

Breast cancer is the main cause of death among Mexican women

Early detections can save lives

CMT joins the breast cancer awareness month.

October is observed as the pink month due to the international day to fight breast cancer. The objective is to increase attention and also to start awareness campaigns about this problem, but also for early detection, treatments and palliative care for this disease.

The most frequent types of cancer in women

1. Breast cancer
2. Skin cancer
3. Colon cancer
4. Gynecologic cancer: ovarian and cervical cancer
5. Lung cancer

In Mexico this kind of cancer is the first cause of death in women, as 10 women die every day as a consequence of it

The person in charge of the program called "Programa Cáncer de la Mujer" is the doctor Susana Martínez Julián, who is responsible for health issues in the jurisdiction #1 in the Central Valley, which is part of the Health Services Department in Oaxaca. She believes that current knowledge on the causes of breast cancer are not enough, and as a consequence many cases are detected too late, when it is not possible to give any treatment. However, when detected early, a suitable diagnosis can be made, which helps to provide an effective treatment, and to increase possibilities to have a complete cure.

Susana Martínez Julián mentioned that cancer is the result of mutations or abnormal changes on the genes in charge of the growing process of cells to keep them healthy. In the specific case of breast cancer, this uncontrolled growth takes place in breast cells.

"Unfortunately, breast cancer is being detected too late, that is to say, in the end stage. The ideal thing would be to detect cancer on stages 1 or 2, when the problem cannot be detected through a physical exploration, only by means of a mastography. That is the moment when it is possible to give an effective treatment to patients, it is too late when abnormalities are detected for example, an evident retraction in the nipple or a deformed breast", the expert said.

Women should self-exam once a month since they are 20 years old. When they turn 25, they should go with an expert every year in order to have a clinical exploration done. Women aged 40 and older should self-exam every month, they need to get a clinical examination on their breasts every two years, and a mammography every year.

Breast self-exam

1. Stand in front of a mirror, raise your arms and observe both breasts. Pay attention to any possible changes in the shape or size, observe if dimpling, lumps, or wrinkles appear; as well as redness, rash, or changes in the nipple's position
2. With your fingertips press gently in circular motions all over the breast to look for lumps or painful points
3. Exam your armpit area using your fingertips in circular motions, try to detect any lump or swelling under your skin
4. Use your fingers to press gently on your nipples. Outflow of fluids (yellow, milky, or watery) or blood may be a symptom of a breast tumor
5. Lie down and place a pillow under your shoulders. Rise your arm, fold it, and place it under your head. Using circular motions, touch smoothly your breast and your armpit. Use your left hand to explore your right breast and vice versa



• Dr. H. C. Catalina Mendoza Arredondo created the Alternative Medicine Model called "Listening to the body", which has been an innovative therapy for 23 years

• The CMT Complementary Medicine Health Model has helped more than 75 thousand patients since 2005

Message CMT

Congregación Mariana Trinitaria (CMT) asks women to practice breast self-exam monthly, as it is the only way to find any abnormality in order to start an opportune treatment.

For this reason, during breast cancer awareness month it is important to contribute to increase attention and assistance for early detection, treatment, and palliative care.

CMT and its Complementary Medicine Model called "Listening to the body", joins the World Health Organization (WHO) campaign to foster integral programs to fight breast cancer by prioritizing prevention strategies and opportune detections as a result of self-exams and mastographies.

Using this model based on integrative medicine, we aim at restoring integral health and full potential through an innovative therapy. This system in tandem with allopathic treatments allows patients to recover from different kinds of diseases.

CMT Actions in support of health

- An alternative medicine model implemented by Dr. H. C. Catalina Mendoza Arredondo
- Provide equipment for spaces (surgical material, ambulances)
- Specialized treatments (hemodialysis and cataract surgery)
- Life insurance policies for major medical expenses

