

Paub Txug Kheesxawj Mig 101:

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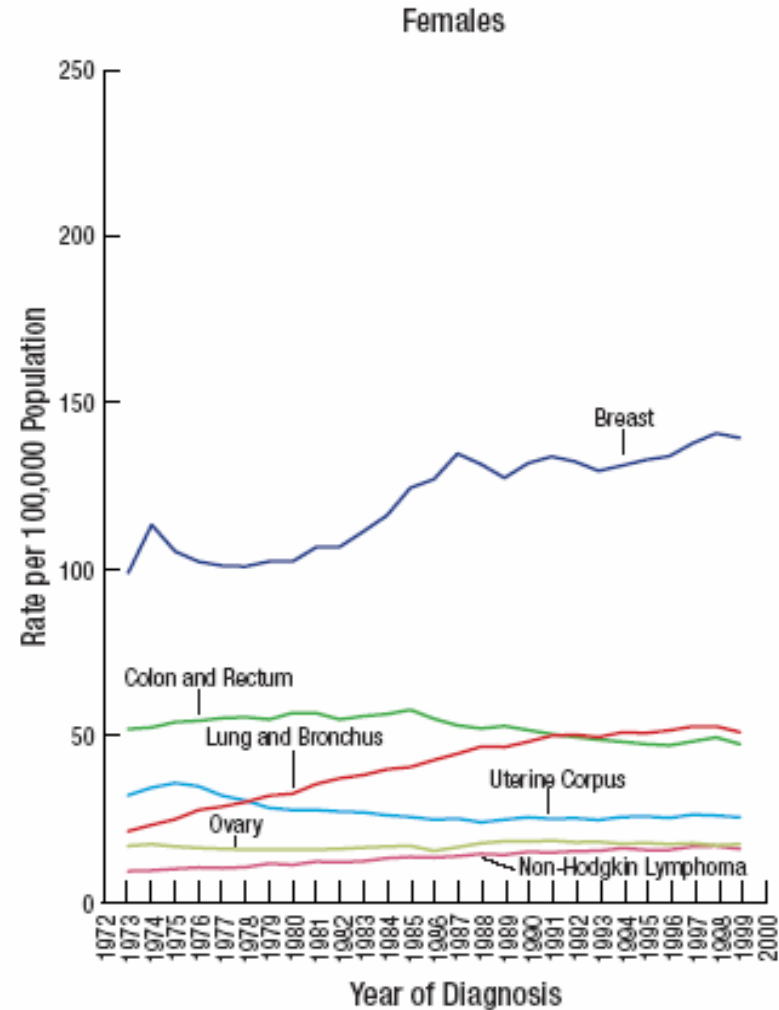
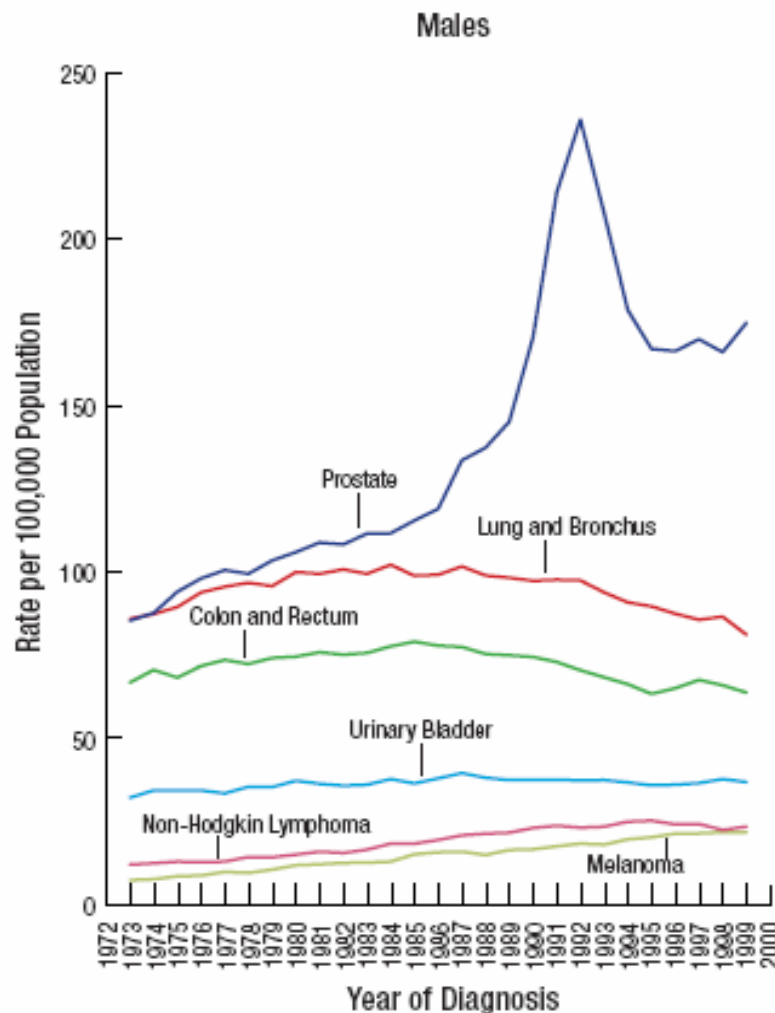
Translated by Dao Moua Fang
Hmong Women's Heritage Association

Cov Hom Phaj Yuav Qha

- Kheesxawj mig muaj heev npaum caag?
- Dlaab tsi txhaj ua rau tuabneeg mob kheesxawj mig?
- Nwg mob nyob rua qhov twg?
- Kev khu kheesxawj mig muaj le caag?

