

Mempertingkatkan Kesedaran Kanser Payudara

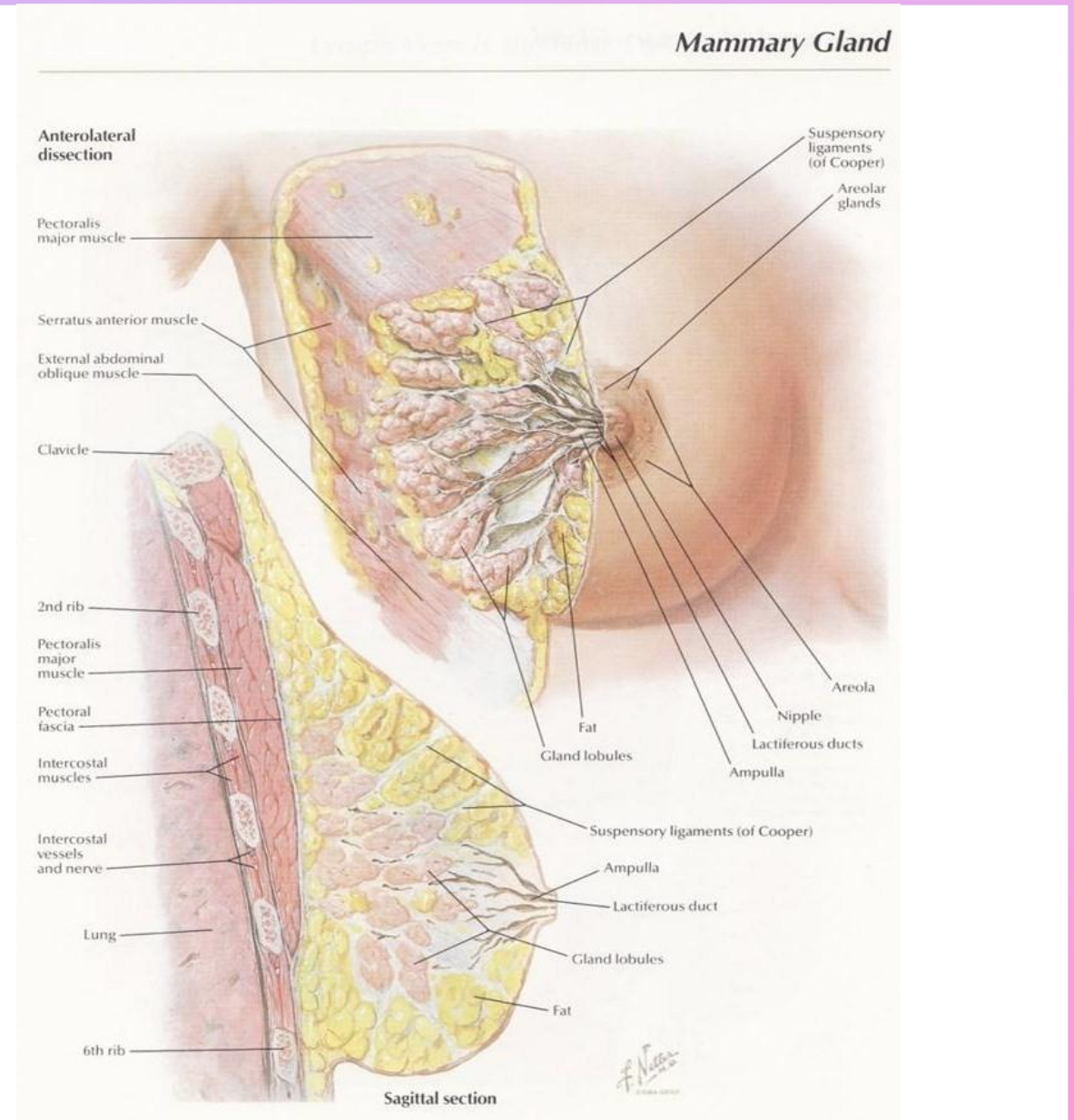
*Dr. Azlina Firzah Abdul Aziz
Pakar Bedah Payudara
Pantai Hospital Kuala Lumpur
ParkCity Medical Centre*



