



Self-health Management Methods in Breast Care Research

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Abstract: When it comes to breast health, self-health management methods are crucial for both prevention and recovery. Understanding risk factors for breast cancer, performing self-breast examinations, maintaining a healthy diet, engaging in moderate exercise, prioritizing mental health, seeking genetic counseling, and undergoing genetic testing all contribute to maintaining breast health. Ongoing scientific research continues to advance breast cancer treatment, with personalized therapies, immunotherapy, and early screening techniques shaping the future trends.

Keywords: breast health, self-management, scientific progress

1. Introduction

When it comes to breast care, self-health management approaches are critical for both prevention and rehabilitation. Let's go into these two key points: the importance of breast care and self-health management methods. Breast care is not only a concern for the breast, but also for the overall health concern. Breast gland is an important organ in the female body, and its health is closely related to women's quality of life. Through self-health management, we can better protect the breast health and reduce the risk of breast cancer. Self-health management plays a key role in the prevention, early detection and rehabilitation of breast cancer: Early detection: One of the core of self-health management is early detection. Through regular self-examination of the breast, we can detect lumps, pain, or other abnormalities. Early detection of breast cancer can help with early treatment and improve the cure rate. Self-monitoring: Self-monitoring is the basic link of breast care. Knowing your body changes and paying close attention to the shape, texture and color of your breast can help identify potential problems. Self-monitoring not only helps with early detection, but also allows us to know more about our bodies and seek timely medical help.

2. Risk factors for breast cancer

When it comes to risk factors for breast cancer, we need insight into these factors in order to take precautions accordingly. Here is a detailed explanation of the breast cancer risk factors:

(1) Age: Age is an important factor in breast cancer risk. The risk of breast cancer also increases with increasing age. Most breast cancer patients are diagnosed over 50 years. Therefore, as we age, we should pay more attention to breast health, and conduct regular self-examination and screening.

(2) Family history: Family history is another important factor associated with breast cancer risk. If your first-degree relative (say, mother, sister, or daughter), your risk increases with breast cancer. Genetic factors may play a role, and therefore, if you have a family history, you should be regularly screened for breast cancer.

(3) Hormone exposure: hormone exposure is closely related to the risk of breast cancer. Women experience changes in hormone levels during physiological stages such as fertility, lactation and menopause. Long-term use of hormone replacement therapy (such as estrogen and progesterone) may also increase the risk of breast cancer. Therefore, we should use HRT with caution and follow the physician recommendations.

3. Self-health management methods

3.1 Self-examination of the breast

Self-breast examination is an important self-health management approach when it comes to breast health. Through regular self-examination, we can detect potential problems earlier and improve the rate of early diagnosis of breast cancer. Here are the detailed steps of how to conduct a self-breast examination: Choose the appropriate time: it is best to have a self-examination at 7 to 10 days after the end of menstruation, because the breast is less sensitive at this time. Stand or sit down: Stand in front of the mirror or sit on the bed to relax your breasts. Observe the appearance: Observe the appearance of the breast: pay attention to whether there are lumps, depressions, skin changes, redness, skin folds, etc. Check the nipple: watch

out for discharge, discharge, or other abnormalities. Touch examination: gently touch the breast with a finger: starting from the outside of the breast, along the spiral movement, gradually moving in the direction of the nipple. Note the presence of lumps, hard lumps, or irregular areas. Check the upper, lower and subaxillary areas of the breast.

Check the other breast: ensure the same test on the other breast. Regular examination: Conduct a monthly self-breast examination, preferably on the same day or on the same cycle.

3.2 Healthy eating and exercise

The impact of diet on breast health: A proper diet is essential to maintaining breast health. We should choose a light and diversified diet, reasonable collocation of meat and vegetables, intake of enough nutrition and calories. Eat more foods rich in vitamins A and vitamin C, such as green vegetables and fruits. In addition, avoid excessive saturated fatty acids and high-sugar foods, as well as acid, salted, mildew, smoky, pigment and flavor foods. Appropriate dietary advice: Increase the intake of vegetables and fruits, and green leafy vegetables and fruits are rich in antioxidants and fiber to help maintain breast health. In addition, the choice of healthy protein, such as fish, eggs, soy products, can also help to improve the body's anti-tumor ability. Exercise benefits for breast health: Moderate exercise is also critical for breast health. Regular moderate-intensity physical exercise, such as walking, swimming, yoga, etc., can improve immunity and promote physical health.

3.3 Mental health

3.3.1 Effects of stress and anxiety on breast health

Long-term stress affects the body's immune system and increases the risk of breast cancer. Stress causes changes in hormone levels in the body and may have adverse effects on breast tissue. Anxiety and tension can affect their own physiological function and may interfere with the normal functioning of the immune system. This may also affect breast health.

3.3.2 Maintenance methods of mental health

Meditation, deep breathing, progressive muscle relaxation, and other methods can help relieve stress and anxiety. These techniques can help to improve the mental state and reduce the physical tension. Sharing your feelings with relatives and friends and seeking psychological counseling or psychological treatment can help to reduce the psychological burden and improve the mental health level. A positive mindset helps to boost the immune system and reduce the risk of breast cancer. Cultivating optimism, hope and confidence helps to maintain mental health.

4. Scientific progress and future trends

When it comes to scientific advances and future trends in breast cancer, we can see many encouraging developments. Here are some recent developments in breast cancer research: Personalized therapy: With the continuous development of gene sequencing technology, we are now able to better understand the molecular characteristics of breast cancer. This makes the individualized treatment possible. Doctors can develop more precise treatment plans based on the patient's genotype and tumor characteristics. Immunotherapy: Immunotherapy has been a hot area of breast cancer treatment in recent years. By activating the patient's own immune system, antibody drugs and immune checkpoint inhibitors can help control tumor growth. Early screening techniques: Early detection of breast cancer is critical for treatment success. New screening techniques, such as digital breast lithography (DBT) and magnetic resonance imaging (MRI), can improve the accuracy of early diagnosis. Biomarker research: Researchers are looking for biomarkers for breast cancer to detect the presence of tumors earlier. These markers can be tested by blood or urine, aid in early diagnosis.

5. Closing Remarks

In short, through a reasonable diet, moderate exercise, mental health maintenance, and genetic counseling and genetic testing, we can better protect the breast health and reduce the risk of breast cancer. Scientific research continues to promote the progress of breast cancer treatment, and individualized treatment, immunotherapy and early screening technology are the future development trends. Let us pay attention to physical and mental health, for the breast health escort.

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