# Breast Cancer: Symptoms, Diagnosis, Cure, Prevention, and More

Breast Cancer is a type of cancer that develops in the breasts. You would often experience flakiness, reddishness, an inverted nipple, or a weird discomfort in your chest. You should consult a doctor if you experience anything unusual with your breasts. Breast Cancer occurs when your breast cells start spreading rapidly unusually (a condition known as Metastasis).

At an initial stage, you would experience a lump. This can be a benign tumor (that remains confined only to breasts and does not spread), while it may be a Malignant Tumor (which spreads rapidly and leads to breast cancer if it arises from breasts). Proper medical treatment is vital in either scenario. It can either be in one breast or both.

## Breast Cancer Symptoms

Not everyone experiences Breast Cancer Symptoms as the symptoms vary depending on stages and types. However, the common symptoms include discomfort in the chest, and sometimes a bit of reddishness may prevail. Your breast tissue also thickens sometimes, while you have swelling in the lymph nodes(part of the breast). In extreme cases, you would find an inverted nipple, also.

You can perform a self-examination of your breasts if you are doubtful. Use your fingertips or palms to squeeze your nipples and check for fluid discharge. Often your breast size also becomes abnormal. Therefore, you should always visit a medical practitioner for assured results.

## Breast Cancer Diagnosis

There are varying diagnostic tests that diagnose breast cancer. Even a medical practitioner will ask you to get a test done for a thorough examination. Experts suggest that if you doubt breast cancer, then you should not undergo a diagnosis by yourself. This is because if you had it, then depending on its stage, the extent of spread, and other factors, a particular test would not be suitable for you. Instead, healthcare Professionals monitor you and then check accordingly.

Below mentioned are some of the effective Breast Cancer Diagnosis:

### Mammogram

A mammogram is one of the most widely used procedures to detect early breast cancer. It is a kind of X-ray that captures your breast's image. Like X-rays usually include tissue and bones, but breast cancer would show up as a white-colored abnormality. It is because breast cancer forms a solid tissue which is then prominent in white color.

### Biopsy

The biopsy is a tissue examination mainly for detecting cancers and tumors. Healthcare Professionals use needles upon prognosis to extract some part of your tissue. They can examine and image your tissue sample for Diagnosis.

### PET Scan

Positron Emission Tomography has several different applications. However, PET scans are being widely used for diagnosing cancers and tumors. Besides, Oncologists prescribe a PET Scan to track the cancer patient's progress, even for cancer treatment patients.

## Breast Cancer Cure

Breast Cancer Treatment differs depending upon your case history. Usually, radiation therapy, chemotherapy, surgeries, or a combination of similar methodologies act as an effective cure.

## Breast Cancer Causes

There are several reasons a person may develop breast cancer. Some of the most common causes are mentioned below:

* Being a female
* Family Breast Cancer History
* Gene Mutations
* Beginning of Menstrual Cycle at Early Age
* Late Menopause
* Obesity
* Alcohol and other intoxicants
* Previous history of breast cancer

Moreover, females of elderly age are more vulnerable to Breast Cancer.

## The Final Word

If you would have doubted breast cancer at any time, you should visit a doctor and examine yourself. If the doctor finds any signs, you will only be asked for a diagnosis. Then, depending upon suspicion or a medical condition, you would be asked for a Mammogram, Biopsy, Breast Ultrasound, MRI, or some other test like PET Scan.