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# SOBRE EL CÁNCER DE MAMA...

**EN 2018**

**18 millones** casos nuevos

**9.6 millones** muertes

**EXISTEN VARIOS TIPOS**

In situ o localizado      Invasivo o propagante

**NO CONFUNDIR CON...**

Fibroadenomas, adenomas, lipomas, quistes

**SI TIENES ESTOS FACTORES DE RIESGO**

NO MODIFICABLES	MODIFICABLES
EDAD	SEDENTARISMO
GÉNÉTICA	SOBREPESO DESPUÉS DE LA MENOPAUSIA
DENSIDAD MAMARIA	TERAPIA HORMONAL
ANTECEDENTES FAMILIARES DE CÁNCER	EMBARAZO TARDÍO (>30)
EXPOSICIÓN A LA RADIACIÓN	TOMAR ALCOHOL (MÁS DE 2 AL DÍA)
HISTORIAL REPRODUCTIVO (PARTICULARMENTE ANTES DE LOS 15 AÑOS Y DESPUÉS DE LOS 30)	

**O PRESENTAS UNO DE ESTOS SÍNTOMAS**

Cualquier cambio en el pezón o la teta

Dolor en cualquier zona

Hinchazón o dolor del pezón

Secreción anormal del pezón, en especial sangre

Un bulto nuevo

Aumento del peso o hinchazón

Irritación o enrojecimiento en la piel

Decoloración en la zona del pezón o la mama

**REVÍSATE CON...**

AUTOEXPLORACIÓN	ULTRASONIDO MAMARIO	MAMOGRAFÍA / TOMOSÍNTESIS	RESONANCIA MAGNÉTICA	BIOPSIA DE MAMA
A DIARIO	SI TIENES MENOS DE 40 AÑOS	CADA AÑO A PARTIR DE LOS 40	SI TIENES MAMARIOS ENFERMOS	CONFIRMAR TU DIAGNÓSTICO

**¡NO TARDES!**

Consulta a tu médico

**Juntos** Previene y mejora la vida.

**RIO** Centro Integral de Diagnóstico y Tratamiento

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## Câncer de próstata



Em sua **FASE INICIAL NÃO** causa sintomas nem **APRESENTA SINAIS**. A análise do **PSA** (Antígeno Prostático Específico) em conjunto com o **EXAME DE TOQUE RETAL** são as armas do urologista para **DETECTAR** o problema **PRECOZEMENTE**.

Agende sua consulta com o urologista.





### ¿Cuáles son los síntomas?

- Chorro de orina delgado
- Sensación de tener que orinar con más frecuencia, especialmente de noche
- Hacer más esfuerzo para orinar
- En la fase avanzada de la enfermedad puede haber sangre

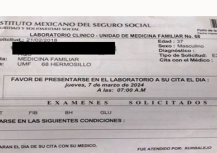


### Recomendaciones

- Si tienes más de 50 años de edad, acude con tu médico familiar para una valoración anual
- Si un familiar recibió un diagnóstico de cáncer de próstata antes de los 65 años, coméntalo a tu médico para que establezca el tratamiento a seguir

### Recuerda

Es importante mantener un peso ideal, tener una alimentación avanzada y realizar actividad física de manera constante.



### CONCEPTOS GENERALES

**La Hiperplasia Prostática Benigna (HIPB)** es una enfermedad de la próstata caracterizada por el crecimiento excesivo del tejido prostático localizado en la zona de transición.



El engrosamiento de la próstata alrededor de la uretra actúa como un cinturón que estrecha progresivamente el conducto de salida de la orina.



Esto se traduce en dificultad para orinar y disminución del calibre y la presión del chorro.

O que é cancer de prostata. Guia de practica clinica cancer de prostata imss. Cancer de prostata gpc imss. Como es el cancer de prostata. Infografía cancer de prostata imss. Cancer de prostata a que edad se presenta. Cancer de prostata imss pdf. Prevencion del cancer de prostata imss.

