

On behalf of the editorial team of the Journal of Armed Forces Medical College (JAFMC), I am glad to present the 1st biannual issue of JAFMC volume 21, No 1 (June) 2025 before the esteemed readers. The Journal of Armed Forces Medical College (JAFMC) has published two volumes in 2024. This journal is BMDC approved and has ISSN-1992-5743 and is enlisted in BanglaJOL under INASP, which is a widely recognized abstract and citation database. It covers a wide range of medical fields and aims to provide updates on clinical and basic research. Full-text articles are available online.

I am seeking attention to the researchers about breast cancer in our society which is the most common cancer diagnosed globally in women and it is also the second leading cause of death among women after lung cancer. About 2.3 million women were diagnosed with breast cancer globally in 2022. A cross sectional joint study of core biopsy of breast lumps of 180 patients visiting the department of Radiology and Imaging of CMH Dhaka and department of histopathology of Armed Forces Institute of Pathology (AFIP) between April 2024 and December 2024, revealed that out of 180 obvious breast lumps, 95(52.78%) cases were benign and 85(47.22%) cases show various malignant diseases, which is a very alarming situation in this tertiary care hospital. Amongst the malignant cases, invasive ductal carcinoma(IDC) was the highest 78 (91.76%) followed by lobular carcinoma 02(2.35%), medullary carcinoma 02(2.35%), anaplastic carcinoma 01(1.18%), mucinous carcinoma 01(1.18%) and ductal cell carcinoma in situ 01(1.18%). The benign lesions were observed mostly amongst the age group 21-30 (27.37%) and carcinomas tend to follow the global pattern of 41-50 years age group (34.12%). The lowest age with carcinoma (IDC) was 29 years 09 months and highest age was 76 years. It is to mention that amongst 85 malignant cases 01 was male of 51 years of age with invasive ductal carcinoma.

Increasing age, obesity, family history of breast cancer, history of radiation exposure, early menarche, nulliparity, infertility, late age at first delivery, late menopause, tobacco use and postmenopausal hormone therapy are considered as risk factors for increasing frequency of breast cancer. 'Approximately half of the breast cancers develop in women who have no identifiable breast cancer risk factor other than gender (female) and age over 40 years.' As therefore, lack of a known family history does not necessarily mean that a woman is at reduced risk.

'Certain inherited high penetrance gene mutations greatly increase breast cancer risk, the most dominant being mutations in the genes BRCA1, BRCA2 and PALB-2. Women found to have mutations in these major genes may consider risk reduction strategies such as surgical removal of both breasts or chemoprevention strategies.'

'Early detection of breast cancer can be done through awareness by public health education among women of the signs and symptoms of breast cancer and together with their families, understand the importance of early detection and treatment.' As such, more women can consult medical practitioners when breast cancer is first suspected and before any cancer present is advanced is possible by self-examination, mammographic investigation, core biopsy and histopathology.

The June issue, Vol 21, No 1 contains a collection of eleven diverse and fascinating articles, including three very important health issues in research and namely 'Evaluation of quality of dietary service in a tertiary hospital', 'Consequences of family financial burden for the children with Autism spectrum disorder' and 'Knowledge and attitude towards diabetes in rural communities' which need multi-sectorial involvement and public policy dialogues. 'Effects of prolong omeprazole therapy', Comparison of Post-operative Pain and Hemorrhage in Different Techniques of Tonsillectomy and 'Outcome of multivessel percutaneous coronary intervention (PCI) with drug eluting stents (DES) in patient with chronic coronary syndrome between diabetic and non-diabetic groups' are also very important clinical issues. 'Outcome of femoral shaft fracture fixation with titanium elastic nailing system in pediatric group of patients' and 'Pattern of hospital acquired infection in surgery ward' are two very burning issues in surgical departments. Article also includes on 'Clinical and laboratory findings of Dengue patients' reflecting the current trends of longest period of epidemics of Dengue fever in Bangladesh.

I am highly grateful to the Chairman of the editorial board for his valuable guidance and prudent decision in completion of this issue. I express my sincere gratitude and heartfelt thanks to all the authors, peer reviewers and chief advisor, associate editor, all members and technical assistant of the editorial board who played a critical role for this publication.

I hope that this publication will inspire the readers to enhance their medical knowledge and the overall healthcare landscape.

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