

Breast cancer is a disease characterized by an abnormal growth of cells in the breast. This malignant disease is the most frequent tumor in women with constantly increasing incidence, significant heterogeneity and multifactorial etiology. Its main feature is to recur even after long time on the contrary to other types of tumors.

In 90% this cancer has random occurrence, whose pathogenesis is still unknown. Thus the risk factors are so significant in the role of understanding the etiology of the disease. Primary prevention is not effective enough because it depends on the behaviour of the patients themselves. About 10% of the cancer has family occurrence and genetic predisposition. It is mostly a mutation of the genes BRCA 1 (17th chromosome) and BRCA 2 (13th chromosome) that are associated also to other malignant tumors (like carcinoma of ovary or colorectal one). Even this familiar type may be influenced by nutritional and life style.

Nowadays, the most effective detection is mammography. It is the basic type of secondary prevention. It enables early detection of the disease that gives better chance to the patients as it enables treatment for primary stage of disease. The mammographical screening is scheduled to two-year intervals. Between these periods it is necessary to provide selfexamination of breast, which, unfortunately is not done adequately. Mainly this inspection may reveal small disproportions of the shape, colour or structure of the breast that can draw an attention to the risk of the breast cancer.