Beware Ladies !!! Its Breast Cancer..

Breast cancer is characterized by uncontrolled growth of cells, which results in formation of lumps within the breast. It is one of the treatable forms of cancers. If not detected early, it can be a life threatening disease as it can also spread to other parts of the body.

DON'T IGNORE THESE SIGNS.

- Change in size and shape of breast
- Any lump or thickening in breast
- Redness or rash on/ around nipple
- Discharge (liquid) from the nipple
- Constant pain in breast and armpit
- Inverted nipples or change in its position
- Change in skin texture

Prevention is better than cure..

FIVE STEPS OF BREAST SELF EXAMINATION

Step 1: Look at your breasts in the mirror with your shoulders straight and your arms on your hips.

Step 2: Raise your arms and look for the same changes.

Step 3: While looking at the mirror, one should look for signs like fluid coming out of one or both nipples which could be watery, milky, or yellow fluid or blood.

Step 4: Use a firm, smooth touch with the first few fingers of your hand, keeping the fingers flat and together. Use a circular motion to feel the breast.

Step 5: Feel your breasts while standing or sitting. The easiest way to feel your breasts is when skin is wet and slippery.
CANCER MYTHS & FACTS

- **Most breast lumps are cancerous:** Myth

  All breast lumps are not cancerous, but advise should be obtained from doctor when discovered. Report immediately without hesitation to the doctor if found the lump in the breast. Identification of breast cancer in early stage is beneficial. Your doctor may recommend a mammogram, ultrasound, or biopsy to determine whether a lump is cancerous or not.

- **Breast implants can raise cancer risk:** Myth

  Breast implants never increases the risk of breast cancer. Standard mammograms might not work well but additional X-rays are sometimes needed to fully examine the breast tissue.

- **Breast Cancer is hereditary:** Fact- Breast cancer is a hereditary disease i.e. inherited from parents.

- **Breast Cancer is a preventable disease:** Fact Cancer is a preventable disease that required major lifestyle modifications. The factors responsible for causing cancer could be alcohol, tobacco, certain chemicals, toxins and hormonal disturbances etc.