



"If you can't prevent it, it's important to make sure that it is detected early... be aware of any changes"



Mr Simon Marsh is a Consultant Surgeon at the London Breast Clinic, 108 Harley Street

EARLY DETECTION SAVES LIVES

It is sobering to think that, in 2019, we still don't really know the causes of breast cancer. The problem is that there isn't a single cause. There will be many, interacting, factors causing the fundamental change that turns a normal breast cell into a cancerous one. These will include genetic and environmental influences, as well as lifestyle choices (most importantly smoking, obesity and drinking excess alcohol).

On top of that, every breast cancer is different and within any breast cancer there will be many different types of cell. It's not a single disease, it's many different diseases that happen to occur in the breast. Hence the push for "individualised care", where analysing a cancer's genes can guide the treatment.

So, if you can't prevent it, it's important to make sure that it is detected early. Breast screening plays a role, but also you need to be aware of any changes. Organisations such as Breast Cancer Now and Breast Cancer Care publish helpful guides on what to look out for.

Treatment should be done by a "Multidisciplinary

Team", which would include breast cancer surgeons, x-ray specialists (radiologists), cancer specialists (oncologists) and pathologists, as well as specialist nurses, plastic surgeons, physiotherapists and counselors. The team will meet weekly to discuss each patient and to make sure that the best treatment is being offered without delay. Without doubt, this team approach, along with early detection, has helped improve the outcome for breast cancer patients in the United Kingdom.

Whilst the incidence of breast cancer is going up (there are now 150 new diagnoses every day), the outcome is improving, so that 8 out of 10 women will now survive over 10 years, compared with only 4 out of 10 in the 1970's.

So, to give yourself the best chance of surviving breast cancer (should you develop it), get it diagnosed early (through breast screening or by reporting any changes) and have it managed by a cohesive team of specialists (such as we have at 108 Harley Street), to ensure that there are no delays in your investigations and treatment. ■



For all of the Breast Awareness Month of October, receive 20 per cent off a mammogram by quoting 108BreastCheck

The Details

The London Breast Clinic
108 Harley Street
London
W1G 7ET

To book a breast check up, contact us on
0207 563 1234
info@108harleystreet.co.uk