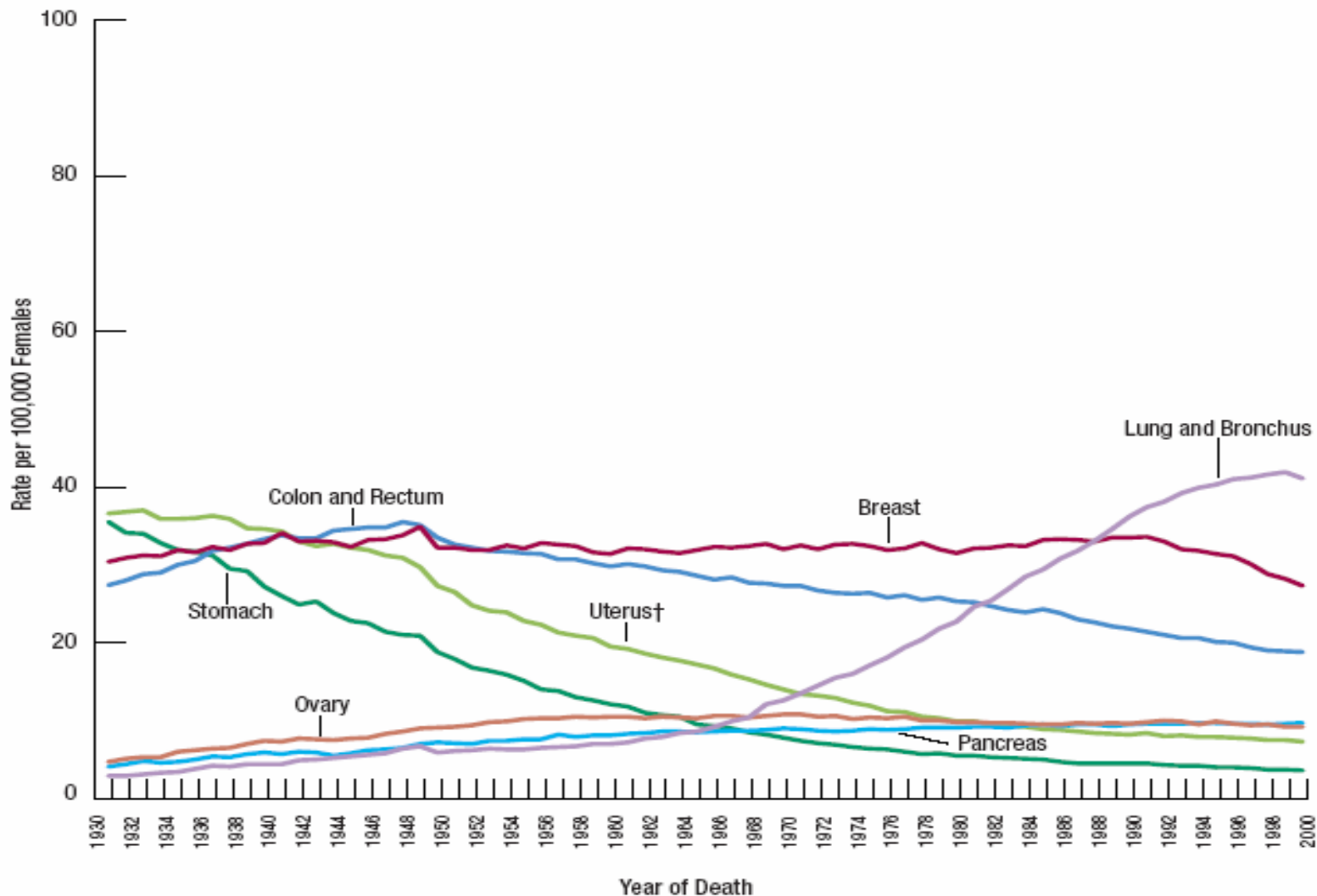
Cancer incidence rates

Annual Age-adjusted Cancer Incidence Rates* Among Males and Females for Selected Cancer Types, US, 1973 to 1999



Cancer incidence rates

Annual Age-adjusted Cancer Death Rates* Among Females for Selected Cancer Types, US, 1930 to 1999



Kheesxawj Mig Rua 2003

- 212,600 kheesxawj mig kis rau lwm qhov
- 40,200 tuag
- 42,600 kheesxawj mig tsis tau kis rua lwm qhov los yog hu ua ductal carcinoma in situ (DCIS)
- **from ACS Facts & Figures 2003 based on the NCI's SEER program and the U.S. Bureau of the Census**

Kheesxawj Mig Kws Kis Lawm Nyob xeev CA Tsaws Haiv Neeg

Haiv Neeg	Tsawg Tug	%
Esxias	1528	7.4
Dub	1109	5.3
Mev	2459	11.9
Dlawb	15,342	73.9

