



HEALTH AWARENESS 11/2017: BREAST CANCER



THE BEST PROTECTION IS EARLY DETECTION

BREAST CANCER FACTS

1 Million

Is approximately the number of women diagnosed with breast cancer every year



1/8 woman are at risk of developing breast cancer

80%

Of breast lumps are BENIGN (Non-CANCEROUS)



98%

Of women will survive breast cancer if found early.

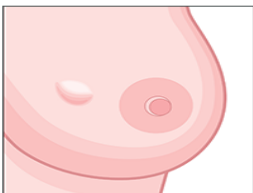


Every Woman should check her breast for lumps, thickening or other changes EVERY MONTH.

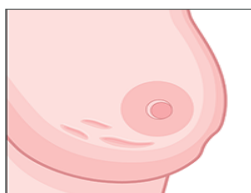
RISKS

- **Getting older.**
- **Genetic mutations.** Women who have BRCA1 and BRCA2 are at higher risk of breast and ovarian cancer.
- **Early menstrual period.** Women who start their periods before age 12 are exposed to hormones longer, raising the risk for breast cancer
- **Late or no pregnancy.** Having the first pregnancy after age 30 and never having a full-term pregnancy can raise breast cancer risk.
- **Starting menopause after age 55**
- **Being overweight or obese**
- **Using combination hormone therapy.**
- **Personal and family history of breast cancer.**
- **Previous treatment using radiation therapy.**
- **Drinking alcohol, smoking.**

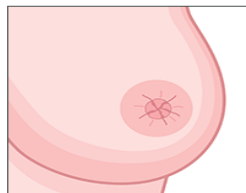
SYMPTOMS



Lump
May not be seen, but might be felt



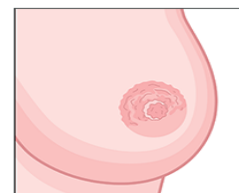
Skin texture
Such as puckering or dimpling of the skin



Appearance of the Nipple
E.g. one might become inverted



Nipple discharge



Rash or crusting
Any rash or crusting of the nipple or surrounding area

PREVENTION

1. Eat a low fat healthy diet
2. Consume less alcohol
3. Quit Smoking
4. Do daily physical exercise
5. Consider breast feeding instead of formula feeding
6. Be aware of your family breast cancer history
7. Avoid hormone replacement therapy if possible
8. Have the Mammogram every year after 40
9. Check your breasts (Breast self-Examination) on a regular basis



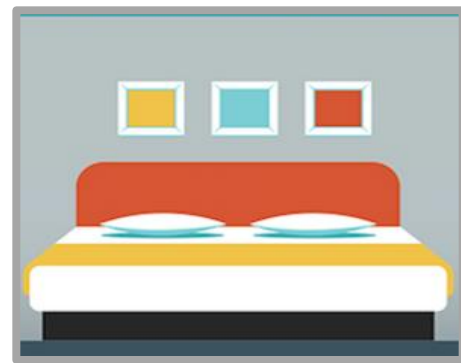
HOW SHOULD A BREAST SELF-EXAM BE PERFORMED?

Perform the exam midway through your menstrual cycle (about a week after your period ends), when your breasts are less likely to be swollen and tender. If you no longer have periods, choose a day of the month you can remember to perform an exam.



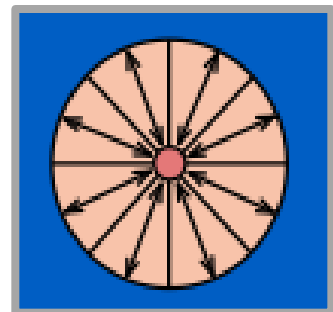
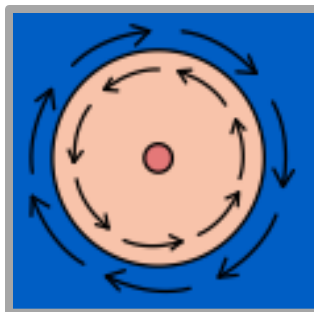
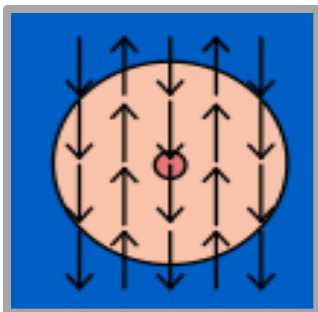
VISUAL: IN FRONT OF A MIRROR

- Look at your breasts with your arms down at your sides and raised overhead.
- Look for changes in your breasts and nipples.
- Look at their size, shape and color.



TOUCH: LYING DOWN

- Put a pillow one shoulder and raise that arm overhead.
- Check your entire breast and armpit using one of three patterns below.
- Gently squeeze your nipple to check for discharge.



Disclaimer: This information represents a summary of Marsh & Mercer's understanding regarding to health awareness based on some sources. This information is not binding and readers are advised to seek help from their specialist doctors.