Agenda

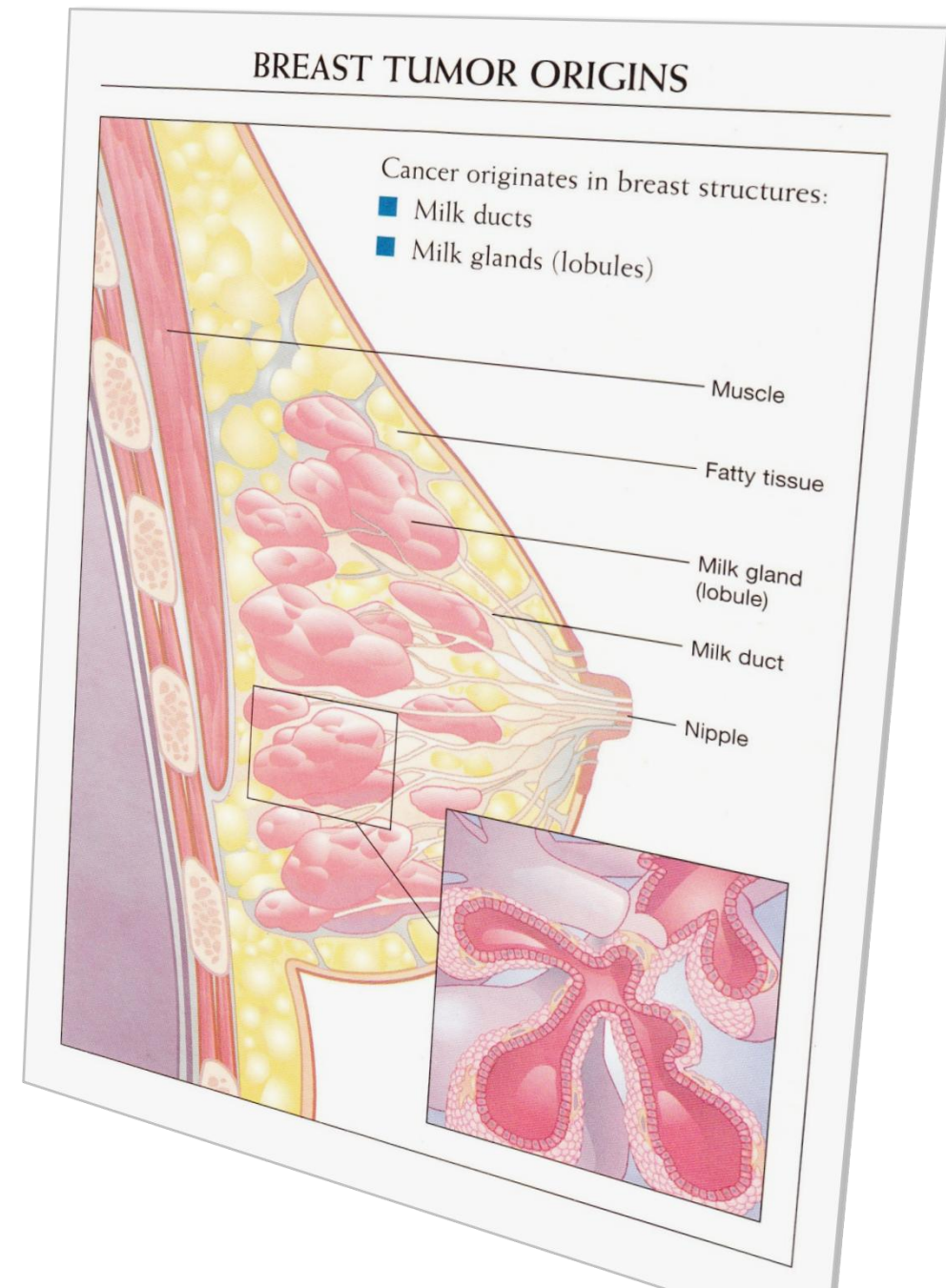
- *Memahami Kanser Payudara*
- *Pemeriksaan Sendiri Payudara*
- *Saringan Payudara*
- *Rawatan Kanser Payudara*
- *Sesi soal jawab*

Anatomi Payudara



Tanda-tanda Kanser payudara

- Tiada
- Ketulan/benjolan
- Puting terbenam
- Lelehan dari puting
- Sakit (jarang berlaku)



Bagaimana mendapatkan Konsultasi?

- Klinik Rawatan Luar
- Pakej Saringan (Screening Packages) di Klinik atau Hospital Swasta atau Pusat NGO atau Unit Bergerak
- Klinik Pakar Bedah Am
- Klinik Bedah Payudara



Apakah berlaku di klinik?

Doktor bertanya – apa, bila, mana, puting berdarah atau berair

Sejarah peribadi – haid, anak, penyusuan, penyakit lain, ubatan, Alahan (allergies)

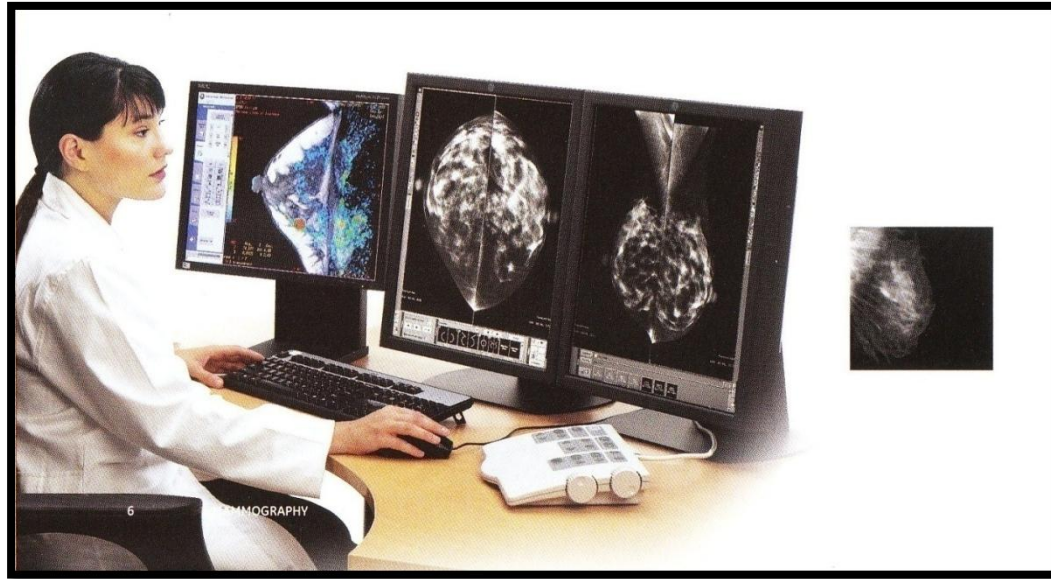
Sejarah keluarga – kanser atau penyakit lain