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Lub Neej Kev Muaj Feem

- Noob Nyoog
- Tsev neeg le caaj ceg muaj tug mob
- Tau hlais ib qhov qaj ntawm lub mig moog kuaj yaav taag lug
- Coj khaub dluag ntxuv
- Tsum tsis coj khaub dluag lig
- Lub noob nyoog thaum muaj thawj tug mivnyuas
- Muaj pestsawg tus mivnyuas

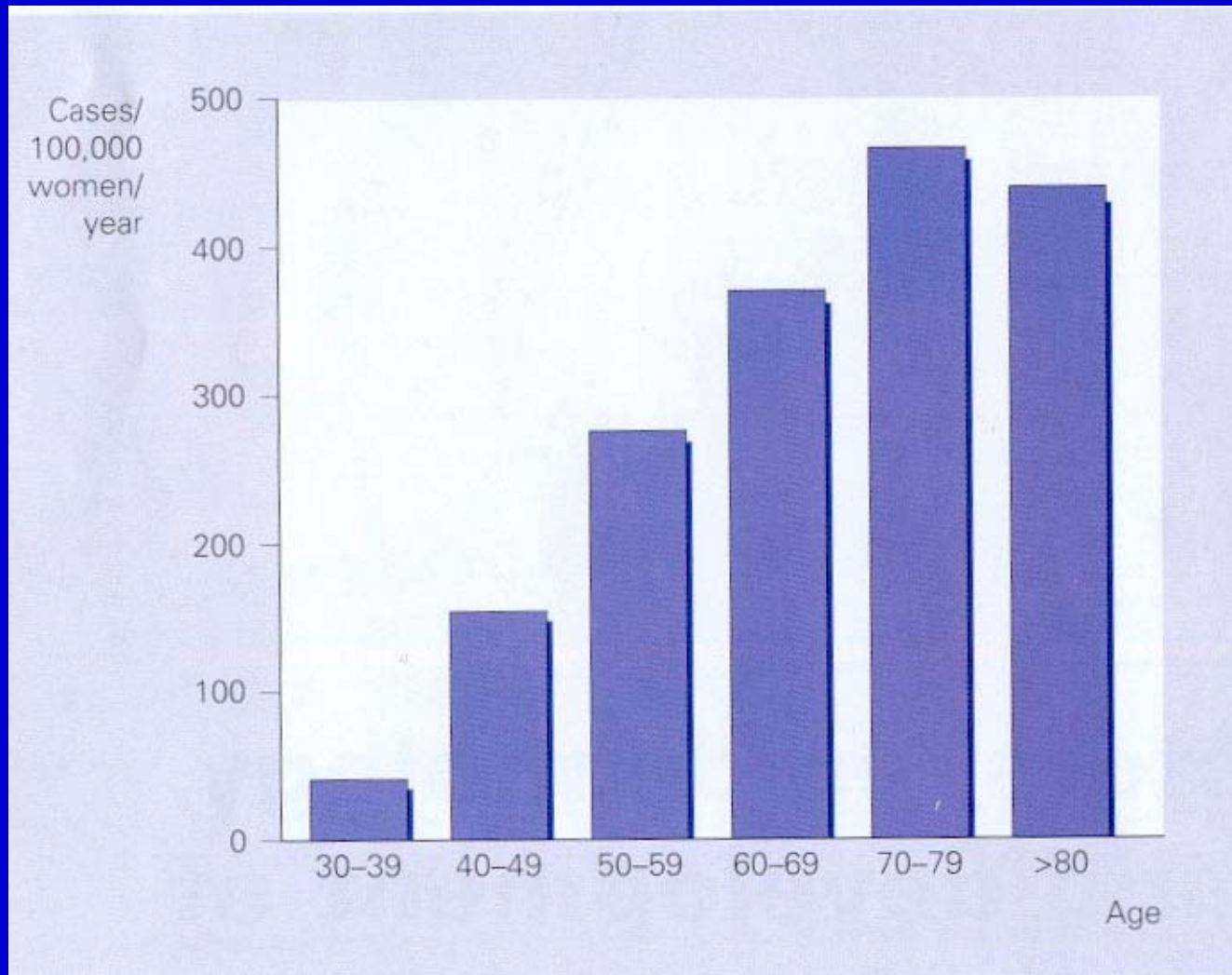
Tsoj Nrhaa Kev Muaj Feem

- Ntxiv tsoj nrhaa (Estrogens)
(hormone replacement therapy)
- Tiv fais fab (Radiation exposure)
- Haus cawv
- Tsog-thaum tsis coj khaub dluag
- Dha ua si (?)

Yaam Kws Muaj Feem Rua Kev Mob Kheesxawj Mig

- Tau siv cov tsoj nrhaa estrogen
- Anti-estrogens (tamoxifen) siv lug khu cov quaspuj kws muaj feem ntau yuav mob kheesxawj mig
- 80% ntawm cov quaspuj mob kheesxawj mig nyob U.S. tsis muaj dlaab tsi tsuas yog lub noob nyoog laug lawm xwb

Hnoob Nyoog Muaj Kheesxawj (Age-specific incidence of breast cancer)



