



## Breast Cancer Talk


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January 11, 2017


(独立行政法人国立がん研究センター がん対策情報センター  
がん情報サービス 最新がん統計 2012年データに基づく)

One out of every   
Japanese people will  
develop **cancer** at  
some time during  
his/her life.

One out of every   
Japanese people ...  
a. 10    b. 5    c. 2

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One out of every   
Japanese women will  
develop **breast  
cancer** at some time  
during her life.

One out of every   
Japanese women ...  
a. 20    b. 11    c. 5

**For female students:**

Which group do you think  
you belong to?

**For male students:**

Think of a woman who is  
very close to you, such as  
your mother, your sister,  
your girlfriend, etc.  
Which group do you think  
she belongs to?



## Outline of My Talk

1. My Self-Introduction
2. Details About My First Breast Cancer
  - symptoms (症状)
  - early detection (早期発見)
  - final diagnosis (最終診断)
  - treatment (治療)
  - side effects (副作用)
3. Another Case: My Friend's Wife
  - "Why is she dead? Why am I alive?"

## Yukie Iwamura

- Age: 56 (Graduated from Meigaku in 1982)
- Job: Part-time English instructor at Tokai University Takanawa Campus
- Marital status: Married
- Family: Husband (No children)
- Illnesses (cancers):
  - 2008 (48) Early-Stage Breast cancer (left breast)
  - 2010 (50) Early-Stage Endometrial cancer (=子宮体がん)
  - 2014 (54) Early-Stage Breast cancer (right breast)

## Yukie Iwamura

How could I find my cancers at their early stages?

annual cancer screening tests  
(がん検診)  
from age 40

☺ You make a lot of choices and decisions in your life. The best and most crucial choice I ever made in my life was to take cancer screening tests (がん検診) every year from age 40. This choice has saved my life from three cancers.

### Details about my first breast cancer:

#### Symptoms (症状):

- Felt a hard lump (固いしこり) in my left breast
- A slight pain (?) in my left breast when carrying a backpack

### Details about my first breast cancer:

#### First detection (最初の発見):

- August 2008 (age 48)
- Complete medical checkup (人間ドック)  
→ Breast examination by a doctor (医師による視触診)

### Breast cancer screening: Mammography



### Breast cancer screening: Ultrasound



### Details about my first breast cancer:

#### My reaction:

- I might be going to die.
- The idea that my left breast might have to be removed did not really upset me. (Reasons?: married, 48 years old)

**Details about my first breast cancer:**

Treatment options:

- A. Surgery (手術)
- B. Chemotherapy (抗がん剤)
- C. Radiation (放射線)
- D. Hormonal therapy (ホルモン療法)

**Details about my first breast cancer:**

Treatment options:

- A. Surgery (手術) → Final Diagnosis (最終診断)
- B. Chemotherapy (抗がん剤)
- C. Radiation (放射線)
- D. Hormonal Therapy (ホルモン)

**Details about my first breast cancer:**

Treatment options:

- A. Surgery (手術)

**Details about my first breast cancer:**

A. Surgery (November 2008)

a lumpectomy

(乳腺腫瘍摘出術  
→乳房温存手術の一種)

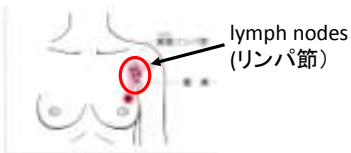
Lumpectomy



**Details about my first breast cancer:**

A. Surgery (November 2008)

a lumpectomy (乳腺腫瘍摘出術  
→乳房温存手術の一種)  
+ 2 lymph nodes removed  
(リンパ節2つ切除)



lymph nodes (リンパ節)

- part of your immune system (免疫システム)
- found throughout your body
- lymph nodes in the armpit = the first place breast cancer usually spreads to

**Details about my first breast cancer:**

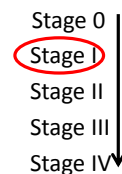
Treatment options:

- A. Surgery (手術) → Final Diagnosis (最終診断)

**Details about my first breast cancer:**

Final Diagnosis (最終診断):

Breast Cancer Stages



**Details about my first breast cancer:**Final Diagnosis (最終診断):

Stage I breast cancer( I期の早期乳癌)

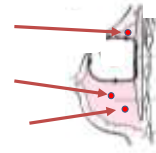
- the tumor (腫瘍) 2 cm across
- had not spread to **lymph nodes** (リンパ節転移なし)

**Details about my first breast cancer:**Treatment options:

- Surgery (手術)  
→Final Diagnosis(最終診断)
- Radiation (放射線) ←

**Details about my first breast cancer:**B. Radiation ( Jan.-Feb. 2009

26 visits )

**Details about my first breast cancer:**Treatment options:

- Surgery (手術)  
→Final Diagnosis(最終診断)
- Radiation (放射線)
- Hormonal Therapy (ホルモン療法)

**Details about my first breast cancer:**C. Hormonal Therapy (ホルモン療法) ( Dec. 2008- present )**Details about my first breast cancer:**Side effects (副作用) of the treatment:

- no perspiration in the area treated with radiation

**Details about my first breast cancer:**Side effects (副作用)

Caused by "tamoxifen"???

- Another cancer (endometrial cancer子宮体がん)

**Potential side effect of breast cancer treatment****Lymphedema (リンパ浮腫)****Lymphedema (リンパ浮腫)**

- swelling of the arm
- caused by removal of **lymph nodes** and radiation treatment
- the more lymph nodes removed, the higher the risk
- may occur any time after breast cancer treatment

☺ *More than 8 years have passed since my first breast cancer operation.*

*Fortunately, there have been no signs of recurrence.*  
(再発の兆候なし)

☺ *It was a very good decision for me to start taking breast cancer screening tests as early as age 40.*

☺ *It has saved my life, right? (Or at least, it has made my life longer, right?)*

*But is “age 40” really early enough to save your life from breast cancer??*



**Question:**

*Why am I still alive and why is my friend's wife dead? (Why have I survived my breast cancers and why could she not?)*

*Did she have a mutation in BRCA1 or BRCA2??*

*→I have no idea.*

**Conclusion:**

*There are no easy answers to the questions you are going to discuss.*

*But keep thinking about this issue so that you can make the right choices when necessary.*

**Conclusion:**

*You are the one who should be responsible for your own health. Try to be proactive and protect your life from cancers not only for yourself but also for your loved ones.*

