



# WEEKLY EPIDEMIOLOGICAL REPORT

A publication of the Epidemiology Unit  
Ministry of Health

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Vol. 41 No. 47

15<sup>th</sup> – 21<sup>st</sup> November 2014

## Breast Cancer (Part IV)

**This is the last part of the series of four articles on Breast Cancer**

What Can I Do to Reduce My Risk of Breast Cancer?

Many factors can influence your breast cancer risk, and most women who develop breast cancer do not have any known risk factors or a history of the disease in their families. However, you can help lower your risk of breast cancer in the following ways

- Keep a healthy weight
- Exercise regularly
- Get enough sleep
- Don't drink alcohol, or limit alcoholic drinks to no more than one per day.
- Avoid exposure to chemicals that can cause cancer (carcinogens).
- Try to reduce your exposure to radiation during medical tests like mammograms, X-rays, CT scans, and PET scans.

If you are taking, or have been told to take, hormone replacement therapy or oral contraceptives (birth control pills), ask your doctor about the risks and find out if it is right for you.

Breastfeed your babies, if possible.

Although breast cancer screening cannot prevent breast cancer, it can help find breast cancer early, when it is easier to treat. Talk to your doctor about which breast cancer screening tests are right for you, and when you should have them.

If you have a family history of breast cancer or inherited changes in your BRCA1 and BRCA2

genes, you may have a higher breast cancer risk. Talk to your doctor about these ways of reducing your risk—

- Antioestrogens or other medicines that block or decrease estrogen in your body.
- Surgery to reduce your risk of breast cancer—
- Prophylactic (preventive) mastectomy (removal of breast tissue).
- Prophylactic (preventive) salpingo-oophorectomy (removal of the ovaries and fallopian tubes).

It is important that you know your family history and talk to your doctor about screening and other ways you can lower your risk.

### Treatment Options Overview

- Surgery
- Sentinel lymph node biopsy followed by surgery
- Radiation therapy
- Chemotherapy
- Hormone therapy
- Targeted therapy

### Coping practically with breast cancer

As well as coping with the fear and anxiety that a diagnosis of breast cancer brings, you may also have to work out how to manage practically. There may be money matters to sort out. You may need information about financial support, such as benefits, sick pay and grants.

Who do you tell that you have cancer? And how do you find the words? You may also have children to think about. We have information about talking to people about your cancer and how and what to tell children.

NOVEMBER SRI LANKA - 2014

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Remember that you don't have to sort everything out at once. It may take some time to deal with each issue. Do ask for help if you need it though. Your doctor or specialist nurse will know who you can contact to get some help. They can put you in touch with professionals who are specially trained in supporting people with cancer. These people are there to help and want you to feel that you have support. So use them if you feel you need to.

You may need to have access to support staff, such as a breast care nurse or dietician. Social workers can help you with information about your entitlement to sick pay and benefits. If you live alone, a social worker may be able to help by organizing convalescence when you first go out of hospital.

**What to ask your doctor about living with breast cancer**

- How long will it take for me to get back to normal life?
- Is there any counseling available to help me with the emotional side of breast cancer?
- Are there medicines to help reduce menopausal symptoms, such as hot flushes?
- Will the medicines cause side effects?
- Is there any practical help I can get?
- How can I reduce tiredness?
- Would complementary therapies help me to cope with depression, tiredness or anxiety?
- Is there anyone who can help me with financial issues, including claiming benefits?
- What kind of birth control is best for me?
- How well does this type of birth control prevent pregnancy?
- What problems might I have if I get pregnant before my treatment is finished?
- How long after my treatment should I wait before trying to get pregnant?
- Are there health and other risks of being pregnant once the breast cancer treatment ends?
- How much exercise can I do?

**Secondary breast cancer**

Secondary breast cancer is breast cancer that has spread to another part of the body. It may have spread when it is diagnosed, or have come back (recurred) after earlier treatment for primary breast cancer.

**Breast cancer research & Trials**

Tests in patients are called clinical trials.

There are ongoing researches regarding diagnosis, causes, treatment and prevention of breast cancer. This is so that;

We can be sure they work

We can be sure they work better than the treatments available at the moment

We know they are safe.

