GLOSSARY

1. **Breast Cancer :** Cancer which originates from breast tissue, most commonly from the inner lining of milk ducts or the lobules that supply the ducts with milk are called as breast cancer.

2. **Ductal Carcinoma :** Cancers originating from ducts are known as ductal carcinomas.

3. **Lobular carcinoma :** Cancers originating from lobules are known as lobular carcinomas.

4. **Mastectomy :** A mastectomy is surgery to remove a breast. It is performed either to treat or to prevent breast cancer. Only high-risk patients have surgery to prevent cancer.

5. **Partial mastectomy:** In a partial mastectomy, a larger amount of breast tissue and some skin are removed with the tumor. A partial mastectomy also includes removal of the lining over chest muscles below the tumor and, usually, some lymph nodes. This surgery is usually performed for Stage 1 and 2 tumors.

6. **Simple or Complete mastectomy:** In this procedure, the entire breast is removed, but the lymph nodes and surrounding muscle are left intact.

7. **Lumpectomy:** In a lumpectomy, the tumor and a small amount of surrounding tissue are removed. Several lymph nodes may also be removed.

8. **Chemotherapy :** Treatment with drugs. Usually used for stage 2-4 of the disease. They are given in combinations. One of the most common treatments is cyclophosphamide plus doxorubicin (Adriamycin), known as CA; these drugs damage DNA in the cancer

9. **Radiotherapy :** Radiotherapy is given after surgery to the region of the tumor bed, to destroy microscopic tumors that may have escaped surgery. Radiation can reduce the risk of recurrence by 50-66% (1/2 - 2/3rds reduction of risk) when delivered in the correct dose.

10. **Hormone replacement therapy :** Some breast cancers require estrogen to continue growing. They can be identified by the presence of estrogen receptors (ER+) and progesterone receptors (PR+) on their surface (sometimes referred to together as hormone receptors, HR+). These ER+ cancers can be treated with drugs that block the production of estrogen or block the receptors, such as tamoxifen or an aromatase inhibitor).

11. **Mammography:** Mammography is a specific type of imaging that uses a low-dose amplitude-X-rays (usually around 0.7 mSv) to examine breasts. A mammography exam, called a mammogram, is used to aid in the early detection and diagnosis of breast diseases in women**.**

12. **Breast biopsy:** A breast biopsy is the removal of breast tissue to examine it for signs of breast cancer or other disorders.

13. **MRI (Magnetic resonance imaging):** Primarily a medical imaging technique most commonly used in radiology to visualize detailed internal structure and limited function of the body. It is often used to investigate breast concerns first detected with mammography, physical exam, or other imaging exams.

14. **Breast self examination:** It is a method used in an attempt to detect early breast cancer. The method involves the woman herself looking at and feeling each breast for possible lumps, distortions or swelling. A variety of methods and patterns are used in breast self-exams. Most methods suggest that the woman stand in front of a mirror with the torso exposed to view. She looks in the mirror for visual signs of dimpling, swelling, or redness

on or near the breasts. This is usually repeated in several positions, such as while having hands on the hips, and then again with arms held overhead.

15. **Risk factors:** A risk factor is something that increases one's chances of getting a disease. For example, Family history of breast cancer increases chances of developing breast cancer in a female. Therefore, Family history is a risk factor for breast cancer.

16. **Myths and misconception:** Misleading ideas which persist are myths and misconceptions. For example. Men can't get breast cancer.

17. **Females of reproductive age group:** The span of ages at which individuals are capable of becoming parents. 'Females in reproductive ages' nearly always means when the woman is of childbearing age. The age range 15-49 years is most often taken as reproductive age group.

18. **Incidence of Breast cancer:** Number of new cases of breast cancer.

19. **Prevalence of Breast cancer:** Number of existing cases of breast cancer.

20. **DALY (Disability adjusted life years) :** It's a measure of burden of disease. DALY combines "time/ years lived with the disability (YLD) and time/ years lost due to premature mortality (YLL)". It is calculated by taking sum of these two components.

DALY = YLL + YLD

21. **YLL (Years of life lost):** It is an estimate of the average years a person would have lived if he or she had not died prematurely. It is, therefore, a measure of premature mortality. As a method, it is an alternative to death rates that gives more weight to deaths that occur among younger people.