Pemeriksaan fizikal payudara

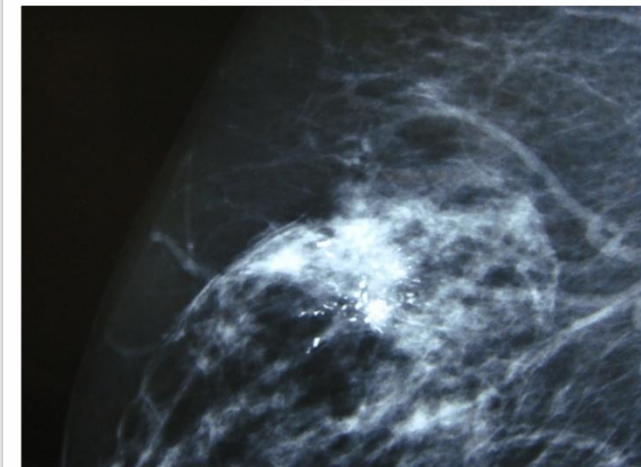
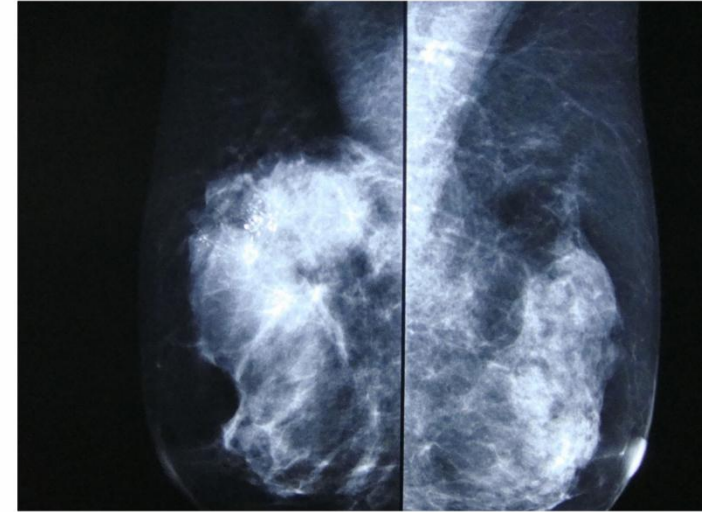
Diagnosis (Triple assessment)

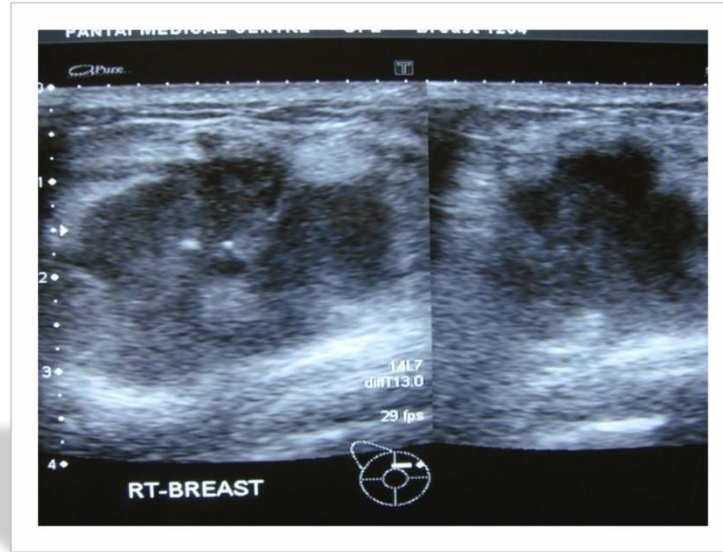
- *Pemeriksaan teliti termasuk latarbelakang/sejarah (Clinical examination including detailed history-taking)*
- *Imaging/Radiology (Ultrasound, Mammogram)*
- *Biopsi (Histopathology)*





