent therapy, but as an auxiliary element in drug treatment. Many popular recipes to combat FCM are elements of phytotherapy. Let's take a look at some of them:

Boil 100 grams of fenugreek seeds in half a liter of milk. The resulting tincture is left in a warm place for two hours, after which it is divided into three parts, and the parts are taken 30 minutes before meals during the day. The duration of treatment is three weeks, and it is effective in cystic mastopathy.

The following combination of herbs is useful in FCM: one part of dried nettle and sage, two parts of wormwood and zubturm are mixed, then a pinch of the mixture is infused with a glass of boiling water and left to stand for an hour. . The infusion liquid is drunk in three divided amounts during the day.

Cabbage leaves cut into strips are placed on the breast for one night. Cabbage helps to absorb the nodules formed. This method should be used for two weeks, after which a one-week break is required.

To lubricate the mammary glands, it is useful to use dry leaves of elderberry, its leaves are put in processed sunflower oil. This ointment is prepared in a 1:3 ratio.

The components available in folk medicine prepared at home are also present in medical preparations recommended for the treatment of mastopathy. Their combined use allows to reduce the time of treatment and the amount of medicine.

At the same time, it is necessary to consult a doctor before using even the simplest recipes of folk medicine, this is important to avoid overdose, allergic reactions and side effects.

### **Prevention of FCM**

The main principles of prevention of fibrocystic mastopathy can be distinguished from the prerequisites for the development of this pathology.

The two main principles of reducing the risk of developing mastopathy are breastfeeding and regular examination of your own breasts. In addition, effective preventive measures include:

Not having an abortion;

Healthy lifestyle;

Avoiding traumatic injuries of the mammary glands;

A stable state of stress.

Of course, these steps do not completely eliminate the possibility of developing fibrocystic mastopathy, but as a result of them, the risk of developing the disease is much lower.

### **Summary**

The main risk of FKM is that women with this pathology are five times more likely to develop breast cancer. In addition, such a statement appeared relatively recently, but it has received the necessary clinical confirmation. Twenty years ago, it was believed that fibrocystic mastopathy is not a threat to a woman's life and is only dangerous in terms of symptomatic manifestations. Currently, early and correct diagnosis of FKM is very necessary, because this pathology belongs to the class of precancerous diseases. In addition to breast cancer, the hormonal imbalance caused by mastopathy contributes to the development of cervical and ovarian cancer. In this regard, the importance of timely detection and treatment of mastopathy has become even more important. At the same time, everything is not so terrible. Regular medical examination and independent examinations allow to detect mastopathy in the early stages, which does not require complex treatment, and almost 100% of positive outcomes. It is for this reason that almost all women must always undergo a doctor's examination on time.

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