Tej Yaam Kws Muaj Feem Tabsis Tsis Paub Tseeb

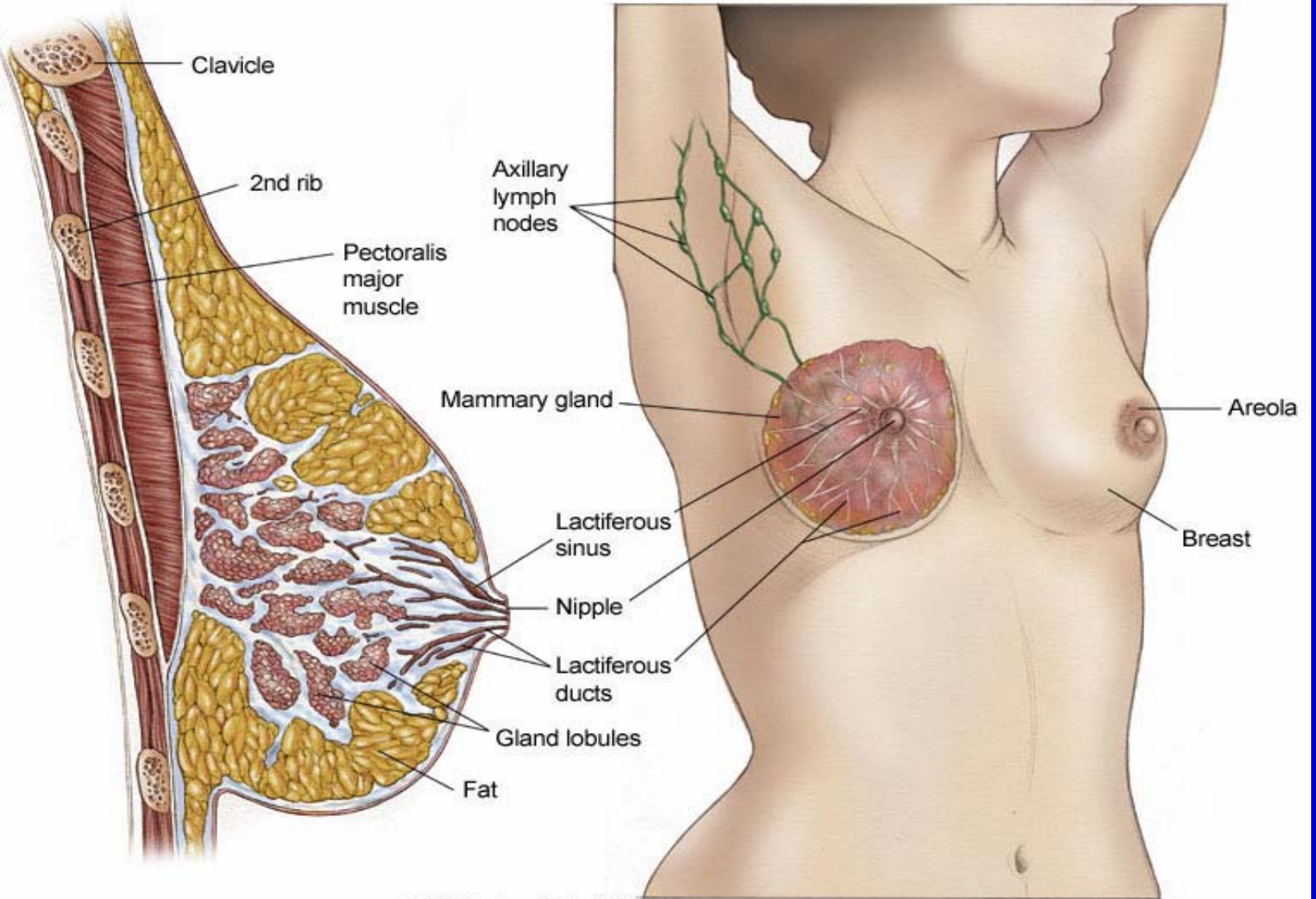
- Noj tshuaj tsis muaj mivnyuas
- Pub mig tsua mivnyuas noj
- Noj zaub mov muaj tsoj
- Noj Vitamin (C, E, and A)
- Nyuaj sab
- Seb lub mig luj le caag

Lu lug xaus: rau kev muaj feem

- Noob Nyoog, tsev tuabneeg caaj ceg, hab lub mig pheej muaj mob yog cov kev muaj feem kws tseem ceeb tshaaj.
- Feem ntau cov quas puj tsis muaj cov kev muaj feem nuav tsua yog lub noob nyoog laug lawm xwb.

