



قربناها
وصارت
أسهل

سرطان الثدي

Breast cancer

What is breast cancer?

It is the abnormal and accelerated growth of cells so that the rate of their division is faster than normal and accumulates so that they form a tumor that may spread to the lymph nodes or to other parts of the body depending on the degree of the disease.

What is the mammogram?

It is a safe way to take an X-ray of the breast, and it is also the most accurate way to detect breast cancer early when it is small in size and before the appearance of any noticeable changes or symptoms. It starts to be used after the age of 40 years



The mammogram scan takes 15-20 minutes



How do I prepare for a mammogram test?

You can go to the staff clinic and request a reservation for the mammogram
Provided that you are

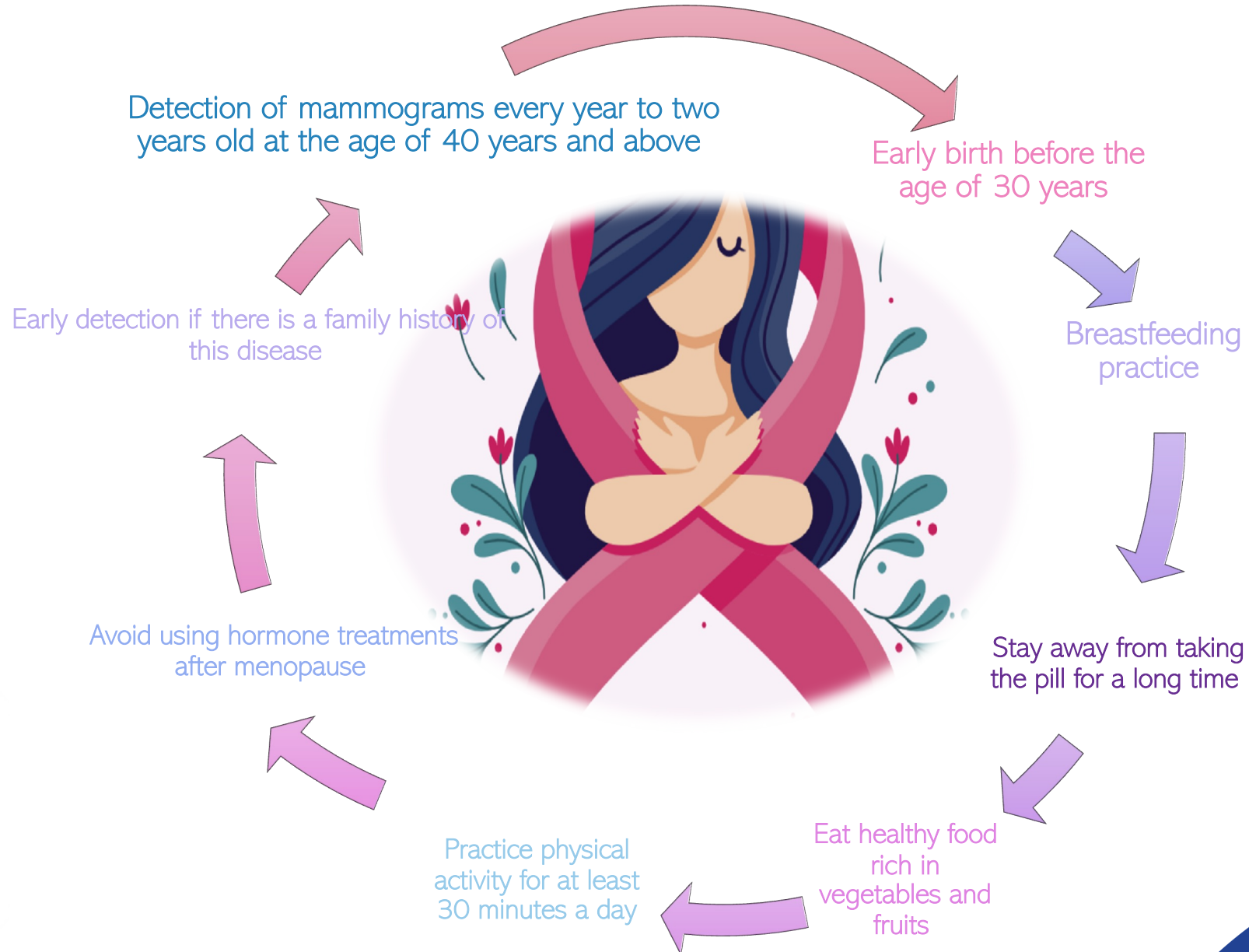
- ✓ Not pregnant
- ✓ Non-breastfeeding

Tips before the scan!?

