

RISING INCIDENCE OF BREAST CANCER IN INDIA

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Abstract

Breast cancer has ranked number one cancer among Indian females with age adjusted rate as high as 25.8 per 100,000 women and mortality 12.7 per 100,000 women. Data reports from various latest national cancer registries were compared for incidence, mortality rates. Earlier cervical cancer was most common cancer in Indian woman but now the incidence of breast cancer has surpassed cervical cancer and is leading cause of cancer death..Breast cancer is a global disease. Though the majority of underlying causes, and other features are usually uniform around the world, every region has its own uniqueness for that cancer.

KEY WORDS: Breast cancer, statistics, mortality, morbidity.

Introduction

Breast cancer is the most common female cancer worldwide representing nearly a quarter (25%) of all cancers with an estimated 1.67 million new cancer cases diagnosed in 2012. Women from less developed regions (883 000 cases) have slightly more number of cases compared to more developed (794 000) regions. In India, although age adjusted incidence rate of breast cancer is lower (25.8 per 100 000) than United Kingdom (95 per 100 000) but mortality is at par (12.7 vs 17.1 per 100 000) with United Kingdom.

There is a significant increase in the incidence and cancer-associated morbidity and mortality in Indian subcontinent as described in global and Indian studies. The age adjusted incidence rate of carcinoma of the breast was found as high as 41 per 100,000 women for Delhi, followed by Chennai (38%), Bangalore (34%) and Thiruvananthapuram District (33%).

GLOBAL WIDE DATA: Collectively, US, India and China account for almost one third of the global breast cancer burden. Persistent efforts over last 40 to 50 years in the US have resulted in a large proportion of women presenting in early stages and there has been a consistent decrease in the death rates due to breast cancer, even though the incidence of breast cancer is rising steadily. These statistics from IARC (WHO) reflect the same, and offer a good insight for developing nations like India, as to what can be done. The rate of rise of breast cancer in India (as you will see shortly below), is so rampant, that if we do not act now, we are in for a major shock in the next twenty years.

Breast Cancer

SOURCE: [HTTP://GLOBOCAN.IARC.FR](http://globocan.iarc.fr)

Estimated Incidence, Mortality and Prevalence Worldwide in 2012

Estimated numbers (thousands)	Cases	Deaths	5-year prev
World	1677	522	6255
More developed regions	794	198	3224
Less developed regions	883	324	3032
WHO Africa region (AFRO)	100	49	318
WHO Americas region (PAHO)	408	92	1618
WHO East Mediterranean region (EMRO)	99	42	348
WHO Europe region (EURO)	500	143	1960
WHO South-East Asia region (SEARO)	240	110	735
WHO Western Pacific region (WPRO)	330	86	1276
IARC membership (24 countries)	940	257	3614
United States of America	233	44	971
China	187	48	697
India	145	70	397

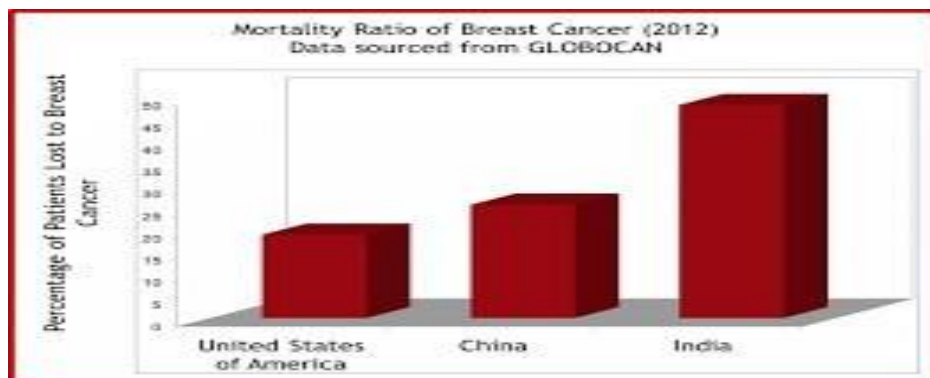
TERMS:

- **INCIDENCE** means the numbers of women detected with breast cancer in that particular year. The year in the above images is 2012. So the numbers in 'Incidence' represent the number of women who were newly detected with breast cancer for the year 2012. They are underlined with a red line in the column 'count' in the second chart.
 - **MORTALITY** means the numbers of women who died of breast cancer in that particular year. In the second chart above, the mortality numbers have been highlighted with red arrows in the column 'count'
- In India, we are now witnessing more and more numbers of patients being diagnosed with breast cancer to be in the younger age groups (in their thirties and forties).

BREAST CANCER

Breast cancer is the most common cancer in women in India and accounts for 14% of all cancers in women.

GLOBOCAN 2018 DATA OF BREAST CANCER:



Breast cancer is the most common cancer in women in India and accounts for 14% of all cancers in women.

- **NEW CASES REGISTERED:** 1,62,468
- **DEATHS:** 87,090

The incidence rates in India begin to rise in the early thirties and peak at ages 50-64 years .

Overall, 1 in 28 women is likely to develop breast cancer during her lifetime.

In urban areas, 1 in 22 women is likely to develop breast cancer during her lifetime as compared to rural areas where 1 in 60 women develops breast cancer in her lifetime.

