

Breast cancer cases in India

Why in News?

According to a recent study the number of breast cancer cases in India is projected to rise by 50,000 annually this decade, with the economic burden estimated to an average \$19.55 billion per year.

- **Breast Cancer** - Breast cancer is one of the most common cancers that affects women and people assigned female at birth (AFAB).
- It happens when cancerous cells in your breasts multiply and become tumors.
- About 80% of breast cancer cases are invasive, meaning a tumor may spread from your breast to other areas of your body.

Common types of breast cancer	Less common breast cancer types
• Invasive (infiltrating) ductal carcinoma (IDC)	• Triple-negative breast cancer (TNBC)
• Lobular breast cancer	• Inflammatory breast cancer (IBC)
• Ductal carcinoma in situ (DCIS)	• Paget's disease of the breast

- **Symptoms** - Lumps, Skin changes, Nipple changes, Nipple discharge, Pain and others.
- **Complications** - The most significant complication is metastatic breast cancer, spreads to other areas of your body, including your brain, bones, liver and lungs.
- **Treatment** - Breast cancer is treated with a combination of surgery, radiation therapy, chemotherapy, hormonal therapy, and targeted therapy.

Study Findings

- **Cancer rate** - Cancer is now reported as the 5th-leading cause of death in India (5.7% of all deaths), as per the Medical Certification of Cause of Death (2018).
- The rise of around 11.5% in cancer incidence is recorded in India, along with a 13.8% increase in cancer-related deaths every year.
- **Breast cancer rate** - Over the past 26 years, the age-standardized incidence rate of breast cancer in females increased by 39.1% from 1990 to 2016, with the increase observed in every State.
- The number of breast cancer cases in India is projected to rise by 50,000 annually this decade.
- **Vulnerable** - Current trends point out that a higher proportion of the disease is occurring at a younger age in Indian women, as compared to the West.
- **Survival rate in India** - The survival rate of patients with breast cancer is poor in India as compared to Western countries.
- It is due to earlier age at onset, late stage of disease at presentation, delayed initiation of definitive management and inadequate/fragmented treatment.
- **Associating factors** - Firstly, breast cancer is associated with lower levels of physical activity, socioeconomic status, utilization of health facilities and health insurance.
- A survey showed that 14.2% of patients discontinued treatment, and only 9% of the patients were covered by any health insurance scheme.
- **Co-morbidity** - Breast cancer is also associated with high co-morbidity, with hypertension and diabetes being the most common co-morbidities, thus contributing to a high economic burden.

Reference

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