



**Libyan International Medical University**  
**Faculty of Basic Medical Science**

**The incidence Breast cancer of in eastern Libya**

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This report is cover the activities of basic medical science

**Abstract :**

The aim of this study is to show the incidence of breast cancer in 2017 in Eastern of Libya and compared with studies in 2003 & 2012 further more, the most predominant age group & the most common risk factors of breast cancer that associated with Libyan people .

A data was collected from the oncology department in BMC. Using random collecting methods to cover a proportion of breast cancer in Eastern Libya.

We acknowledge the oncology department in Benghazi Medical Center (BMC) for allowed to access files . We very grateful to Dr. Rehab Shambash for data analysis. And we thank Sanad Hamed & Mohamed Hussein for helping collecting data.

The incidence of breast cancer in Eastern of Libya in 2017 was increased by 7.2% between 2012-2017 .Also the incidence in 2017 compared with 2003 Dramatically increased by 23.5 % .

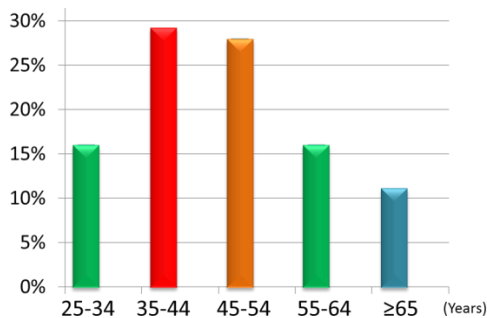
Based on that we can say the incidence of breast cancer is more higher in 2017 due to the risk factors that will be mentioned below , overall lack of education , awareness and knowledge plays an important role in breast cancer .

**Introduction**

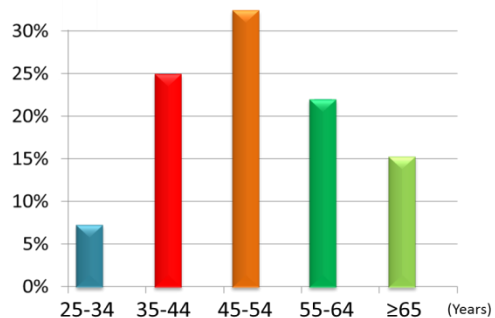
Breast cancer is cancer that develops from breast tissue.<sup>[9]</sup> Signs of breast cancer may include a lump in the breast, a change in breast shape, dimpling of the skin, fluid coming from the nipple, a newly inverted nipple, or a red or scaly patch of skin.<sup>[1][2]</sup> In those with distant spread of the disease, there may be bone pain, swollen lymph nodes, shortness of breath, or yellow skin. Breast Cancer is an important health concern in Libya, especially in the setting of an aging population and limited healthcare facilities. Cancer is a group of diseases involving abnormal cell growth with the potential to invade or spread to other parts of the body.

**Discussion:**

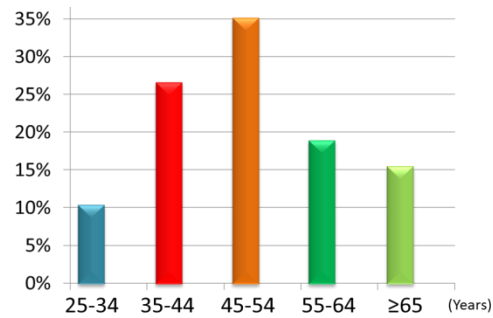
The total number of breast cancer in eastern of Libya are 307 cases from 624 cases are females with 2 cases of males in 2017. [3] On the other hand in 2012 the total cases of breast cancer are 210 cases from 501 cases are females with 4 cases of males suffering from breast cancer.[4] Finally in 2003 the total number of breast cancer are 116 cases from 453 cases are females with 2 cases of males. [5] The diagrams below show the incidence of breast cancer according to specific age group. (fig1,2 and 3)



**Figure 1:** Percentage of Cases by Age (Years) for the year 2003



**Figure 2:** Percentage of Cases by Age (Years) for the year 2012



**Figure 3:** Percentage of Cases by Age (Years) for the year 2017

Over the years, in eastern of Libya more than half of cases were diagnosed at advanced stages (III, IV ), while in United Kingdom, most of cases were diagnosed at an early stages (I, II), and this difference between the two countries reflects the grade of education. [6] The women who concern about risk factors could be help to diagnosis the breast cancer in early stage .

**Unkown(UK) :**

The most predominant risk factor of breast cancer is from unknown cause .

**Being a Woman :**

Just being a woman is the biggest risk factor for developing breast cancer.

**Age :**

As with many other diseases, your risk of breast cancer goes up as you get older.

About two out of three invasive breast cancers are found in women 55 or older.

**Family History :**

Women with close relatives who've been diagnosed with breast cancer have a higher risk of developing the disease. If you've had one first-degree female relative (sister, mother, daughter) diagnosed with breast cancer, your risk is doubled.

**Genetics :**

About 5% to 10% of breast cancers are thought to be hereditary, caused by abnormal genes passed from parent to child.

**Radiation to Chest or Face Before Age 30 :**

If you had radiation to the chest to treat another cancer (not breast cancer), such as Hodgkin's disease or non-Hodgkin's lymphoma, you have a higher-than-average risk of breast cancer. If you had radiation to the face at an adolescent to treat acne (something

that's no longer done), you are at higher risk of developing breast cancer later in life.

#### Certain Breast Changes :

If you've been diagnosed with certain benign (not cancer) breast conditions, you may have a higher risk of breast cancer. There are several types of benign breast conditions that affect breast cancer risk .

#### Being Overweight :

Overweight and obese women have a higher risk of being diagnosed with breast cancer compared to women who maintain a healthy weight, especially after menopause. Being overweight also can increase the risk of the breast cancer coming back (recurrence) in women who have had the disease.

#### Breastfeeding History :

Breastfeeding can lower breast cancer risk, especially if a woman breastfeeds for longer than 1 year.

#### Pregnancy History :

Women who haven't had a full-term pregnancy or have their first child after age 30 have a higher risk of breast cancer compared to women who gave birth before age 30.

#### Using HRT (Hormone Replacement Therapy) :

Current or recent past users of HRT have a higher risk of being diagnosed with breast cancer. Since 2002 when research linked HRT and risk, the number of women taking HRT has dropped dramatically .

#### Lack of Exercise :

Research shows a link between exercising regularly at a moderate or intense level for 4 to 7 hours per week and a lower risk of breast cancer.

#### References:

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