It is important to highlight that to perform the patient's full evaluation, it is necessary to complete three studies: questionnaire on the symptom of the prostheses. If you present a little bit of SHE f Toma, go to your healthy health unit. Á e â -ã "i. As part of this permanent campaign, we invite all adult men to go and inform them in their musical unit to overcome prejudices, improve the car -but to encourage early diagnosis and, consequently, timely treatment, if necessary. Thanks to CHKT A LA f nea elã e ä gnã ç has done this year; 115, 672 evaluations to measure the risk of limit, of which 14, 852 caused a high risk and 100, 820 with low risk, or 1.4 out of 10 men presented a high risk of suffering from it. Risk factors are a story of prostate in narrow relatives or are more than 45 years old. However, in Preventure, health promotion actions are performed focused on the reduction of common risk factors of non -transmissible diseases (ages and degenerative chronic diseases) such as an unhealthy food ride, obesity, sedentary lifestyle and tobacco and alcohol consumption which also has influence, therefore the importance of giving priority to preventive medicine by strengthening health promotion actions. Fear of the prostate center Test Dr. Rubã © n Zuart Alvarado, head of the detection of chronic diseases and center of the IMESS, semon wing that in medicine up to 45% of men who go to consultation do not give their consent for the full exploration of the prostate; Without this test, the evaluation is incomplete. This disease is diagnosed in advance and is treated in its initial phases, it is curable in 85 percent of cases. The obstruction of Cerr of the urethra, as a frequent complication. With CHKT online, you can know if there is a risk of developing Prã'stata Center, performing a full and diagnostic evaluation time (IMSS) Lanza CHKT in line. Rectal exploration of the prostate. The beneficiaries can carry out their risk assessment by accessing the Miã'vil application or the IMSS Internet portal. The actions conducted by the IMESS for this full detection in the first level of attention are: initial methodical evaluation that includes the application of the questionnaire of prosthetic symptoms, rectal touch and prostate anti -isplie to all men from 45 to 74 years and from 40 to 40 40 to 40 to 40 to 40 44 years with an inheritance story of Prã'stata. If there is a story of relatives with this type of center, studies must be conducted from 40 years. The symptoms of this type of center are: -Posting or interrupted the flow of urine -avengement and greater frequency -disturbance to start the flow of urine and to empty the bladder completely -industry or ardor to the screaming difficulty to have a pressure of erection. Urine or sperm -a rear part of the back, hips or pelvis, which does not disappear being a silent disease in its initial phase, is recommended to men of over 45 years Specific and physical exploration. Full detection is carried out in any variety regardless of the reason why it goes to family medical units. It should be noted that the risk of developing this center increases with ETã. In addition, technological innovation has allowed us to do. Remember that the timely detection of this condition allows a healing treatment before a palliative, since the center in the advanced phases is not curable, only controllable. Although there is a great progress in this task, there are also outstanding, as in the case of the detection of the center of Prã'stata - that, according to the statistics of the ingice, its incidence has increased in the last ten years å ± os and å \* already, the second cause more frequent and before death in men. Furthermore: -Decrease the consumption of red meat or ligii products -quite a healthy weight -the consumption of vegetable products such as fruit and vegetables the commemoration of the national day of the fight against the center of the prostate has the aim of increasing awareness between the Men of over 40 years on this disease, their causes and invite them to go to a class to perform the corresponding studies for their early detection every year. This detailed that this citr comes from a disordered growth of the cells in the prostate, a gland in charge of producing the prosthetic lyth that is part of the seed and that manifests itself through a tumor that grows and can even feel. Prejudices, myths and ignorance are the main enemies in this battle, because despite the record of a maximum of 18 new cases per day and 6,657 a year, men, men regularly to go to health services. Among the most important factors for this disease there are the family e'ã and history, of Prã'stata. However, the health personnel of Imess is persevering, since they are aware of the vital meaning of promoting a culture of early diagnosis of benign prosthetic growth (GPB) and of the coaching center (chap) in the right population. There are also modifiable risk factors, such as excessive consumption of meat and red lines, drinking alcohol, smoke and obey or overweight. "We have many things to learn from the car -cure, keep in mind that we must pay attention to the prostate and leave the clichés on this topic, said Antonio Jimã © Nez, who was subjected to a radical prostatectomy surgery And those who are already in treatment today to overcome the disease. The risks in the center Prã'stata indicate that at the utmost, the risk of this condition increases. The beneficiaries have various mechanisms of early diagnosis at hand, therefore, a healthy life, å It is also responsibility of the person, so that the men in whom their health units are attended and less those in which we must participate in the emergency room. Brave is having a preventive attitude. During this training and education campaign for the health of men, We approach the identification of the most frequent urinary obstruction symptoms such as the decrease in the caliber and the speed of the urinary flow, the emptying of the Inc bladder Ompleta, La Nicuria (alarm clock within the night to urinate), dripping after Miccion, urinary urgency, hematuria (urine bleeding) and Ermon dysfunction. This transformation is particularly important in the detection of diseases such as the center which, on many occasions, Being asymptomatic in its early stages, so it can go unnoticed and it is not more possible to act with the opportunity. It is persistent dripping and even associating with sexual impotence å €. Recommends taking into account the modifiable factors that help to reduce the risk of developing it: an ideal good weight to carry out physical activity constantly avoiding the consumption of alcohol and tobacco drinks underlines that the performance of information strategies motivated patients ", recalls What a well - a well - a well - a well - a well - a well - the informed population is able to change beliefs, break down fears and cultural obstacles, to make decisions that favor their health. Published in SDP News on 30/1/2021. This condition is of slow growth, does not present symptoms in the early stages and its diagnosis is more common in men of over 65 years. Information sources: /Salud/Preasa/137-Concero-de-Prostata-Ephermently-Curable-en-85-de-Los -se-detectan-de-Finoma- Timeutive by Dr. Manuel Cervantes Ocampo a priority strategy of the social security institute Mexican is consolidating the change of the P Aradigma and advance in preventive medicine. According to data from the institute of social security and services of state workers (ISSSSE), this type of citr is the first cause of the disease and death of men. With which patients have accurate information and full detection of this condition, which can obtain through CHKT in the digital IMS line for cell phones or tablets. Piu survey CHKT now can be detected in the center of Prã'stata in a very small and push way, in the same way the diagnostic and timely treatment, therefore the specialist urges from 40 to 44 years with direct relatives with direct relatives (father, grandfather, grandfather) with the center Prã'stata and 45 to 74 years without risk factors, to take their tests and go to their family medicine units. Protectic antism. When there is a gene load for the center of the direct line, that is grandfather, father, brothers who suffer or have undergone this disease, the evaluation must start at 40; Without this antecedent it is advisable to start with periodic reviews for 45 years and up to 74 years. He underlines that health personnel should have empathy with the patient and generate a trusted environment that allows the patient to accept the test. Where they can also respond to a questionnaire that evaluates the å Ê œ å Ê å Ê œ risk of developing the disease and gives the possibility of generating an appointment in the Mide Preseims to receive immediate attention. For its diagnosis, the music must perform a closed laboratory study and, subsequently, called the specific Protectic Anthegen, which is carried out by a blood sample. In Mexico, about seven thousand people die every year. In this change in culture, the beneficiaries have estimates in å Ê å Ê å Ê -which preventive actions are conducted through a control for all men of 20 years and more, to promptly identify health risks. Health.