**Sources**

Breast Cancer-available at [http://www.cdc.gcancer/ov/breast/basic\\_info/index.htm](http://www.cdc.gcancer/ov/breast/basic_info/index.htm)

Breast Cancer-available at <http://www.cancer.org/cancer/breastcancer/detailedguide/breast-cancer-key-statistics>

Breast Cancer Research- available at <http://breast-cancer-research.com/>

**Table 1 : Water Quality Surveillance  
Number of microbiological water samples - October/ 2014**

District	MOH areas	No: Expected *	No: Received
Colombo	12	72	48
Gampaha	15	90	NR
Kalutara	12	72	27
Kalutara NIHS	2	12	NR
Kandy	23	138	NR
Matale	12	72	NR
Nuwara Eliya	13	78	NR
Galle	19	114	NR
Matara	17	102	9
Hambantota	12	72	NR
Jaffna	11	66	13
Kilinochchi	4	24	0
Manner	5	30	9
Vavuniya	4	24	10
Mullatvu	4	24	4
Batticaloa	14	84	1
Ampara	7	42	0
Trincomalee	11	66	NR
Kurunegala	23	138	118
Puttalam	9	54	55
Anuradhapura	19	114	65
Polonnaruwa	7	42	27
Badulla	15	90	NR
Moneragala	11	66	87
Rathnapura	18	108	NR
Kegalle	11	66	NR
Kalmunai	13	78	0

\* No of samples expected (6 / MOH area / Month)  
NR = Return not received

Table 1: Selected notifiable diseases reported by Medical Officers of Health 08<sup>th</sup> – 14<sup>th</sup> Nov 2014 (46<sup>th</sup> Week)

RDHS Division	Dengue Fever		Enteric Fever		Food Poisoning		Leptospirosis		Typhus Fever		Viral Hepatitis		Human Rabies		Chickenpox		Meningitis		Leishmaniasis		WRCD					
	A	B	A	B	A	B	A	B	A	B	A	B	A	B	A	B	A	B	A	B	T*	C**				
Colombo	343	12452	2	139	0	13	3	104	0	214	8	183	0	3	2	55	0	0	2	380	0	57	0	3	75	25
Gampaha	126	7008	0	132	0	11	1	36	0	31	20	397	0	22	5	247	0	5	2	263	0	66	0	2	47	53
Kalutara	40	2354	3	150	0	11	0	56	1	80	16	309	0	4	2	22	0	1	2	228	0	69	0	0	77	23
Kandy	114	1733	1	84	0	7	0	25	0	20	2	55	0	80	4	193	0	1	4	173	0	29	0	5	96	4
Matale	5	464	1	64	0	2	0	18	0	18	0	38	0	3	0	134	0	1	1	49	1	48	0	32	62	38
NuwaraEliya	21	285	3	257	0	3	0	20	0	70	1	27	0	56	3	37	0	0	3	123	1	40	0	0	77	23
Galle	20	1025	2	115	0	6	0	8	0	33	6	193	3	98	2	13	0	1	2	387	0	53	0	3	90	10
Hambantota	8	586	4	50	0	4	0	11	0	16	1	82	0	69	0	18	0	0	0	136	0	38	1	326	83	17
Matarata	23	639	2	93	0	4	0	23	0	20	3	97	1	62	6	51	0	0	2	171	2	35	3	79	100	0
Jaffna	80	1231	71	775	0	7	17	255	4	67	0	11	11	294	0	14	0	0	1	124	1	53	0	1	100	0
Kilinochchi	0	56	1	110	0	3	0	27	0	0	0	1	0	20	0	0	0	0	0	15	0	6	0	11	25	75
Mannar	17	201	9	58	0	10	1	36	0	9	0	4	0	24	1	2	0	0	0	11	0	8	1	5	80	20
Vavuniya	0	116	10	80	0	1	3	60	0	24	0	9	0	6	0	5	0	0	0	12	1	17	0	5	75	25
Mullaitivu	6	100	7	72	0	0	0	13	0	26	0	8	0	12	0	0	0	2	0	5	0	5	0	7	80	20
Batticaloa	20	727	16	325	0	3	0	37	1	31	0	17	0	2	0	7	0	1	1	57	0	6	0	0	86	14
Ampara	6	147	5	78	0	1	0	3	0	18	1	18	0	13	0	5	0	0	3	117	0	9	0	12	100	0
Trincomalee	10	548	8	60	0	1	0	5	0	11	2	18	1	22	0	2	0	0	1	98	0	16	0	8	67	33
Kurunegala	67	2003	8	143	0	26	0	20	0	32	11	109	0	46	3	62	0	1	8	376	3	71	2	135	89	11
Puttalam	43	671	1	69	0	3	1	14	0	11	0	59	0	24	0	6	0	3	0	76	1	31	1	7	85	15
Anuradhapura	18	492	15	211	0	5	1	4	7	58	7	90	0	27	0	16	0	0	1	210	1	51	2	382	84	16
Polonnaruwa	10	476	4	52	0	4	0	7	0	1	0	59	0	8	0	8	0	0	1	148	0	26	7	125	43	57
Badulla	73	778	10	188	0	9	0	12	1	15	0	52	3	108	4	145	0	0	3	76	4	124	0	0	88	12
Monaragala	11	271	15	87	0	4	0	8	0	33	1	69	4	152	1	118	0	2	1	83	0	21	0	30	100	0
Ratnapura	24	2644	2	212	0	23	0	27	0	34	13	385	2	101	1	433	0	1	0	174	0	41	0	33	72	28
Kegalle	15	1498	1	98	0	10	1	50	0	34	8	234	1	58	0	240	0	0	0	237	2	71	0	2	73	27
Kalmune	38	246	4	121	0	1	0	6	1	77	0	3	0	0	0	1	0	0	3	97	0	8	0	0	77	23
<b>SRILANKA</b>	<b>1138</b>	<b>38751</b>	<b>205</b>	<b>3823</b>	<b>0</b>	<b>172</b>	<b>28</b>	<b>885</b>	<b>15</b>	<b>983</b>	<b>100</b>	<b>2527</b>	<b>26</b>	<b>1314</b>	<b>34</b>	<b>1834</b>	<b>0</b>	<b>19</b>	<b>41</b>	<b>3826</b>	<b>17</b>	<b>999</b>	<b>17</b>	<b>1213</b>	<b>81</b>	<b>19</b>