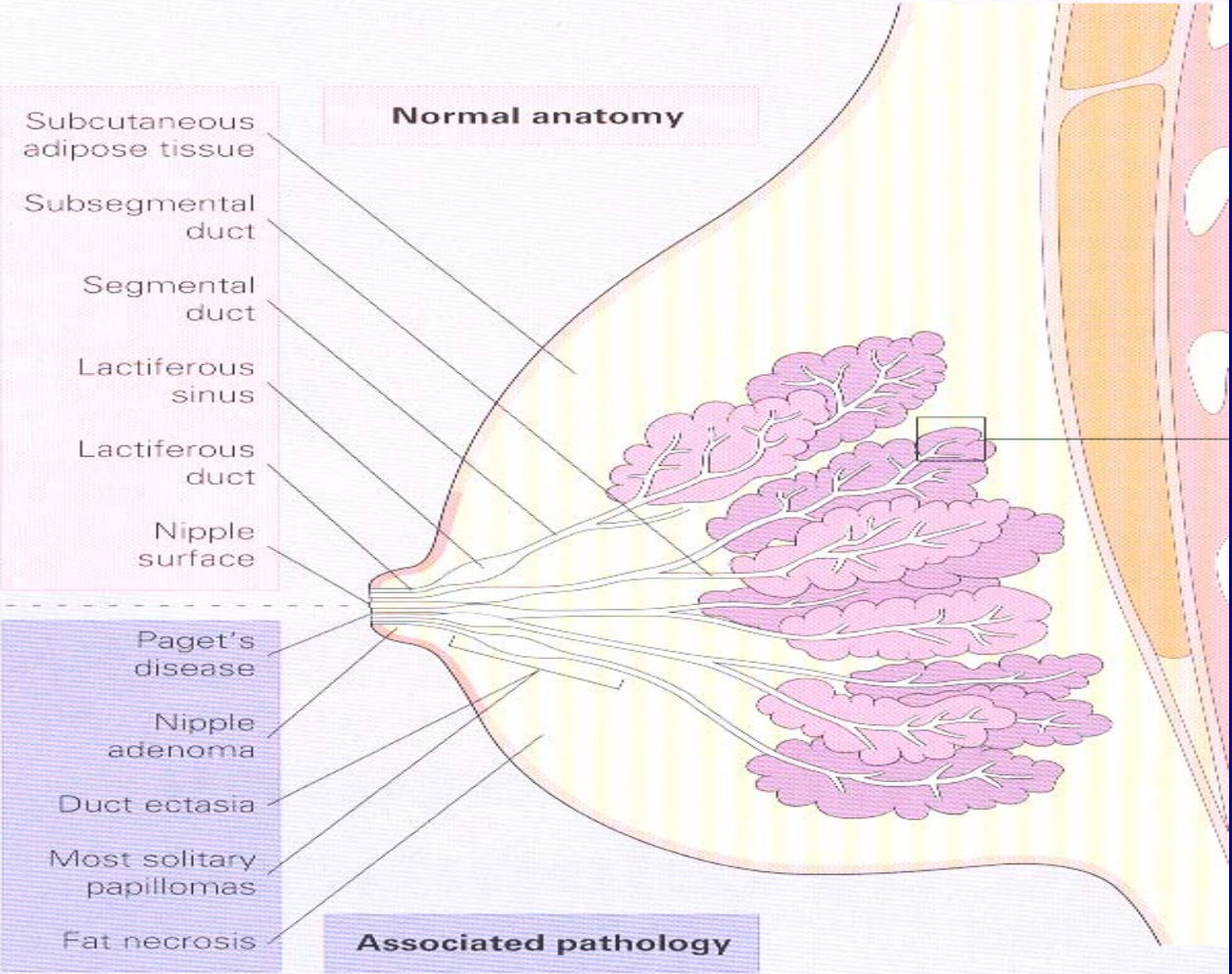
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- Kev khu kheesxawj mig yog le caag?



Lub Mig Tug Mob

- Lub mig tug mob yog pib ntawm txuj hlaab kua mig lub nris (terminal ductal lobular unit).
- Cov kheesxawj kws nyob rua qhov nuav hua ua *in situ*.
- Cov kheesxawj kws tub kis moog rua lwm qhov hauv nqaj saab nrau lub mig hu ua *infiltrating* los yog *invasive cancer*.



Normal anatomy

Terminal duct lobular unit

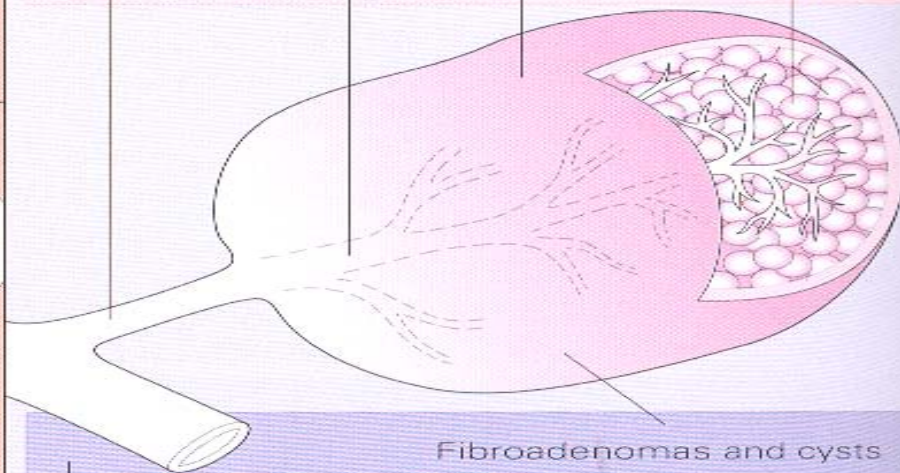
Terminal duct

Lobule groupings

Lobule: composed of a cluster of acini

Extra-lobular

Intra-lobular



Fibroadenomas and cysts

Most epithelial proliferative lesions and cancers

Associated pathology

Peb nrhav kheesxawj mig le caag?

- Nrhav tau lug ntawm kev kuaj mig
- Paub lug ntawm tug kws khu mob los yog yug tug kheej thaum xuas tau ib qho txawv txaav ntawm lub mig.