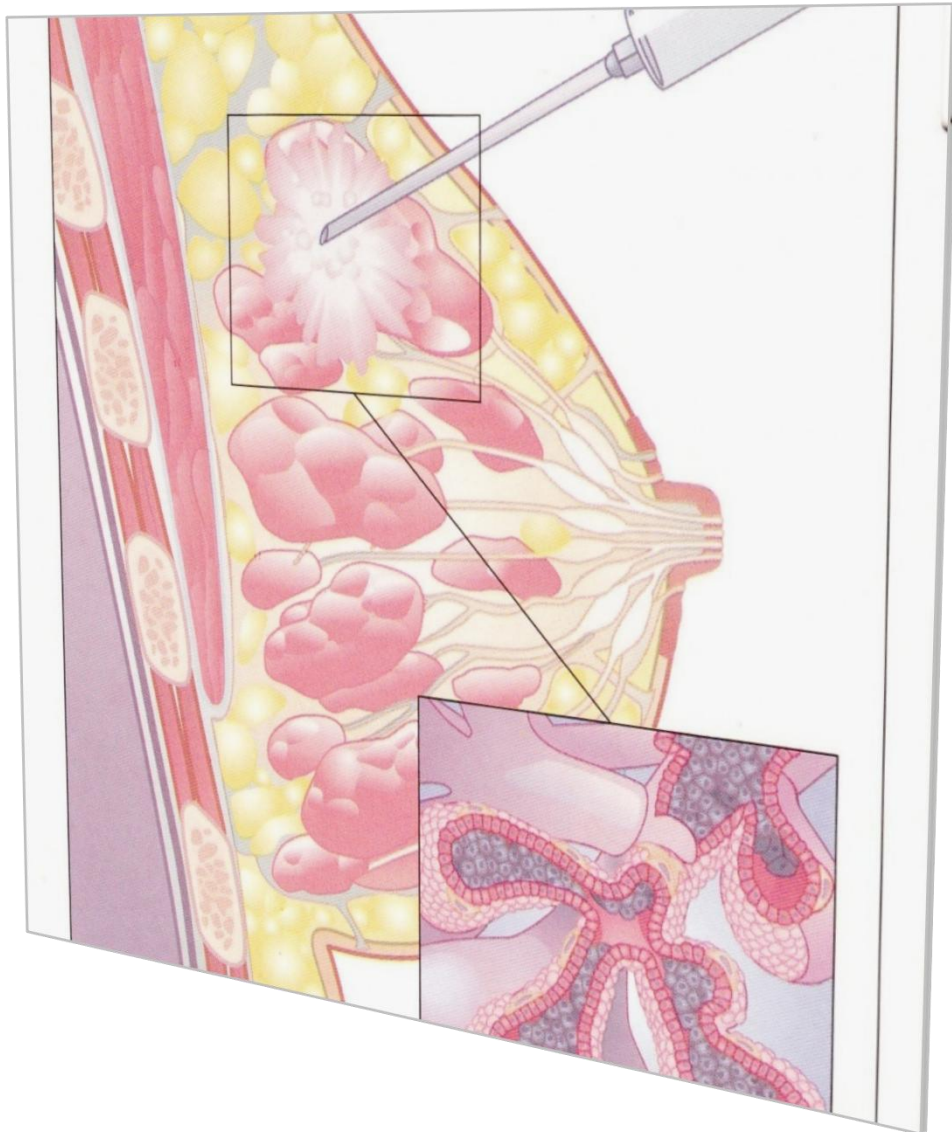
Mammogram





Ultrasound

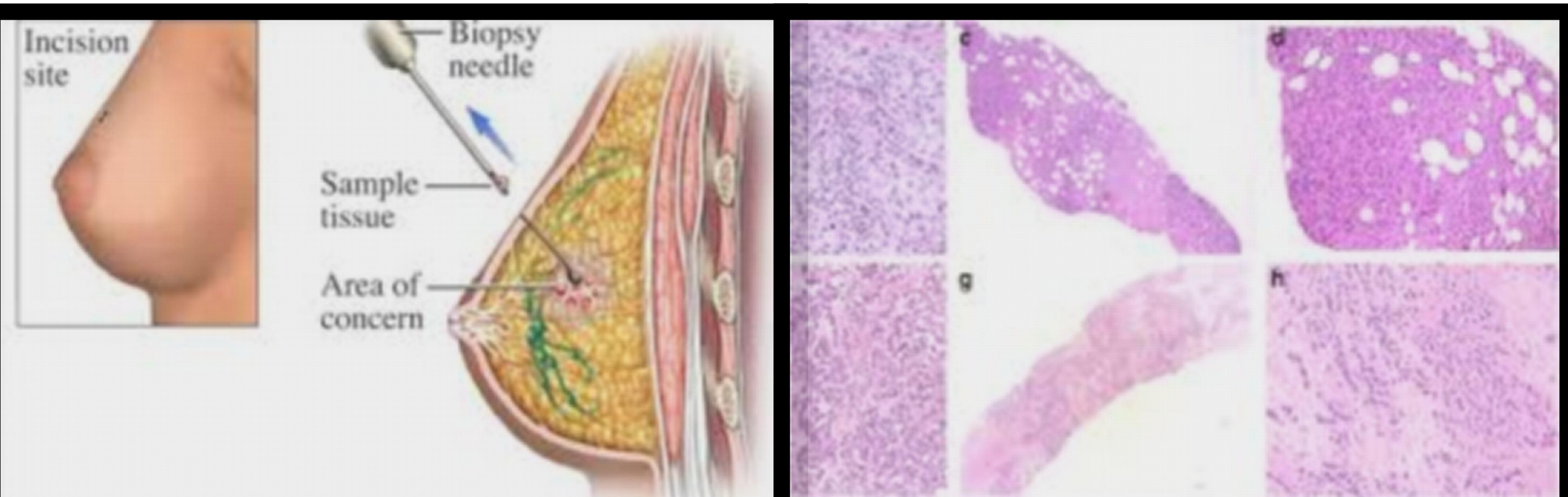




Kenapa biopsy diperlukan?

- Untuk menentukan samada sel-sel kanser dilihat di bawah mikroskop

Biopsi payudara (di bawah bius tempatan – local anaesthesia)



