
Let's Unite for Breast Cancer Awareness Month!



Held in October every year, breast cancer awareness month endeavours to increase awareness and to promote screening and prevention of the disease.

Breast cancer affects 2.3 million women globally and it is the most common cancer affecting American women. Early detection provides the best chance of successful treatment and cure.

Breast cancer awareness month is designed to feature a range of campaigns and programmes aimed at overall supporting individuals diagnosed with breast cancer, including metastatic breast cancer. It is dedicated to educating the public about breast cancer risk factors. The goal is to promote understanding of these factors, as they play a crucial role in early detection and prevention. The aim is to emphasise the significance of regular screening, which should commence at age 40 or at an age that aligns with an individual's breast cancer risk profile. Additionally, there are campaigns focused on fundraising for breast cancer research. Fundraising efforts can contribute to the development of innovative treatments and, ultimately, bring us closer to finding a cure for this disease.

In May 2023, the U.S. Preventive Services Task Force issued a draft recommendation advocating for breast cancer screening for all women every other year, starting at age 40. This marks a significant shift from the previous guideline, which advised to start screening at age 50. Carol Mangione, MD, MSPH, the immediate past chair of the Task Force, reinforced the potential life-saving impact of this updated recommendation, stating, "This new recommendation will help save lives and prevent more women from dying due to breast cancer".

Awareness, early detection, accurate diagnosis, and appropriate treatment are the primary strategies currently available to address breast cancer. Organised screening programmes with mammography have played a crucial role in facilitating earlier diagnoses. Effective treatment has led to significant reductions in breast cancer mortality rates in high-income countries.

However, limited-resource settings face multiple challenges that hinder the implementation of organised screening programmes. These challenges may pertain to factors including financial constraints, limited access to healthcare facilities, insufficient trained personnel, and cultural barriers.

Addressing these challenges and enhancing global access to breast cancer screening and treatment is a paramount global health priority.

Source: [Breast Cancer](#)

Image Credit: [iStock](#)

Published on : Sun, 1 Oct 2023