Cov Kev Kuaj

- Xuas yug tug kheej lub mig
(Self-breast exam (SBE))
- Kws khu mob kuaj lub mig
(Clinical breast exam (CBE))
- Xoo fais fab (Mammography)

Cov Kev Kuaj

- Qhov kuaj tau zoo ntawm txuj kev kuaj SBE los yog CBE nyob ntawm tug tuabneeg kws kuaj.
- 10-15% cov kheesxawj mig kuaj tsis tau thaum xoos fais fab.

Xoos Fais Fab Lub Mig

- Xoo tau zoo nyob ntawm lub noob nyoog
 - 77% rua cov quaspuj 30's
 - 87% rua cov quaspuj 40's
 - 94% rua cov quaspuj 50's hab 60's
- Xoos tau zoo yuav tsum nyob 93-95%
- Tsuas yog cov kev kuaj nuav txhaj le yuav paab tau kuam muaj txuj sa nyob ntev zog (quaspuj 50-75 xyoo)

Kev Kuaj Xaav Kuam Ua Le Nuav

American Cancer Society

- Thaum muaj noob nyoog 20 xyoo, ua BSE txhua hli
- 40 xyoo moog kuaj mig tom kws khu mob txhua xyoo; 20-39 xyoo 3 xyoo twg kuaj ib zag.
- Xoo fais fab txhua xyoo thaum muaj 40 xyoo rov sau

Cov Hom Phaj Yuav Qha

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- Daab tsi txhaj ua rau tuabneeg mob kheesxawj mig?
- Nwg mob nyob rua qhov twg?
- **Kev khu kheesxawj mig yog le caag?**

Kheesxawj Mig Kws Tsis Tau Kis

- Ductal carcinoma in situ los yog DCIS
- Kheesxawj mig kws tsis tau kis moog rua saab nrau txuj hlaab mig. Feem ntau yog muab phais los yog hlais pov tseg nkaus xwb.

Kev Khu Rua Kheesxawj Kws

Kis Moog Rau Saab Nrau

- Lumpectomy: hlais qhov mob hab cov nqaj ib ncig. Yuav tsum tau siv fais fab lug tua khu ntxiv (txuj kev khu nuav yog txuag lub mig ca)
- Mastectomy: hlais taag nrho lub mig hab cov qug ib ncig ntawm lub mig hab qhov tsus.
- Tsaws le kev sim khu mob ob txuj kev khu nuav tsis txawv npaum le caag has txug seb tug tuabneeg muaj txuj sab nyob ntev npaum caag.
- Txawm le caag los ob txuj kev khu nuav, yuav tsum tau muab cov qug hlais tawm tuabsi.

Peb txav txim sab le caag has txug kev yuav khu ntxiv tom qaab phais taag (adjuvant treatment)?

- Yog tsis khu ntxiv qhov kws yuav zoo hlo muaj le caag.
- Yog khu ntxiv nua puas yuav paab tau kuam tug mob zoo dua?
- Thaam txug tej kev mob tshwm sim yog khu ntxiv hab thaam txug qhov zoo hab qhov tsis zoo tsua txuj kev khu ntxiv.

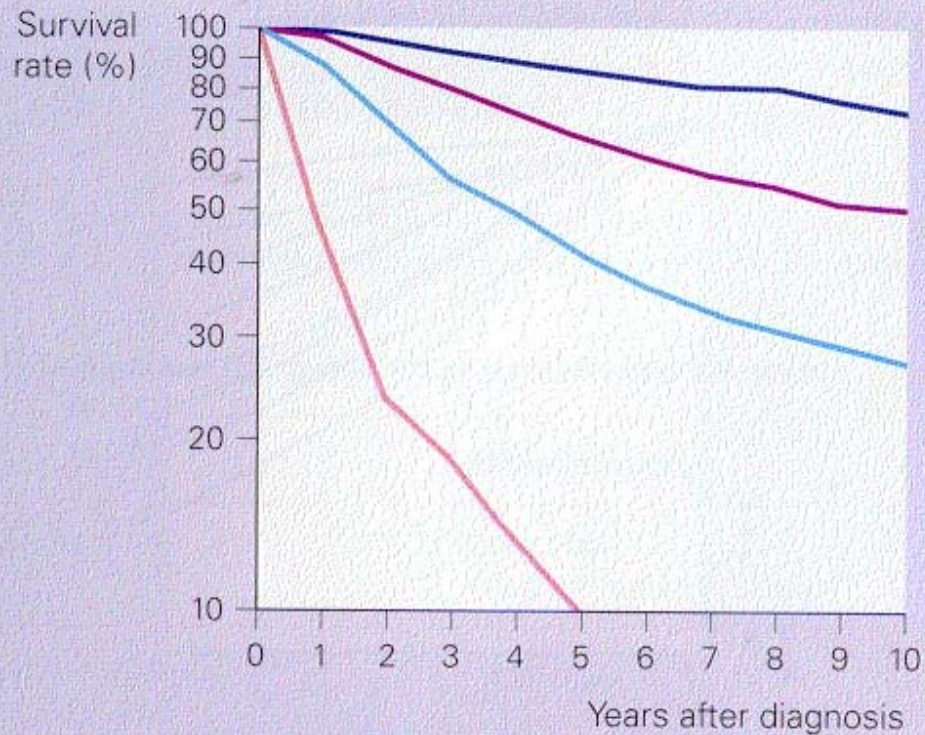
Key Khuv Ntxiv (Adjuvant therapy choices)

