

Breast Surgeon

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IMPORTANT REASONS TO FACE BREAST DISEASES AND PROBLEMS IN ATHENS

The continuous updating of both the medical world and the public on developments in Medical Science, and especially on the subject of breast cancer with its early diagnosis and surgical treatment, is very important and useful.

Therefore, I will refer to points that everyone should know and that relate to preventive examination, early diagnosis and appropriate surgery of breast cancer that ensures greater survival of women.

We should therefore know that after the age of 35, all women - with or without a hereditary history of breast cancer - should undergo a complete annual breast examination and be examined by a specialized Senologist (Breast specialist). This investigation includes a detailed history of the woman, a clinical examination of her breasts, a breast ultrasound and a mammography. And this applies as long as there is no hereditary history, because if there is a hereditary history, it would be better all these procedures to start at a younger age depending on the age at which breast cancer appeared in the family. For example, if the mother developed breast cancer at the age of 40, the daughter should then begin her preventive examination from the age of 30.

Also, a complete breast examination should be performed, as already mentioned, in women who have not had their first child until the age of 32-35, because it is very important for a woman who will become pregnant to know that she has no problem and can become pregnant, rather than becoming pregnant and being surprised by a subclinical breast cancer that she had, and she was not aware of, and which will rapidly progress and worsen with pregnancy.

It should also be mentioned that breast cancer also develops in men and unfortunately many men are not aware of it. The frequency in men is much lower, corresponding to 1 man with breast cancer for every 100 women with breast cancer, but unfortunately due to the smaller size of the breast and the proximity (short distance) of the breast to the chest wall, the patient's ignorance of visiting the Senologist with a very small lump, his possible experience of pubertal gynecomastia that appeared and then passed, he does not give importance to the finding. Because of all this, in men, the involvement of the chest wall occurs much earlier than in women, and thus the prognosis for men is much worse than that of women.

In Athens we have fully organized Breast Centers, where a complete diagnosis can be made and surgical treatment can be performed. In addition, the climatic conditions in Athens help to improve the psychological state of patients.

Also in Athens and especially in our team, we have specialized Plastic Surgeons for issues of reconstruction of the removed breast, reduction of hypertrophic breasts, restoration of anisomastia and gynecomastia, etc.

Finally, the financial burden in Athens is much lower than that of America. Therefore, we invite you and suggest you to try, if you need, the provision of Medical Services in Senology in Athens.

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