Source: Weekly Returns of Communicable Diseases (WRCD).

\*T=Timeliness refers to returns received on or before 14<sup>th</sup> November, 2014. Total number of reporting units 337. Number of reporting units data provided for the current week: 276. C\*\*=Completeness

Table 2: Vaccine-Preventable Diseases & AFP

08<sup>th</sup> – 14<sup>th</sup> Nov 2014 (46<sup>th</sup> Week)

Disease	No. of Cases by Province									Number of cases during current week in 2014	Number of cases during same week in 2013	Total number of cases to date in 2014	Total number of cases to date in 2013	Difference between the number of cases to date in 2013 & 2014
	W	C	S	N	E	NW	NC	U	Sab					
AFP*	00	01	00	00	00	00	00	00	01	02	01	74	91	-18.7%
Diphtheria	00	00	00	00	00	00	00	00	00	00	-	00	-	%
Mumps	00	02	03	00	00	00	03	03	00	11	22	604	1376	-56.1%
Measles	10	03	09	00	00	08	02	01	01	34	60	2968	3631	-18.3%
Rubella	00	00	00	00	00	00	00	00	00	00	00	17	27	-37.0%
CRS**	00	00	00	00	00	00	00	00	00	00	00	04	06	-33.3%
Tetanus	00	00	00	00	01	00	00	00	00	01	00	13	22	-41.1%
Neonatal Tetanus	00	00	00	00	00	00	00	00	00	00	-	00	-	%
Japanese Encephalitis	00	00	00	00	00	00	00	00	00	00	00	22	68	-67.6%
Whooping Cough	00	00	01	01	00	00	00	00	00	02	00	71	82	-13.4%
Tuberculosis	49	25	03	00	00	02	00	04	06	89	264	8605	7352	+17.1%

Key to Table 1 & 2

Provinces: W: Western, C: Central, S: Southern, N: North, E: East, NC: North Central, NW: North Western, U: Uva, Sab: Sabaragamuwa.  
 RDHS Divisions: CB: Colombo, GM: Gampaha, KL: Kalutara, KD: Kandy, ML: Matale, NE: Nuwara Eliya, GL: Galle, HB: Hambantota, MT: Matara, JF: Jaffna, KN: Killinochchi, MN: Mannar, VA: Vavuniya, MU: Mullaitivu, BT: Batticaloa, AM: Ampara, TR: Trincomalee, KM: Kalmunai, KR: Kurunegala, PU: Puttalam, AP: Anuradhapura, PO: Polonnaruwa, BD: Badulla, MO: Moneragala, RP: Ratnapura, KG: Kegalle.

Data Sources:

Weekly Return of Communicable Diseases: Diphtheria, Measles, Tetanus, Neonatal Tetanus, Whooping Cough, Chickenpox, Meningitis, Mumps., Rubella, CRS,

Special Surveillance: AFP\* (Acute Flaccid Paralysis), Japanese Encephalitis

CRS\*\* =Congenital Rubella Syndrome

AFP and all clinically confirmed Vaccine Preventable Diseases except Tuberculosis and Mumps should be investigated by the MOH

Influenza Surveillance in Sentinel Hospitals - ILI & SARI								
Month	Human					Animal		
	No Received	ILI	SARI	Infl A	Infl B	Pooled samples	Serum Samples	Positives
October	2351	88	13	11	1	1264	598	0

Source: Medical Research Institute & Veterinary Research Institute

PRINTING OF THIS PUBLICATION IS FUNDED BY THE WORLD HEALTH ORGANIZATION (WHO).

Comments and contributions for publication in the WER Sri Lanka are welcome. However, the editor reserves the right to accept or reject items for publication. All correspondence should be mailed to The Editor, WER Sri Lanka, Epidemiological Unit, P.O. Box 1567, Colombo or sent by E-mail to chepid@sltnet.lk. **Prior approval should be obtained from the Epidemiology Unit before publishing data in this publication**

**ON STATE SERVICE**

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