INTRODUCTION

Breast cancer is now the most prevalent cancer among women worldwide including Malaysia. It contributed to 19 percent of all new cancer cases diagnosed from 2012 to 2016. In addition to the new cases, this has rapidly increased the overall percentage of cancer among women by a staggering 2% (32.1% to 34.1%). The increment in incidence of breast cancer in Malaysia has been attributed to increased awareness among population and advancement in screening method. Nevertheless, if early intervention is taken, it would yield good outcome.

METHODOLOGY

We conducted a retrospective study of breast cancer cases from 2016 to 2020 which was designed to mainly describe and analyse the bio-clinical profile of breast cancer patients who followed up at our district hospital at Sungai Petani, Kedah, Malaysia. Patient’s profiles were retrieved from the total hospital information system (e-HIS). Our information were focused on epidemiology, risk factors, diagnosis, therapeutic treatment and ultimate outcome. For the analysis of the collected data, a collective statistics of frequency, mean and percentage were used. However, unavoidable limitations of our study includes the retrospective nature of the study, incomplete documentation and patient whom defaulted follow up.

DISCUSSION

The study shows the disease occurred predominantly at 4th decade of patient’s life. The study also pictures the incidence of breast carcinoma in male which similar to other literature. The incidence is the highest in Malay lady and most of the cases patient comes with breast lump or swelling as reported in many studies. Less patient came with symptom exceeding 6 months probable increased awareness nowadays. Many of other studies found out taking oral contraception, nulliparous, and having family history of malignancy statistically increased the risk of getting breast carcinoma.

Our study indicates that invasive breast carcinoma is the most commonly encountered histopathology. Surgery was the mainstay of treatment, while chemotherapy, radiotherapy, and hormone therapy were used in the adjuvant setting.
Breast conserving surgery (BCS) also has become the preferred method of treatment for many patients. However, in our study only few patient underwent BCS. The low rate BCS was attributed due to high chance of patients to have non-compliance of radiotherapy hence risk of disease progression.

CONCLUSION
We can conclude that surgical intervention statistically proven to be an aid in increasing the survival rate of breast carcinoma patient. Although BCS is gaining popularity worldwide, modified radical mastectomy still remains the gold standard for the management of breast carcinoma in the present circumstances, in most parts of Malaysia. It is crucial to educate the masses on self-breast examination to reach early diagnosis.