



**Breast
Awareness
Month**

Know yourself, know your breasts.

What is breast cancer?

Breast cancer is a type of cancer that starts from one or both breasts. It is more common in women than in men. In Malta, around 300 women are diagnosed with breast cancer every year.

What causes breast cancer?

The exact cause of breast cancer is not known. There are certain non-modifiable risk factors which are associated with an increased risk, such as old age, family history, early onset of the first period, a late menopause, not having any children, or having children after the age of 30 years. However, there are other risk factors associated with an increased risk that are modifiable such as being overweight especially after menopause, physical inactivity and alcohol use.



Breast Awareness Month

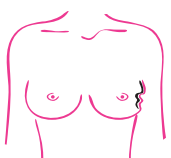
What are the possible signs of breast cancer?

Some of the most common signs to watch for include:

1. A lump or mass in the breast or underarm.
2. Change in breast size, shape or appearance.
3. Discharge from the nipple (this can be blood, watery, milky or yellowy fluid).
4. A nipple that looks flattened or turns inward.
5. Peeling, scaling, crusting or flaking of the skin on the breast.
6. Dimpling or puckering of the skin over the breast.

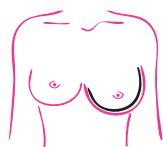
It is important to remember that these symptoms do not necessarily mean breast cancer, as they can also be caused by benign conditions. However, if you experience any of these signs, it is very important to discuss these with a doctor for a proper evaluation.

1



Lump in the breast

2



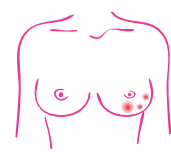
Change in breast size or shape

3 4



Inverted nipples and/or discharge from nipple

5 6



Changes in the skin on or over the breast



Breast Awareness Month

How can I lower my risk for breast cancer?

Adopting a balanced, nutritious diet and doing regular exercise, may help to prevent health conditions such as heart disease, diabetes and in some cases also breast cancer.

For more information on the benefits of physical activity visit

https://hpd.gov.mt/hpu/physical_activity

and on healthy diet visit

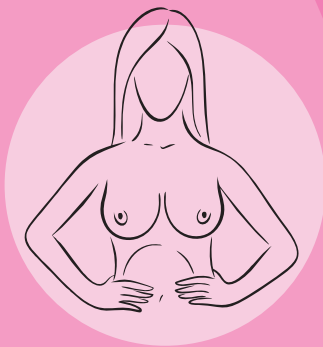
<https://hpd.gov.mt/hpu/nutrition>

Regular breast screening, play an important role in detecting breast cancer early when there are still no signs or symptoms. The National Screening Programme invites women who are from 50 to 69 years old to attend for a screening mammogram every two years. For further information, one can contact the National Screening Centre on 21 227 470/1.



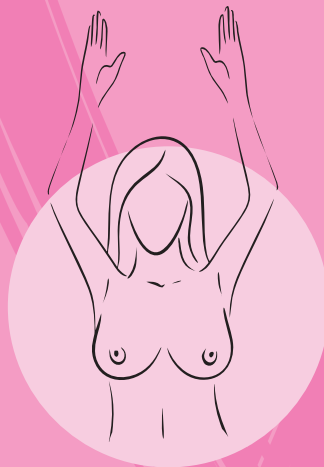
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Women from the young age of 25 years should be familiar with how their breasts look and feel. Breast self-examination (BSE) is a good practice to help detect any new changes in the breast early, allowing for prompt action and medical attention if necessary. The best time to perform BSE is 3 to 5 days after your menstrual period ends, when your breasts are least likely to be swollen or tender. For those who no longer have periods, it's helpful to choose a consistent day each month, such as the first day of the month, to perform the exam.



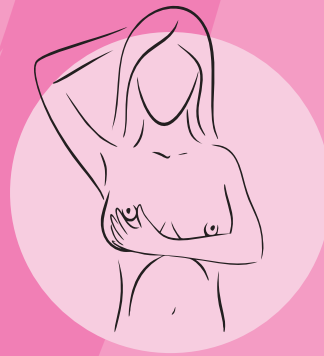
1

Look at your breasts in front of a mirror with your shoulders straight and your arms on your hips.



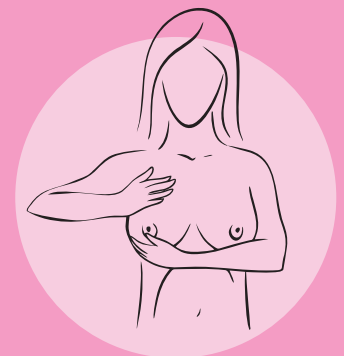
2

Raise your arms and look out for any changes in size and symmetry of the breasts and any changes to the skin.



3

Look for signs of discharge coming out of one or both nipples. This could be a watery/milky/yellowy discharge or blood.



4

Feel around each breast in a circular motion all the way up to your collarbone and under each armpit.



Breast Awareness Month

How can we help?

Any workplaces wishing to commemorate PinkOctober are asked to contact hpdp.healthpromotion@gov.mt. HPDP offers informative leaflets and posters, health talks and general health checks (Body Mass Index, BIA, Blood pressure and blood glucose testing) to workers. HPDP offers other specific services such as weight management, tobacco cessation, mental health resilience and self-management programmes.



Build your Resilience