08/09/2015 - IMSS-262-19. Fecha de Actualización: Julio 2019. Evidencias y Recomendaciones. Referencia Rápida. Navegación de entradas. Previous Previous post: Diagnóstico y tratamiento del síndrome de dificultad respiratoria en el recién nacido prematuro. El fortalecimiento de todos los niveles de atención y en particular de los servicios de primer contacto con los derechohabientes, se constituye como una de las principales respuestas del IMSS para consolidar las acciones de protección y promoción de la salud y prevención de enfermedades, reducir los riesgos que afectan la salud de la población en cualquier etapa de ... 13/04/2022 - Cómo prevenir el cáncer de piel . El Instituto Mexicano del Seguro Social (IMSS) destaca la importancia de cubrirse del sol con gorra o sombrero, camisa o blusa de manga larga y utilizar sombrilla para evitar el desarrollo de esta enfermedad.. Además, el instituto destaca la necesidad de cuidar la piel en forma permanente con protector solar, en dosis aplicadas cada ... 31/03/2019 - Con motivo del Día Mundial contra el Cáncer de Colon, que se conmemora el 31 de marzo, el doctor Saúl Rodríguez Ramírez, jefe del Servicio de Tumores de Colon y Recto del Hospital de Oncología, del Centro Médico Nacional (CMN) Siglo XXI del IMSS, destacó que entre los principales factores de riesgo están la herencia; es decir, que un familiar tenga o haya ... Las noticias de salud nacional e internacional, descubrimientos científicos, alimentación, bienestar, enfermedades, cáncer y estrés.



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