- Avoid applying deodorant or creams before undergoing it. To avoid the appearance of particles of substances contained in them in the form of the breast .
- It is advisable to wear comfortable clothing that will help you take off the upper part easily

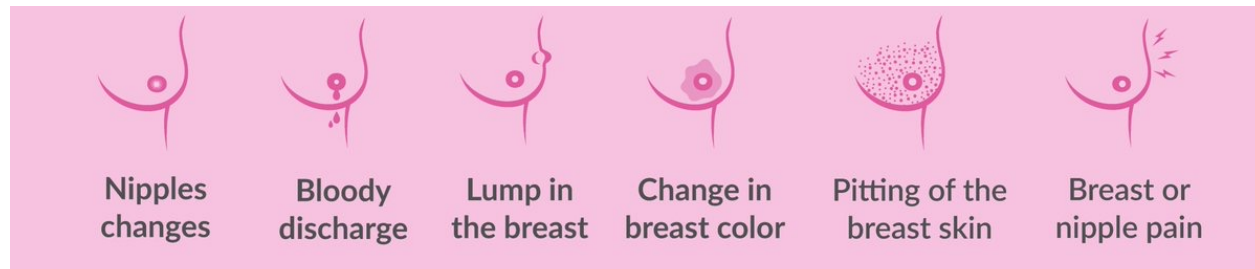
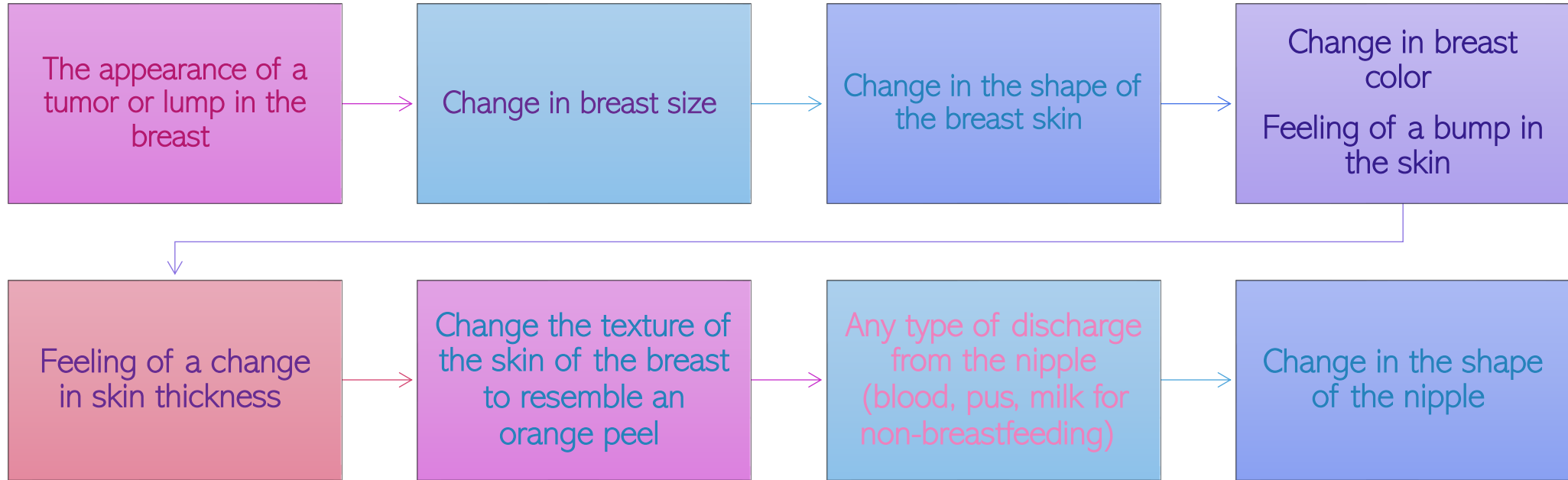


How to reduce the chances of developing breast cancer?





