

- Besides this, breast cancer can also spread to lymph nodes under the arm or close to the collar bone and cause there to be a lump or swelling, even before the tumour in the breast can be felt. Thus, it is advisable to get swollen lymph nodes

immediately checked by a medical professional.

If you find yourself experiencing pain in your breasts, which includes both occasional throbbing and fluctuating discomfort, it is advisable to consult a medical practitioner at the earliest. While many women assume that it is merely the presence of an isolated lump that suggests breast cancer, the truth is that it can also manifest itself as scattered seed-like tumours that spread like tentacles across the breast tissue.

As a result of medical advancements, cancer tumour cells in the blood can now be more accurately detected using a malarial protein, VAR2CSA that sticks to cancer cells. This can be used as a cheap, effective screening test to identify early stage breast cancer with just a blood sample. This new research by UNSW Sydney and University of Copenhagen is eagerly awaited as a screening method in the near future.

Dr. Tasneem Contractor, General Surgeon, Saifee Hospital