Maklumat dari biopsy payudara

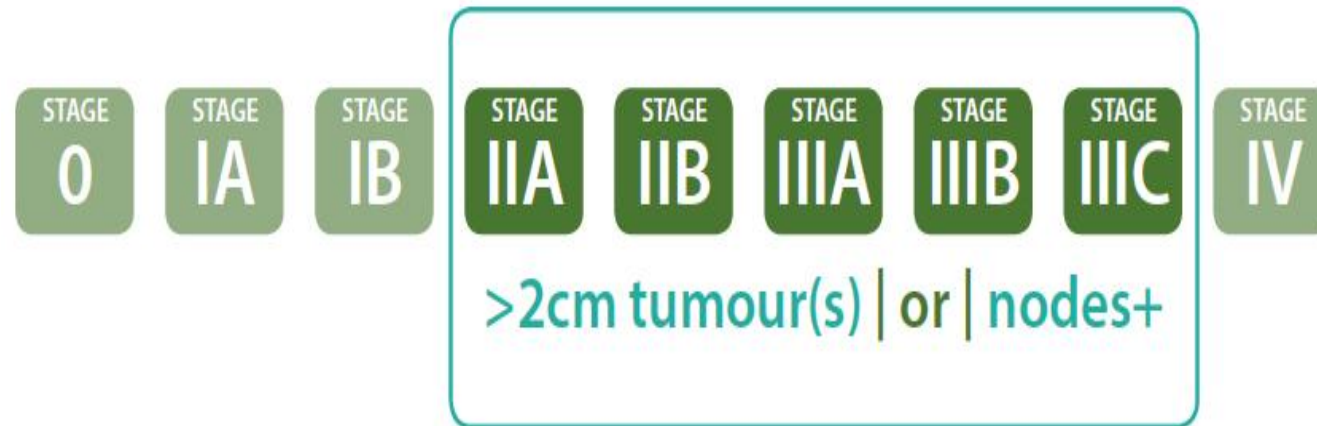
- Ada sel kanser?
- Jenis kanser payudara – tisu kelenjar susu atau tisu stroma
- Jenis Receptor – Estrogen Receptor & Progesterone Receptor
- (https://www.breastcancer.org/symptoms/diagnosis/hormone_status)
- Immunohistochemistry of HER-2 neu
(<https://www.cancer.gov/publications/dictionaries/cancer-terms/def/her2-neu>)

Tujuan mendapatkan maklumat biopsi

- Jenis kanser payudara
- Perancangan rawatan – ubatan makan atau injeksi
- Merancang jangkamasa rawatan
- Menentukan rawatan mana perlu diberi terlebih dahulu) – aturan rawatan

High-risk eBC tumours are >2 cm or node-positive

Treatment guidelines define high risk in the context of neoadjuvant treatment



All T>2cm or Node-positive patients should receive NAC

Guidelines Consensus on neoadjuvant treatment recommendations

 NCCN Breast Cancer Guidelines¹

Pathologic complete response (pCR) to preoperative systemic therapy is associated with an extremely favorable disease-free and overall survival. The correlation between pCR and long-term outcome is the strongest for triple-negative breast cancer (TNBC) and HER2-positive disease.

 ESMO Guidelines for eBC³

Preoperative systemic therapy allows for assessment of therapy response, which is of well-established prognostic value and may guide choice of postoperative treatment. In subtypes highly sensitive to ChT, such as TNBC and HER2-positive, a neoadjuvant approach should be preferred, in tumours > 2 cm [11, A]

 St. Gallen Guidelines⁴

The panel nearly unanimously (98%) agreed on indication for neoadjuvant treatment for stage 2 and 3 TNBC and HER2+ patients, which was in line with the 2017 Consensus.

1. NCCN Breast Cancer Guidelines. Version 2, 2019;;

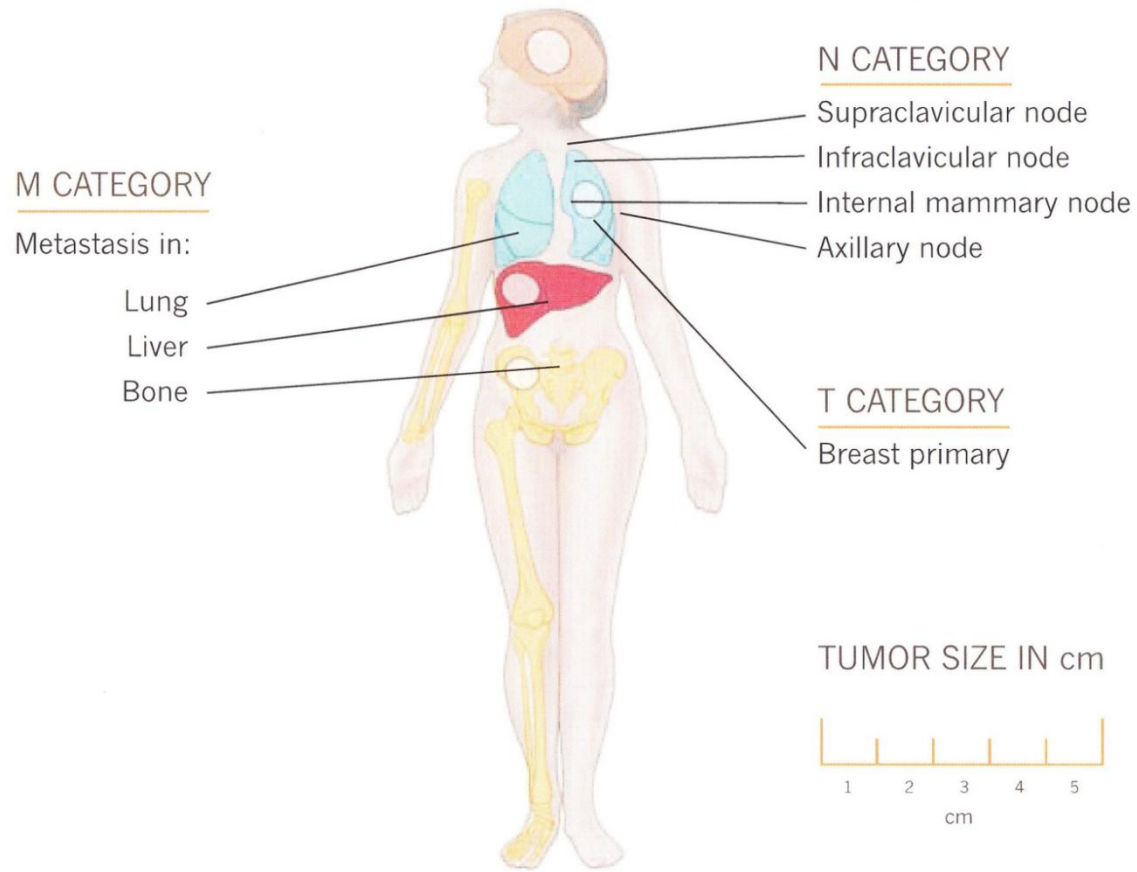
3. Cardoso F, et al. Ann Oncol 2019; ePub ahead of print; 4. Burstein HJ, et al. Ann Oncol 2019; ePub ahead of print.

