

## How to Cure Breast Cancer without Surgery

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### Perspective

Women who had one or both breasts surgically removed (a unilateral or bilateral mastectomy) had lower scores on a quality-of-life check, indicating worse quality of life, than women who had surgery to remove just the excrescence and some near healthy tissue (bone-conserving surgery), researchers found. The type of surgery immature women with early-stage breast cancer choose may affect their quality of life time's subsequently, according to a new study [1].

The researchers transferred a questionnaire called Bone-Q to 560 immature breast cancer survivors (40 years or younger at the time of diagnosis) to complete as part of their follow-up. The women were asked about several aspects, including their satisfaction with their breasts after surgery, psychosocial well-being (e.g., anxiety situations), and sexual well-being [2].

Surgery is generally the first type of treatment for breast cancer. The type of surgery you have will depend on the type of breast cancer you have. Surgery is generally followed by chemotherapy or radiotherapy or, in some cases, hormone or targeted therapies [3]. Again, the treatment you'll have will depend on the type of breast cancer. Your doctor will be the most suitable treatment plan with you. Chemotherapy or hormone therapy will sometimes be the first treatment.

Breast cancer forms in the cells of the breast. The most common type of breast cancer is known as ductal carcinoma in situ. This type of cancer begins in the tubes that carry milk from the lobules of the breast to the nipple — the milk tubes. These abnormal cells are isolated in the milk tubes and have not spread to the breast tissue. This is a form of non-invasive breast cancer, still, if left untreated, can spread into the breast tissue [4].

Lobular carcinoma is another type of breast cancer that begins in the lobules (or the milk glands) of the breast. Like ductal carcinoma in situ, lobular carcinoma is not a form of invasive breast cancer. Since these abnormal cells have not spread to breast tissue, they are not a severe form of cancer and will only need surgical removal. Still, they can increase your risk of other types of breast cancer subsequently on down the road.

Traditional and conventional cancer treatments include only three options — chemotherapy, radiation therapy, and surgery. The problem with chemo, radiation, and surgery is that these conventional medicine approaches can beget further detriment than good. While they have proven to be effective, their side effects can be more dangerous than the cancer itself. Before starting chemo or committing to surgery after a cancer diagnosis, it's largely suggested for every breast cancer case to learn about the other complementary medicine practices available.

When it comes to necessary targeted therapy, breast cancer cases have several options.

Natural treatment for breast cancer refers to several treatments that are not part of conventional medicine. They can be used on their own or in combination with conventional treatments as targeted therapy. Necessary cancer treatment works to enhance your body's vulnerable system, rather than only flushing your body with chemicals or treating

cancer through surgical strategies. Complementary therapy can either help conventional treatment or serve as the sole medical treatment.

Still, you might want to study necessary treatments, if you're interested in learning how to cure breast cancer without surgery. Multitudinous people constantly question whether necessary breast cancer treatments work. Well at ITC we have seen first-hand how necessary medicine works to make up the vulnerable system and kill breast cancer cells [5].

Mastectomy is a surgical procedure that involves either partial or total removal of breast tissue to treat or help breast cancer and reduce the chances of developing breast cancer. Breast reconstruction may be done along with this surgery.

There are different types of mastectomy ways and they are

- **Total mastectomy:** In this surgery, the entire breast is removed, but not the lymph nodes under the arm or the muscle tissue beneath the breast. Occasionally both breasts are removed, especially when mastectomy is done to try to help cancer.

- **Partial mastectomy:** Where your doctor removes only the part of the breast that has turned cancerous along with some surrounding tissue.

- **Tissue- and nipple- sparing mastectomy:** For women who are planning on having reconstruction right away, a skin/ tissue- sparing mastectomy can be done. With this procedure, most of the skin over the breast (other than the nipple and areola) is left complete. This can work as good as a simple mastectomy. The amount of breast tissue removed is the same as with a simple mastectomy. Women generally prefer it because there's lower scar tissue, and the repaired breast seems more natural.

- **Nipple- sparing mastectomy:** This is like a skin- sparing mastectomy, but the nipple and areola are left before. This procedure is more frequently an option for women who have a small, early-stage breast cancer near the external part of the breast, with no signs of cancer in the skin or near the nipple.

- **Radical mastectomy:** In this procedure, the surgeon removes the entire breast, numerous of the lymph nodes under the arm, and the muscles of the chest wall under the breast. This procedure is generally done if cancer is growing into the muscles under the breast.

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• Modified radical mastectomy: In this surgery, the entire bone is removed along with lymph bumps under the arm or axillary lymph knot analysis.

### Conflict of Interest

None

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