- Chemotherapy- nkaug tshuaj
- Endocrine therapy- siv tsoj nrhaa
- Siv chemotherapy hab endocrine therapy
- Tsis khu ntxiv

Kev Khu Tau Zoo Nyob Ntawm Tug Mob:

- Luj npaum caag
- Cov qug
- Nyob qeb twg
- Lub cev thwj cov tshuaj le
caag

Survival by Stage

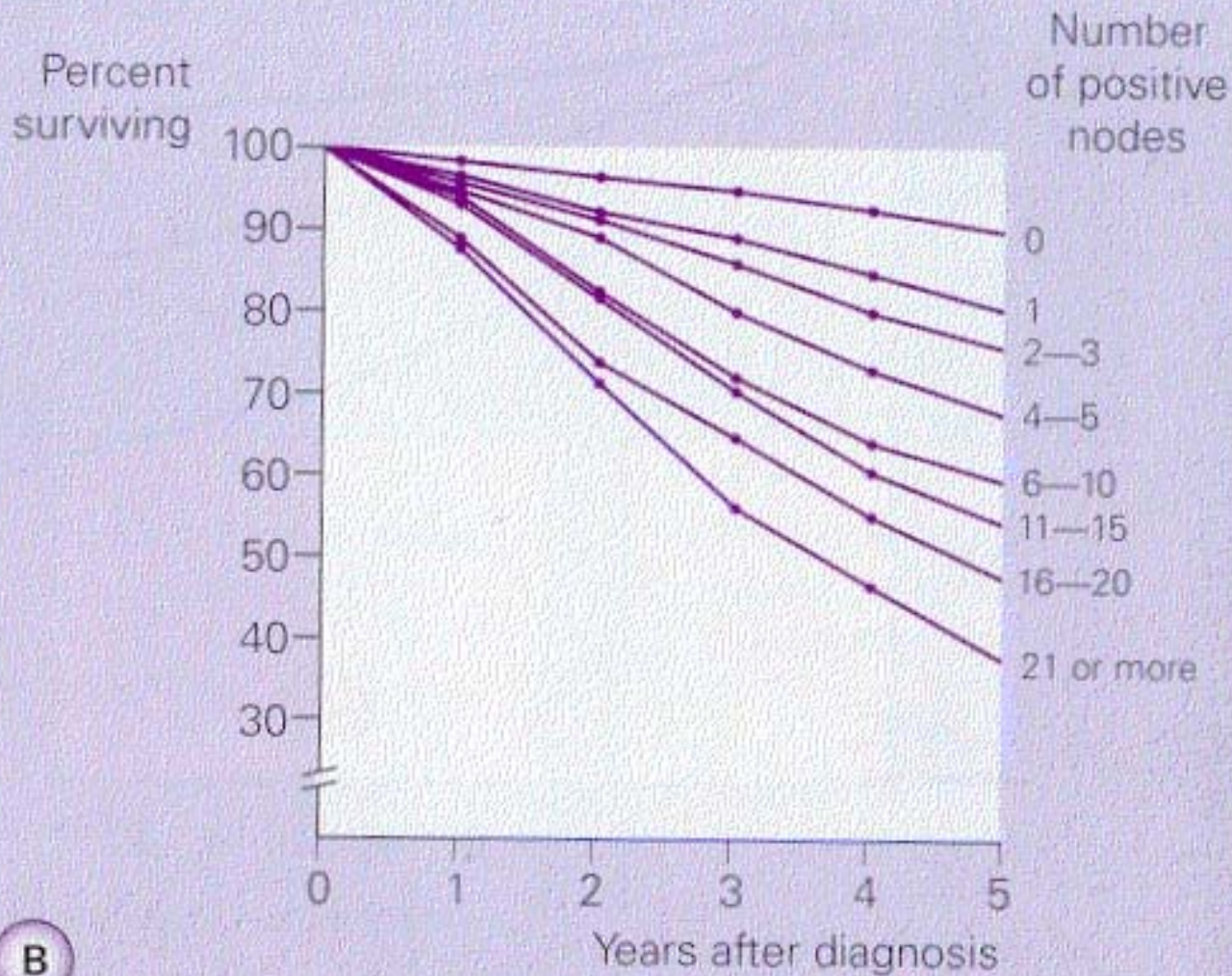


Survival by stage

Stage Patients

—	I	402
—	II	1287
—	III	673
—	IV	62

Nodal Status



B

Tug Tuabneeg Mob #1

- Tus quaspuj 72 xyoo pum tug mob thaum xoo fais fab lub mig.
- Muab lub mig phais, qhov mob yog 1 cm, 0/10 qug (lymph nodes).

Tug Tuabneeg Mob #1

- Nwg qhov kev muaj feem kws yuav taag sim neej 10 xyoo tom ntej yog 5-10%.
- Yog le nuav Chemotherapy yuav tsis zoo hab paab tsis tau nwg.
- Endocrine therapy-yuav thaam txug taamsis yuav paab tsis tau npaum caag vim tus mob tsis luj.

Tug Tuabneeg Mob #2

- Tus quaspuj muaj 48 xyoo qhov mob luj heev.
- Thaum muab phais paub tau has tas nws muaj 5 cm, 10/15 qug (lymph nodes)

Tug Tuabneeg Mob #2

- Nwg qhov kev muaj feem kws yuav taag sim neej 10 tom ntej yog 80%.
- Vim tsua qhov has tas nwg mob luj yuav tau siv.

