Recovery International is a national charity dedicated to assisting cancer patients in their recovery through support, information, and access to holistic and spiritual care. They can help you get on the right track.

Recovery International can be contacted at: Singapore Cancer Society Multi-Service Centre, 1 Bukit Timah Road #04-01, Singapore 229899 Tel: 6499 9133 6499 9140

In future you may receive further information from us about events and other services we provide.

If you wish to unsubscribe from our mailing list: 

BREAST CANCERociety.org.sg

The information provided is for your personal knowledge only. You should seek medical advice or treatment for your specific condition.

What you need to know about preventing, detecting and treating Breast Cancer
What is Breast Cancer?

The female breast is made up of milk glands and ducts surrounded by fat tissue and muscles. When the cells lining the ducts and glands grow in an uncontrolled manner, breast cancer is formed. When the cancer is confined within the breast, it is called breast cancer, while when it is detected at this stage, breast cancer is a non-invasive cancer. Breast cancer can also spread into the lymphatic system, where it is known as lymph node involvement. If breast cancer invades into the stromal tissue, it becomes an invasive cancer. It can enter the lymphatic channels and spread to the lymph nodes in the armpit (axilla). It can also spread via the bloodstream to other parts of the body, especially the bones, liver, and lungs.

Is Breast Cancer Preventable?

Breast cancer is not preventable, but there are steps that can lower the risk of developing breast cancer.

What is Breast Cancer Known For?

Breast Cancer is the top cancer among Singaporean women. The latest Singapore Cancer Registry Interim Report (2010-2014) indicates that Breast Cancer is the top cancer among Singaporean women. The latest Singapore Cancer Registry Interim Report (2010-2014) indicates that breast cancer is the top cancer among Singaporean women.

Screening is the most effective method in mammogram screening Breast Self-Examination (BSE) is another method which women 30 years old should practice monthly (best time: once a week). When detected at this stage, breast cancer is a non-invasive cancer. Breast cancer can also spread into the lymphatic system, where it is known as lymph node involvement. If breast cancer invades into the stromal tissue, it becomes an invasive cancer. It can enter the lymphatic channels and spread to the lymph nodes in the armpit (axilla). It can also spread via the bloodstream to other parts of the body, especially the bones, liver, and lungs.

Am I at Risk?

In 1 woman in Singapore will develop breast cancer in their lifetime. Risk factors of breast cancer include:

- Age
- Family History of Breast Cancer
- Hormonal Changes
- Inherited genetic BRCA 1 & 2 Mutations
- A past medical history of lobular or ductal carcinoma in situ
- Late menopause
- Know?

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How is Breast Cancer Diagnosed?

Diagnosis involves clinical examination, mammogram screening or ultrasound to detect any abnormality. The most effective method in mammogram screening Breast Self-Examination (BSE) is another method which women 30 years old should practice monthly (best time: once a week). When detected at this stage, breast cancer is a non-invasive cancer. Breast cancer can also spread into the lymphatic system, where it is known as lymph node involvement. If breast cancer invades into the stromal tissue, it becomes an invasive cancer. It can enter the lymphatic channels and spread to the lymph nodes in the armpit (axilla). It can also spread via the bloodstream to other parts of the body, especially the bones, liver, and lungs.

Stage is determined based on: 

- Tumour size
- Number of lymph nodes involved
- Presence of distant metastases (e.g. in lung, bone, liver, brain)

Staging is important because it helps healthcare providers to determine the best treatment options for each individual.

Breast Cancer can be staged using the following scales:

- Early stage: T0 N0 M0
- Localized disease
- Invasive disease
- Metastatic disease

Chemotherapy

Chemotherapy drugs are used to kill breast cancer cells. They stop cancer cells from growing and multiplying. Chemotherapy is given in many situations where breast cancer may have spread beyond the breast or lymph nodes. Chemotherapy may be used as additional treatment to reduce the chances of breast cancer recurrence.

Chemotherapy is a form of cancer treatment that uses the aim of the drug is to destroy more breast cancer cells and spare normal cells. In some cases, chemotherapy is given before surgery to make the tumour shrink so that it can be removed with all the cancer cells.

How is Breast Cancer treated?

Breast cancer treatment involves a combination of surgery, radiation therapy, and/or chemotherapy. The aim is to remove all the cancer, leaving the patient with normal function.

Surgery

Surgery is the most effective method of determining if breast cancer has spread to the lymph nodes in the axilla (SLN). The sentinel lymph node (SLN) is the first lymph node to which cancer cells enter from a primary breast tumor. The SLN can be seen and tested by an axillary node dissection. Conversely, if a sentinel lymph node dissection is negative, further axillary lymph node dissection is not usually done. If a sentinel lymph node tissue is found to be involved in breast cancer, an axillary clearance with lymph nodes in the same axilla will be done.

Radiation Therapy

Radiation therapy is a surgical procedure to remove the lymph nodes from under the arm (axilla) and behind the breast where cancer is detected. It is usually done after breast surgery, however, it can also be used as additional treatment to reduce the chances of breast cancer recurrence.

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Support group

Reach to Recovery (RTR) Programme

Reach to Recovery (RTR) Programme established since 1973 is a breast cancer support group under the umbrella of the SCS KYT, Singapore. This programme aims to help women cope with their fear and worries brought about by a diagnosis of breast cancer.

Our members meet on the fourth Saturday of every month, from 2.00 pm to 5.00 pm at Shun Tan, 252, Eighth Avenue, Singapore 269267. Educational talks or workshops, social and recreational events, awards, endorsements and interest learning resources, exchanging of personal experiences and peer supports are activities that our members enjoy.

Look Good… Feel Better Programme

Look Good… Feel Better Programme is a service which provides patients and their caregivers with personal care and social supports for women undergoing chemotherapy or radiotherapy. This workshop services, includes make-up and hair care. Look Good… Feel Better Programme provides patients and their caregivers with personal care and social supports for women undergoing chemotherapy or radiotherapy.