Selepas biopsi ????

- Menentukan Peringkat (Stage) Kanser Payudara – sejauh mana kanser telah merebak
- X-RAY dada (chest x-ray) & Ultrasound Abdomen dan Pelvis
 - OR
- CT scan Dada (Chest), Abdomen dan Pelvis
- *(Bergantung kepada kelengkapan yang ada di hospital yang berkenaan)*

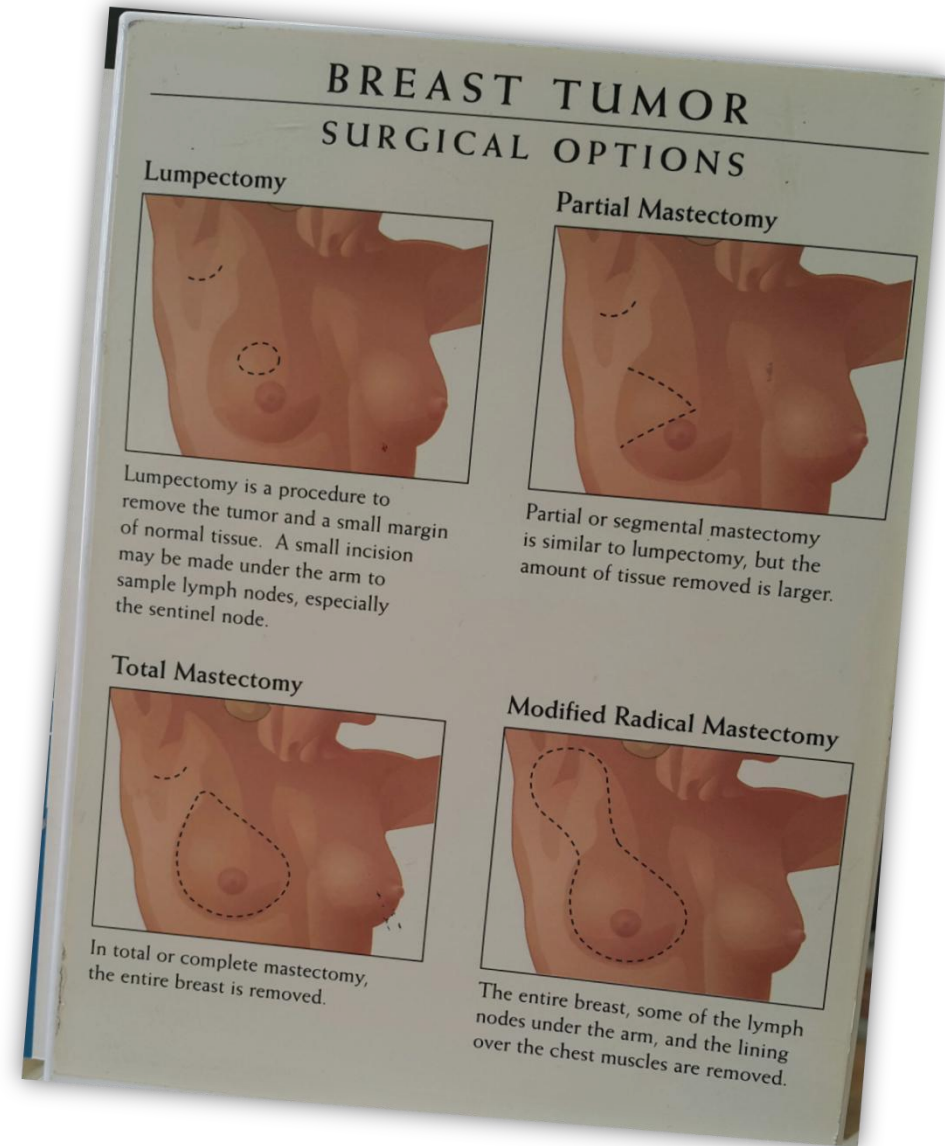
Stages of breast cancer:

