



**PROGRAMME SUMMARY
REPORT**

Episode 14

Date: 3rd November, 2021

Presenters: Nafisa Murtala Adam

Discussion: Breast Cancer and early detection; implication to women survival

Discussants: Dr. Adamu Alhassan Umar, Zainab Nasir Ahmad and Malama Hauwa Kakuji

PREMISE

Cancer is a disease in which the cells of a tissue undergo uncontrolled and rapid proliferation. Breast cancer is then the disease of the mammary gland resulting from abnormality of cells in this region. Breast cancer is not limited to females alone as one in every one-hundred males are also affected by this disease.

ISSUES

Mauritius is the African country with the highest cancer case followed by Nigeria and then Egypt but Nigeria has the highest dead as a result of this disease. This may be as a result of I don't care attitude of people until things get out of hand. Though the cause of cancer remains mystery to be solved, it has been hypothesised that some are caused by viruses like the Human papillomavirus (HPV) while other are genetic (inherited).

MORE ISSUES...

Breast cancer once thought to be disease for elderly people especially above 40 years is now also a thing of worry for the young as soon as mammary gland starts to develop.

Symptoms of breast cancer are accumulation of fluid in some areas, emission of blood by the tit, abnormal swelling of the mammary gland, excessive pain, feeling of lumps on touch etc.

...MORE ISSUES.

There has been fear that breast cancer has no cure, this is no true because a wide array of treatments have been administered and people have survived. Such treatments after diagnosis include chemotherapy, radiotherapy and mastectomy.

RECOMMENDATIONS

1. When pain is experienced on the mammary gland, a visit should be paid to the hospital for Examination.
2. Checkup should be done every two months with regards to this matter.
3. Public should be informed of the hazard that could result from Breast cancer if not attended to on time.
4. Self breast examination should be taught by groups and organizations.
5. Individuals should carry out self breast examination at least twice a day.
6. Treatments should be sort from the hospital instead of local doctors that use herbs they are not sure of and because of the undeniable fact that so many quacks now exist.

Presenter and discussants hasken matasa