Kheesxawj Mig Kis Moog Rua Lwm Lub Hauv Nqaj (Metastatic Breast Cancer (MBC))

- Lub hom phaj yog khu kuam txhob mob heev.
- MBC muaj txuj sa nyob le 18-24 hlis.
- Chemotherapy los yog endocrine therapy yuav siv lug khu.
- Khu yog has tas paab tau tug tuabneeg mob hab cov tshuaj ntxim.

Kheesxawj Mig hab Cov Laug

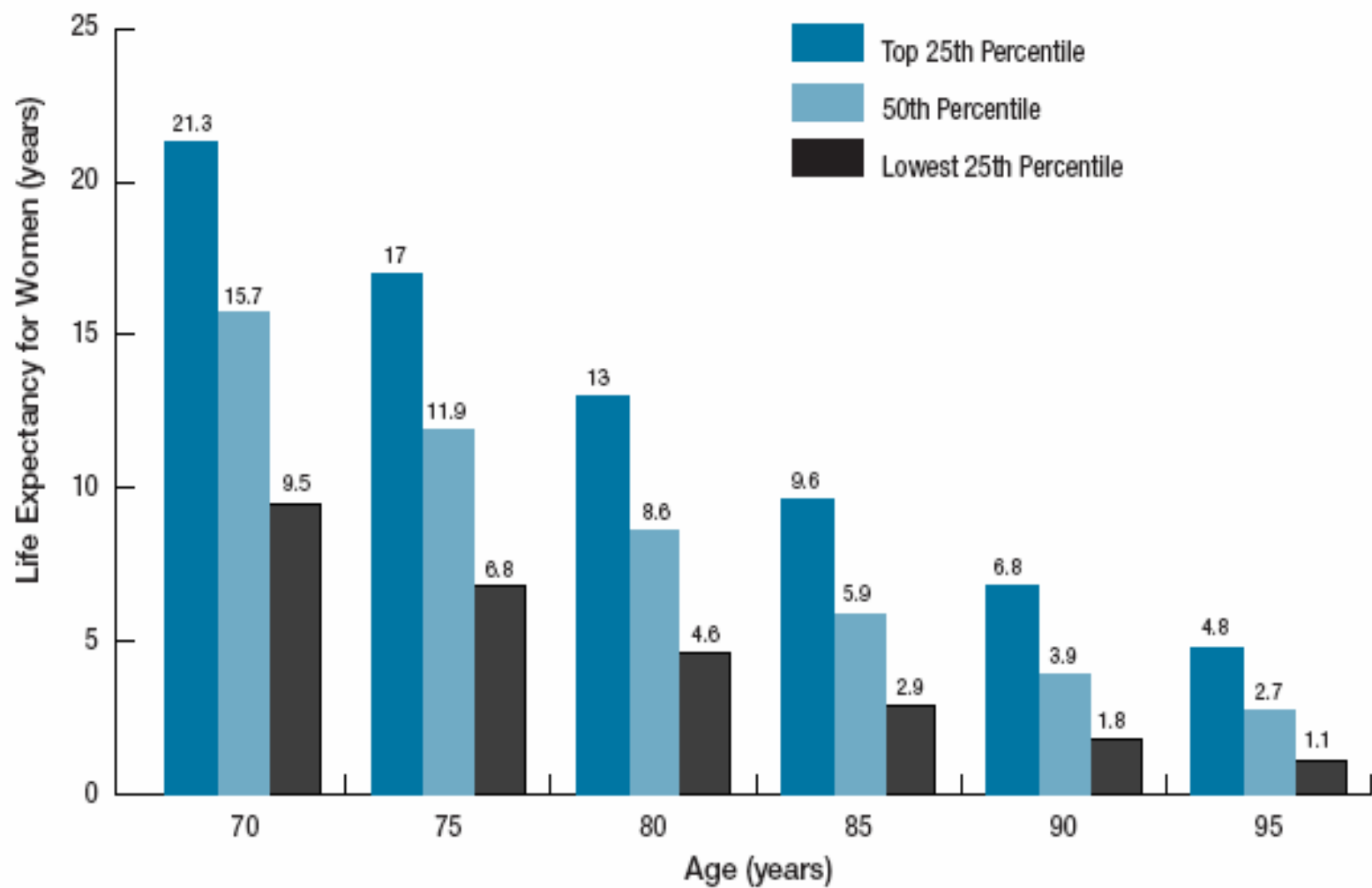
- Kheesxawj mig muaj dlua rua yaav laug.
- Nwg muaj cov laug coob kws ua lub neej ntev.

Average Life Expectancy for Women Aged 65 and Over*

Age	Average Life Expectancy
65	19.1
70	15.4
75	12.1
80	9.1
85	6.6
90	4.8
95	3.5

*Life Table for Females: United States, 1999, National Vital Statistics Report, Vol. 50, No. 6, March 21, 2002.

Upper, Middle, and Lower Quartiles of Life Expectancy for Women at Selected Ages*



Lub Hom Phaj Ntawm Kashia Health

- Qha kuam suav dlawg paub txug tug mob kheesxawj mig
- Pab qha kuam suav dlawg moog kuaj mig tsaws le cov kws khu mob tau xaaj.