Napo Pharmaceuticals: Pivot to Animal Health (B)
2014 estimations for breast cancer in Canada:

* 24,400 women diagnosed; 26% of new cancer cases in women
* 5,000 female deaths; 14% of female cancer deaths
* 67 women diagnosed every day
* 14 women die every day

Prevention

- Giving birth & breastfeeding
- Knowing about family Hx
- Chemoprevention
- Prophylactic mastectomy
- Prophylactic oophorectomy

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Screening

- Breast screening programs
- Mammography
- Clinical breast exam (CBE)
- "Know your breasts"

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Once a lump or abnormal finding is found during a breast exam, you should seek health care attention. If the lump is malignant, early diagnosis improves prognosis.
Nursing Care

Physical assessment
- health history
- physical exam
- clinical breast exam (CBE)

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Case Study: Caseism.com

During your initial assessment, you find that M.C. considers herself to be healthy.
- She does not smoke or use alcohol and says she has no chronic illnesses. She had an uncomplicated laparoscopic cholecystectomy 2 years ago for gallstones.
- After the cholecystectomy, she has lost about 30 lbs and is still trying to lose weight. She currently weighs 160 lbs (59kg) and is 5 ft. 2 inches (157.5cm) tall.
- She had normal menstrual periods that began at the age of 10 and has been menopausal for 3 years. She has used estrogen/progesterone hormone replacement therapy since her periods stopped to control hot flashes and moodiness.
- She has no family members that she knows of with a history of breast cancer.
- M.C. does not perform regular self-breast exams. She had two mammograms during her 50's but hasn't had one in 3 years

The nurse examines M.C.'s breasts and finds a 2-cm lump in the left breast. It is located in the upper-outer quadrant, it is hard and stone-like in consistency, and irregularly shaped.
Collaboration

- Nurses in all practice areas
- Family physicians
- PH health promotion strategies
- Informed community members
- Political stakeholders

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