



CHENNAI DIGEST

Training by Parvathy Hospitals

Over 250 doctors across India participated in sessions and eight live surgeries that were conducted during the two-day event by Parvathy Hospitals, along with a few orthopaedic associations. This year's theme was contemporary techniques in peri-articular trauma. It was a first trauma course and also a part of an educational training course for surgeons.

A new supermarket in Moggapair



The Best Supermarket was inaugurated recently by Chef Damu, who is also a Guinness World Record holder for conducting the longest cooking marathon. The supermarket is located in Moggapair and the opening saw a huge gathering of the local residents and regional heads. They also have free home delivery.

BS Abdur Rahman's MoU



B S Abdur Rahman University entered into an MoU with Ministry of Economic Affairs, Taiwan for talent recruitment recently. David Wang, deputy director general, department of investment services, ministry of economic

Men, lesser known victims of breast cancer

- **Breast cancer among men may be rare but it's a reality**
- **City Express speaks to oncologists and other experts who claim clinical trials are not possible due to the less number of male patients**

● Chandni U

The term breast is always associated with women and that's true, of course. What many are unaware of is the fact that men too have breast tissue, which makes it possible for them to get breast cancer. Male breast cancer may be rare but it's a reality! October, being the breast awareness month, is incomplete without talking about the high estrogen level in men that can lead to a lump near their nipples.

CE talks to a couple of city doctors to find out more about risk factors, symptoms, and diagnosis. Dr Balaji, oncologist, Apollo Hospital, says, "In my eight years of practice, I've had only eight patients. So yes, it's very rare. Out of a 100 breast cancer cases, one or two would be men. A 60-year-old man is under evaluation right now. He has a lump on his chest and we suspect breast cancer."

How do they react? "Women have a greater psychological impact because their breasts are removed. For men, all they might lose is a nipple. On the other hand, men are sceptical and shocked. We tell them it's rare but not unheard of." Nevertheless, survival rates are pretty much the same for both genders, and men require just as much support.

But the biggest problem is lack of awareness about male breast cancer. Even in schools and colleges, nobody talks or teaches about this possibility. Professor K Geetha, a biotechnologist, teaching cancer biology to undergrads,

are very few. That's why clinical trials are unlikely. We depend on existing data instead. Termed retrospect data, we analyse patients from over 20 years and conduct research based on that," explains Balaji.

How and why do men get breast cancer? With a doctorate in genetics and having done her research in cancer using nanoparticles, Geetha elaborates, "Until puberty, both men and women have breast tissues. When a girl reaches puberty, there is an increase in the secretion of female hormones which leads to further development of milk ducts. For men, those tissues are under the risk of being mutated. One of the reasons is the hereditary transfer of BRCA gene."

There are two types — BRCA1 and BRCA2. According to American Cancer Society, there is a greater chance of mutation in BRCA2 gene in men with a lifetime risk of about six in 100. BRCA1 can also cause mutations but the risk is lower — about one in 100. "If there is a history of this mutation among male ancestors, then the risk is greater and you need to go for genetic profiling," adds Geetha. Other risk factors include exposure to radiation, cigarette smoke and the many mutagens present in the environment.

Obesity is an issue here as well. "While a woman has a lot of glandular tissue plus fatty tissue, elderly men have more fatty tissues. You might have noticed many men have breasts like that of a woman. It's only fat deposit and well, lumps can be missed. Sometimes, they can grow, come out and form an ulcerated tumour or form a fungus," says Balaji.

Dr Anita Ramesh, a graduate from the Adyar Cancer Institute with 16 years of experience, says, "When tissues are so few, it easily breaks the skin and fungates with bleeding. It also penetrates the chest wall and causes pain. This makes the tumour inoperable and enters

MEN CAN HAVE HIGH ESTROGEN LEVELS DUE TO...

Taking hormonal medicines

Being overweight increases the production of estrogen

Exposure to estrogen in the environment (such as estrogen and other hormones fed to fatten up beef cattle, or the breakdown products of pesticide DDT, which can mimic the effects of estrogen in the body)

Livers of heavy drinkers of alcohol have limited ability to regulate blood estrogen levels

Liver disease leads to lower levels of androgen (male hormones) and higher levels of estrogen (female hormones). It increases the risk of developing gynecomastia (non-cancerous breast tissue growth) as well as breast cancer.

(Source: www.breastcancer.org)

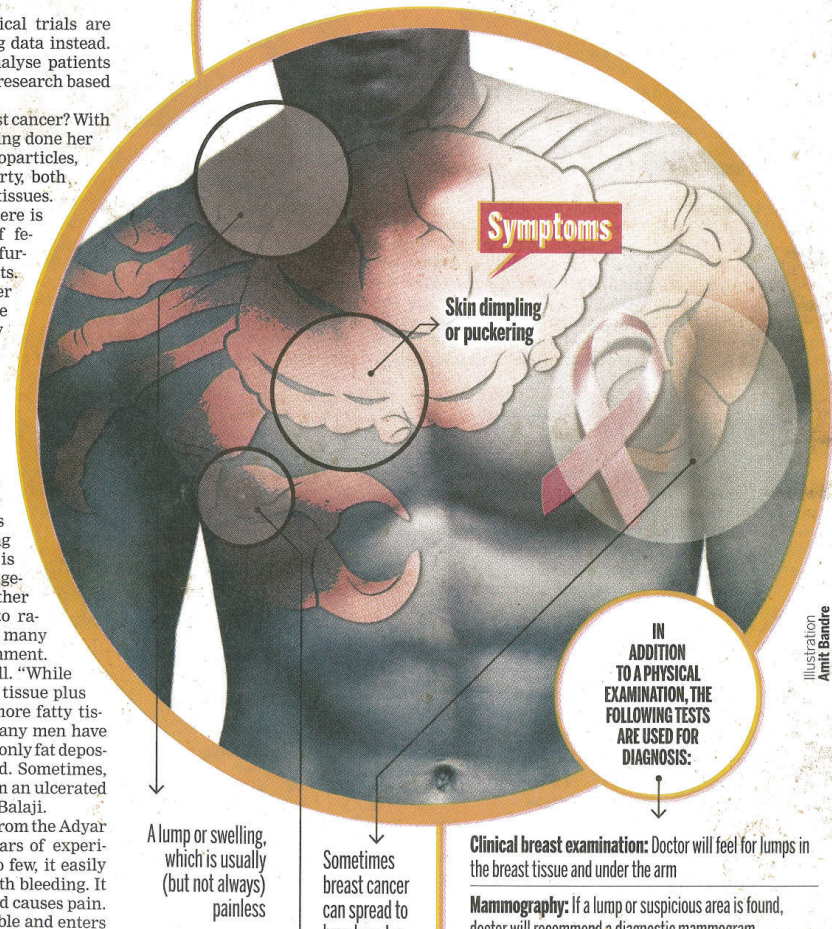


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