

## **Breast cancer under siege**

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### **Abstract**

Wars, conflicts, stresses impact the immune systems, hormones and body functions. Syrian conflict through seven years has its great bad effects on women health and on the cancer occurrences especially breast cancer. Breast cancer increases with stress and grieves, breasts screening and early detection and diagnosis are impossible under these circumstances, so most of the victim's cancer progress to stage 3 and 4. Loss of spouse, kids, relatives and friends to death and jailing-economic crisis and starvations, unhealthy diets, fear and stresses and depression are indirectly accused of increasing the breast cancer occurrence. Aminah (37 years old) patient, who lost her husband and two kids in a bomb blast, noticed a mass which was later diagnosed as locally advanced breast cancer, which occurred to her after three months from their loss. Stress aggravates cancer growth. Through the period extended from 1991-2018, about 200 women were diagnosed with breast cancer, most of them under 45 years and most from sieged and corrupted areas (3% stage-I, 18% stage-II, 24% stage-III and 55% stage-IV) all of them endured traumatic life events (loss of family, depression, chronic diseases, assets loss, refugees and homeless). War, conflicts, may affect your nervous, endocrine and immune system and chronic stress may weaken your immune system leaving you with less resistance to disease and maybe to cancer.

### **Biography:**

Rafik Abdulal is working as a Consultant Thoracic and Breast Oncological Surgery since 1991 in Latakia National Hospital, Ministry of Health. He is an International Member of the American of Breast Surgeon, Lecturer and Founder of Syrian Foundation for Breast Cancer Support in Latakia.

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