When do I go for early screening for breast cancer?

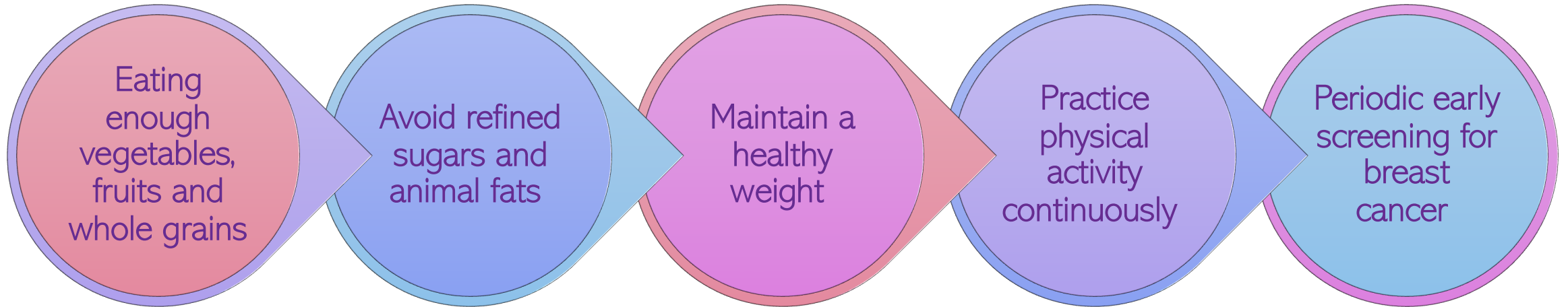


Risk Factors

- Age over 40 years
- The presence of the disease in first-degree relatives (grandmother, mother, aunt, sister)
- Previous illness
- Exposure to large amounts of **estrogen** as in the following cases:
 1. Early puberty before 12 years
 2. Delayed menopause after the age of 55
 3. Use of exogenous hormones (estrogen) after menopause or birth control pills
 4. Weight gain (fatty tissue is a source of estrogen)
 5. Not having children in advance or the first pregnancy after the age of 30 years
- 5. Exposure to radiation in large quantities in the chest area



Healthy lifestyle and breast cancer



What is the treatment for breast cancer?



After the doctor determines the type of tumor and the extent of its spread in addition to the patient's general health, the doctor makes the decision after the patient's approval.

Surgical treatment to remove the cancerous mass

Chemotherapy

Radiation therapy

Hormone therapy



Benefits of breastfeeding for mother and baby

The duration of breastfeeding varies from 10-25 minutes

Breastfeeding also has many benefits in promoting maternal health and reduces the following:

Bleeding immediately after birth.

Breast cancer and ovarian cancer.

Osteoporosis.

Cardiovascular diseases.



How to save breast milk

Duration of preservation of breast milk:

- ✓ Four hours outside the refrigerator at room temperature without having to reheat.
- ✓ Three days inside the refrigerator.
- ✓ Three to six months frozen inside the freezer, but the nutritional value of milk may decrease..



Instructions when keeping breast milk:

- It can be kept in clean, small bottles that are enough each for one feed.
- Get rid of the remaining milk after the baby finishes feeding.
- Avoid returning the milk to the freezer after taking it out and dissolving it.
- Avoid shaking a can of breast milk.
- Write down the date when the milk was squeezed on paper and stick it to the can.
- Milk does not have to be too hot, and room temperature can be sufficed.
- Frozen milk can be dissolved by placing it in the refrigerator overnight (where it will remain valid for 24 hours), or placing it in warm water (where it will remain valid for only one to two hours).
- Do not add warm milk to refrigerated milk kept inside the refrigerator or freezer.
- Avoid heating breast milk with a microwave.



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Workplace Wellness champion

Dr. Zahra Dheya Almajed

Workplace wellness Team

Dr. Wjdan Abduljlil Al Arqan

Miss. Fatimah Hassan Al-Eid