

Know yourself

Know your Breasts

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Around 1 in 8 women will be affected by breast cancer at a point in their lives. Although uncommon, men can also get breast cancer, so it is important that they are breast aware too. Breast cancer is treatable and highly curable if diagnosed in its early stages.

There are 5 simple steps to be breast aware:

1. Next to Know what is normal for your breast

2. Look at your breasts and feel them

3. Know what changes to look for

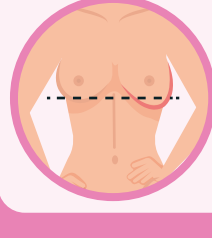
4. Talk with your doctor if you notice any changes

5. Attend regular screening

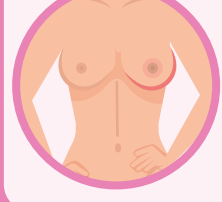
The changes to look for are:



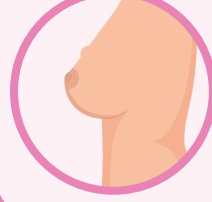
A discharge of fluid or blood from the nipple



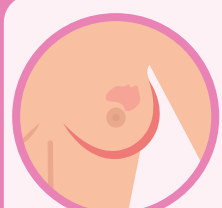
A change in the look or feel of the skin on the breast such as puckering, or dimpling, rash or redness



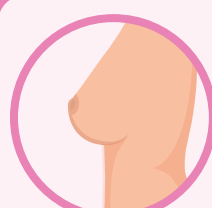
A change in the size, outline or shape of the breast



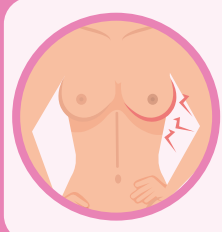
A new lump or swelling in the breast or armpit



A rash like eczema, crusting, scaly or itchy skin on or around your nipple



A change in the position of the nipple – pulling inwards or pointing differently



Constant discomfort or pain in one of the breasts that is different from normal

Women who are 25 years old and over, are encouraged to self-examine their breasts once a month, ideally 3-5 days after the menstrual period. Breasts are not as tender or lumpy at this time of month.

What causes breast cancer?

The exact cause of breast cancer is not known but studies show that eating a balanced nutritious diet, maintaining a healthy weight, including regular physical activity in the daily routine and limiting or avoiding alcohol intake can reduce the risk of developing breast cancer.

A family history of breast cancer can also increase your risk. So if you have a parent, sibling or children (of any gender) who was diagnosed with breast cancer or ovarian cancer (in case of females), it is important to talk to your doctor and start breast screening at an early age.



Breast Screening

Breast screening is important because breast cancer can be detected at a very early stage, where there are still no visible signs. The National Breast Screening Programme caters for women from the age of 50 to 69 years old.

If you receive an invitation for breast screening, make sure you avail yourself of this valuable opportunity. For more information about the breast screening programme, call the National Screening Centre on **2122 7470/1**.

Reduce your risks

Engage in regular, moderate-intensity physical activity of 150 minutes per week

Eat a balanced healthy diet with fruits, vegetables and whole grains

Avoid or limit your alcohol intake

Breastfeed, if it is possible

Attend regular screening