The tumor, node, metastases (TNM) system



Prosedur pembedahan

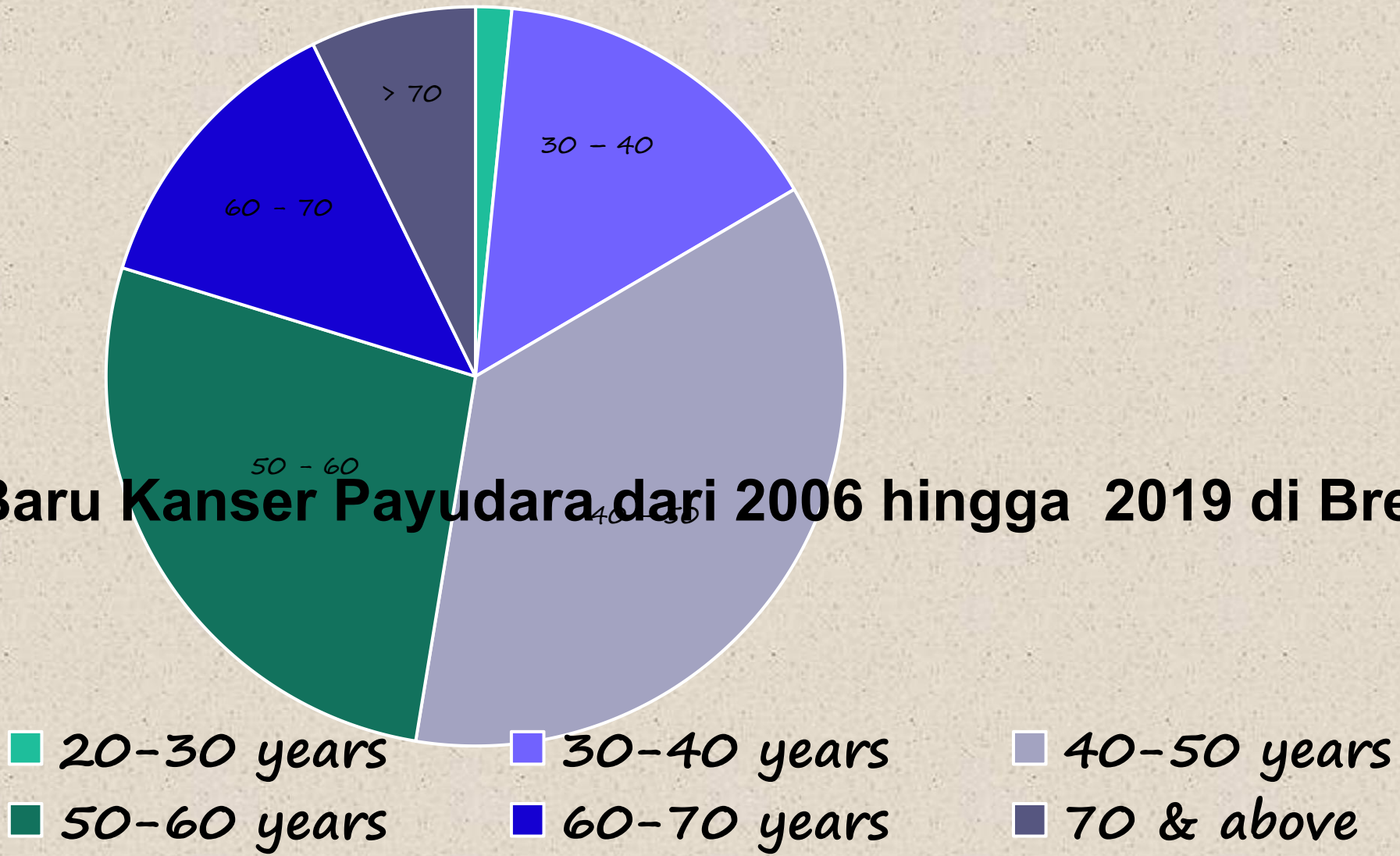
Prosedur pembedahan bergantung kepada tahap/peringkat kanser dan jenis kanser payudara



Jika doktor anda tidak memberi maklumat atau penerangan yang cukup atau munasabah...

- Carilah pakar bedah payudara yang lain (second opinion)
- Dari National Specialist Register - [Welcome to NSR](#)
- ATAU [NSR - Search Results](#)
- Dapatkan temujanji secepat mungkin.....

