

SELF-EXAMINATION AS BREAST CANCER PREVENTION: CASE REPORT

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Abstract: Introduction: Breast cancer is a type of malignant tumor that most affects women in much of the world, considered an important public health adversity. **Goal:** To report a case of breast cancer. **Results:** Young female patient in January 2019 had normal exams after performing preventive exams annually, in September she noticed a lump in the left breast during the bath. She had 4 cycles of red chemotherapy and 12 cycles of white chemotherapy; thirty days after finishing the treatment she had the tumor removal surgery. **Methodology:** Qualitative study of the descriptive case report type carried out in November 2020 in the state of Rio de Janeiro. **Conclusion:** Through this study it can be observed that breast cancer affects women of different social and economic levels with or without family history, it also showed the importance of the patient to recognize his own body and seek the health service. **Keywords:** Breast cancer, self-examination, diagnosis, nursing.

INTRODUCTION

Malignant breast cancer results from the disordered growth of cells, they have several types of breast cancer and invasive potential, it occurs from genetic alterations (hereditary or acquired) and some evolve quickly, others do not, however, most of the cases have a good prognosis (INCA, 2018).

Breast cancer is a type of malignant tumor that most affects women in much of the world, considered an important public health adversity. According to the latest world statistics, 2.1 million new cases of cancer and 627 thousand deaths from the disease were estimated (BRAY, 2018).

In Brazil, estimates of breast cancer incidence for the year 2019 were 59,700 new cases, which represents 29.5% of cancers in women, with the exception of non-melanoma skin cancer. For the year 2020, 66,280 new

cases of breast cancer were estimated, which represents an incidence rate of 43.74 cases per 100,000 women. The mortality rate from this type of cancer adjusted by the world population has an ascending curve and represents the first cause of cancer death in the Brazilian female population (INCA, 2019).

GOAL

To report a case of breast cancer from a nursing consultation at the outpatient clinic of a large hospital.

METHODOLOGY

Qualitative study of the descriptive case report type based on the experience of a nurse who, during her work, attended a patient in a routine consultation that reported the way in which she perceived the presence of the disease and later the evolution, diagnosis and treatment. Study carried out in November 2020 in the state of Rio de Janeiro.

RESULTS

Patient FSM, 41 years old, white, married, has 01 child, nurse with a college degree, born in the state of Minas Gerais. She lives in her own brick house, with adequate sewage, piped water and garbage collection. She has no family history of breast cancer, but with other types of cancer in the family, without comorbidities, she is not a smoker or alcohol drinker, practices physical activity regularly, has adequate food and socioeconomic status.

In September 2019, during a routine consultation with a gynecologist, she underwent preventive Pap smears, mammography and breast ultrasound, which did not show any abnormality. In October of the same year, she felt itching in her left breast and noticed the presence of a rigid and painless lump when performing the self-examination. In November, she looked for a mastologist who requested a mammogram

again and an ultrasound of the breasts showed an irregular-looking nodule measuring 2.5 cm, later the mastologist requested a puncture for a biopsy of the nodule. It was an invasive-type interval tumor. The mastologist opted to refer the patient to the oncologist. In December, treatment with neoadjuvant chemotherapy was started, there were 4 cycles with red chemotherapy being applied with an interval of 15 days from one to the other and after the end, 12 cycles with white chemotherapy with an interval of 1 week between one and the other.

In April 2020, she finished the chemotherapy treatment and repeated the mammogram and breast ultrasound exams, which showed a decrease in the lump of about 1.2 cm. She underwent preoperative exams, returned to the mastologist and 30 days after neoadjuvant treatment underwent conservative surgery (technique to remove the tumor with a safety margin, preserving as much of the breast as possible) ONCOGUA, 2019.

At the end of June 2020 after full recovery from the surgery she returned to the oncologist and started radiotherapy treatment. There were 25 sessions held on weekdays and every day.

Finally, in August of the same year, he was discharged from treatment with return to his activities, but he must have regular consultations for control.

DISCUSSION

Thoughts about health care emerged from this study and from others identified in the databases. The importance of performing breast self-examination was evidenced, which is considered a relatively simple, easy and useful exam in most cases and can also be performed by the patient himself in order to get to know his body, identify something unusual and, consequently, seek the service of health.

And later, the health professional begins a more detailed investigation of the patient's complaint and/or perception through physical examination and complementary exams such as: mammography, ultrasound, magnetic resonance and biopsy to finally make the diagnosis (INCA, 2020).

According to Rodrigues et al (2020), throughout their lives at least one woman in eight will be diagnosed with breast cancer. The main objective of early detection of breast cancer is the effectiveness of treatment because when it is diagnosed at the beginning or in the organ of origin, the possibility of cure increases.

CONCLUSION

Through this study, it was possible to observe that breast cancer affects women of different social and economic levels with or without family history, it also highlighted the importance of the patient recognizing his own body and seeking the health service. And for health professionals, this study was relevant, because it provided greater attention to the patient's complaint with the aim of improving and valuing the performance of regular breast self-examination by them and encouraging the examination to patients.

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