BREAST CANCER STATISTICS:

Indian Council for Medical Research reports 1.5 lakh new breast cancer cases in India, of which 70,000 succumb every year. Feb 5, 2019

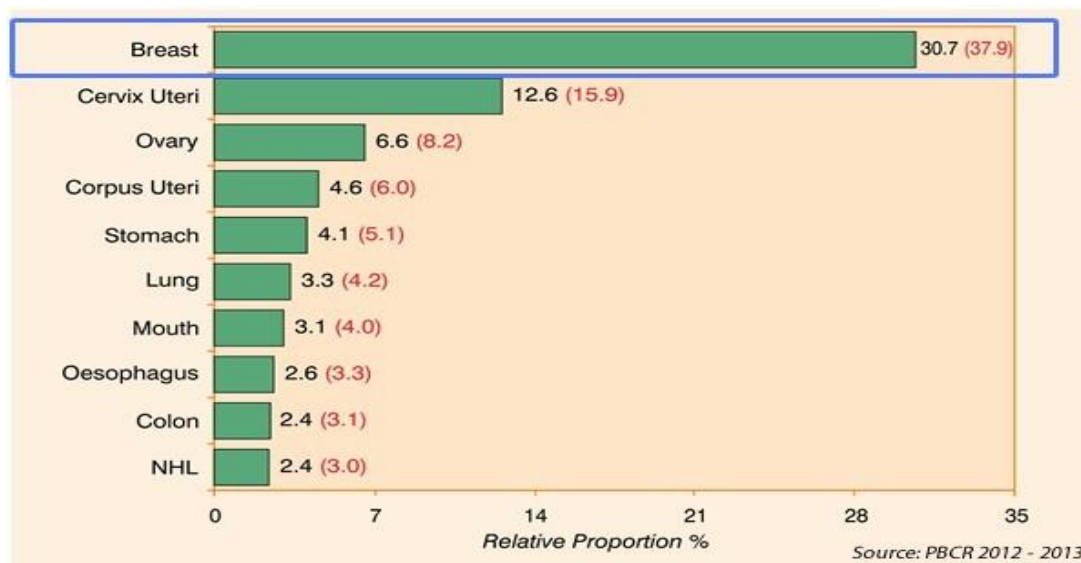
For India, for the year 2012:

- **144,937** women were newly detected with breast cancer
- **70,218** women died of breast cancer
- $144937 / 70218 = 2.06 = \text{round it off to } 2.$
- For every 2 women newly diagnosed with breast cancer, one woman dies of it in India.
- Mortality due to tobacco use in India is estimated at upwards of 3500 persons every day.
- Tobacco (smoked and smokeless) use accounted for 3,17,928 deaths (approx) in men and women in 2018.

Breast Cancer in Chennai:

The adjoining graph sourced from [PBCR 2012 - 2014](#) shows the incidence of breast cancer in Chennai presently.

- Breast cancer is the commonest cancer in women in Chennai
- Breast cancer accounts for **30.7%** of all cancers in women in Chennai.



STAGE ZERO BREAST CANCER FEBRUARY 4, 2019- THE HINDU

Stage Zero Breast Cancer is the earliest form of breast cancer. Medically termed Ductal Carcinoma In Situ (DCIS), cancer cells are found inside the milk ducts (the canals that allow milk to move from the milk gland to the nipple) in the breast, but have not spread to the surrounding breast tissues or organs.

“According to the Indian Council of Medical Research (ICMR), more than 100,000 new cases of breast cancer are diagnosed each year.

FEBRUARY 4, 2019/THE BETTER INDIA IN 2018

Cancer took more than seven lakh lives in India. These are excluding the two million more who continue to live and suffer from the deadly disease. According to the estimates by the Indian Council Medical Research (ICMR), the death toll is expected to rise to 8.8 lakh by 2020. This rise is not a surprise, because it has been steadily growing over the years, bolstered by the lack of awareness, say experts. As they say, despite its potential for major harm, cancer is not deadly if detected at an early stage.

HIGH COST, LOW AWARENESS TIED TO RISE IN BREAST CANCER CASES? FEBRUARY 4, 2019 - THE TIMES OF INDIA

HYDERABAD: When it comes to cancer in women, breast cancer cases have seen an alarming rise over the past few years. It is the most common cancer in women. Today, even as the country joins the international community to mark World Cancer Day, the risks associated with breast cancer continue to rise in Hyderabad and the remaining districts in Telangana, despite innovations in treatment and various awareness campaigns. Most doctors believe mammography to be the best way for detecting breast cancer at its nascent stage. However, experts say it still hasn't been as widely adopted in India as it has been in other parts of the world, despite its numerous advantages over other screening methods.

Indian Council for Medical Research reports 1.5 lakh new breast cancer cases in India, of which 70,000 succumb every year. In the absence of a cancer registry, experts in Hyderabad say the caseload could be equally alarming, especially when women shy away from examination..

CONCLUSION:In the West, majority of breast cancers (read more than 75%) present in stages 1 and 2, resulting in good survival; and there is an ever increasing numbers of patients presenting with mammography detected cancer, with no symptoms. India needs to reach this achievement, and it is only with aggressive promotion of screening and awareness and proper treatment that India will achieve this; and will take atleast a few decades to reproduce similar results.

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