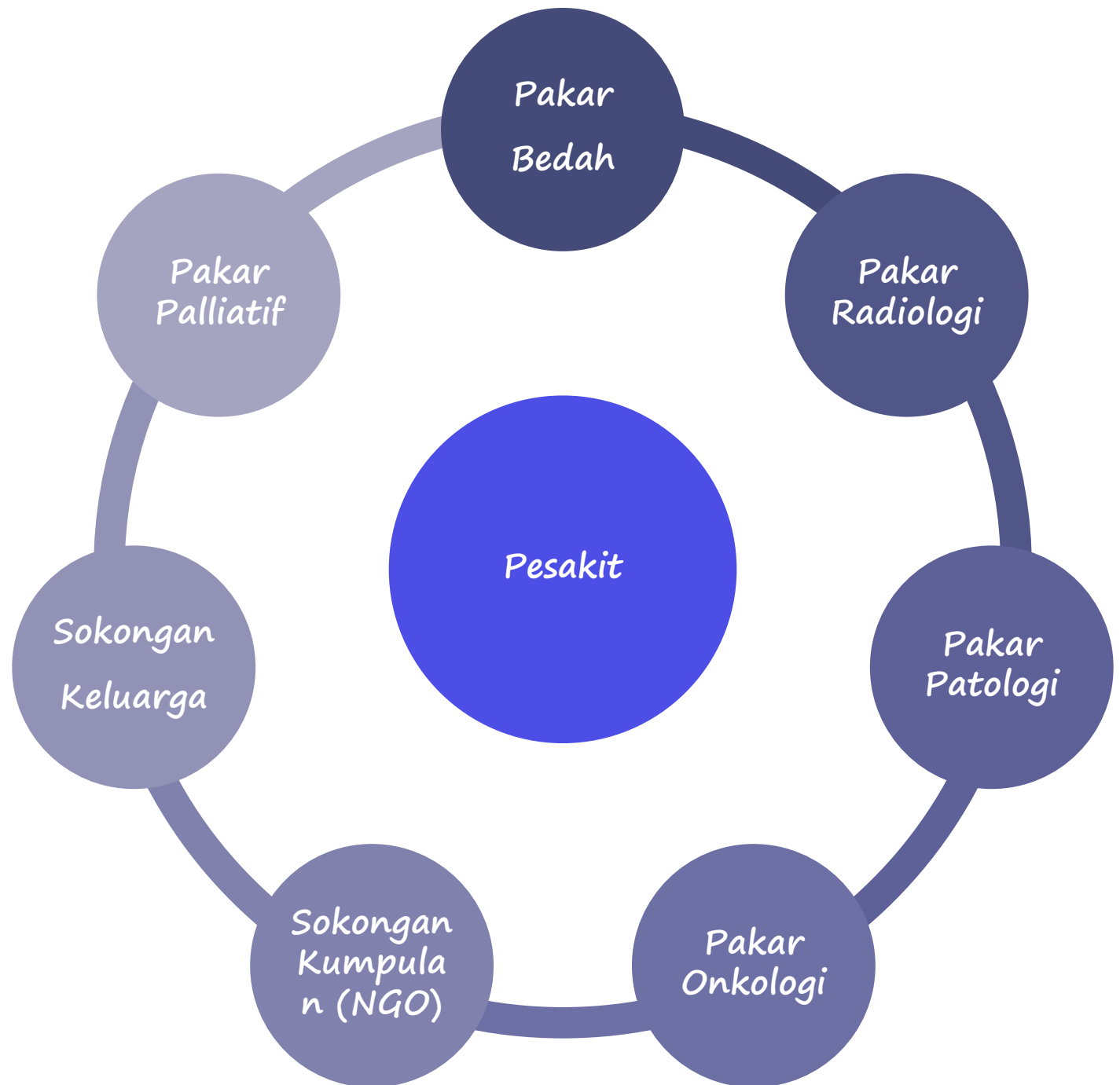
Penyakit Baru Kanker Payudara dari 2006 hingga 2019 di Breast Care



Maklumat tambahan boleh didapati daripada:

- *Clinical Practice Guidelines – Management of Breast Cancer in Malaysia – 2019 (3rd Edition)*
- [CPG_Management_of_Breast_Cancer_\(Third_Edition\)_1_3.pdf](#)
- www.moh.gov.my
- www.acadmed.org.my
- Jabatan Kesihatan Awam, Kem. Kesihatan M'sia
- www.cancer.gov.my
- National Specialists Register in Malaysia
(www.nsr.org.my)

Pendekatan
pelbagai disiplin
(Multidisciplinary approach)



Kesimpulan

- ✓ Rawatan kanser payudara bukanlah sama untuk setiap pesakit – bergantung kepada berbagai faktor.
- ✓ Mendapatkan keputusan biopsi (bersama ER, PR, and HER2 status) sebelum rawatan memberi peluang perancangan rawatan yang lebih teliti
- ✓ Rawatan Neoadjuvan (rawatan ubatan sistemik sebelum pembedahan) untuk jenis kanser Triple-negative dan kanser HER2-positive akan mendapat keputusan yang lebih bermunafaat dibandingkan dengan pembedahan terlebih dahulu dan di ikuti dengan rawatan sistemik.
- ✓ pCR (pathological complete response) dikaitkan dengan keputusan rawatan yang lebih baik dan mujarab.
- ✓ Pendekatan pelbagai disiplin (Multidisciplinary approach) adalah paling mustahak

Ringkasan

Rawatan kanser payudara bergantung kepada:

- Jenis kanser
- Peringkat
- Umur pesakit
- Penyakit lain (co-morbidity)
- Keinginan/hak pesakit



PANTAI HOSPITAL
Kuala Lumpur

BREAST CARE centre @ PHKL

Wear it Pink
Breast Cancer Awareness Campaign

SUBSIDISED BREAST SCREENING

MAMMOGRAMS: AWARENESS IS WELLNESS

A mammogram is an X-ray of the breast. It can detect breast cancer up to two years before the tumour can be felt by you or your doctor. It is recommended for women age above 40 to have regular mammogram screening.

Types of Screening	ULTRASOUND BREASTS	RM140
	MAMMOGRAM BREASTS	RM180
	MAMMOGRAM + ULTRASOUND BREASTS	RM280
	MAMMOGRAM + ULTRASOUND BREASTS + Consultation by Breast Surgeon	RM440

To make an appointment: **03-2296 0837** Validity: 1 September - 31 December 2023
*Terms and conditions apply



PANTAI HOSPITAL
Kuala Lumpur

BREAST CARE centre @ PHKL

Wear it Pink
乳癌醒觉运动

资助 乳房筛查

乳房X光造影: 意识醒觉即是健康之始

乳腺X光片是对乳房的X光检查, 可用于检测乳腺癌, 在您或您的医生可以感觉到肿瘤之前的两年发现乳房是否有异常。建议40岁以上的女性应定期进行乳房X光检查。

筛查种类	乳房超声波检查	RM140
	乳房X光检查	RM180
	乳房X光检查 + 乳房超声波检查	RM280
	乳房X光检查 + 乳房超声波检查 + 乳腺外科医生咨询服务	RM440

欲咨询详情或预约: **03-2296 0837** 有效期: 2023年9月1日 - 2023年12月31日
*须符合条款及条件

Terimakasih

