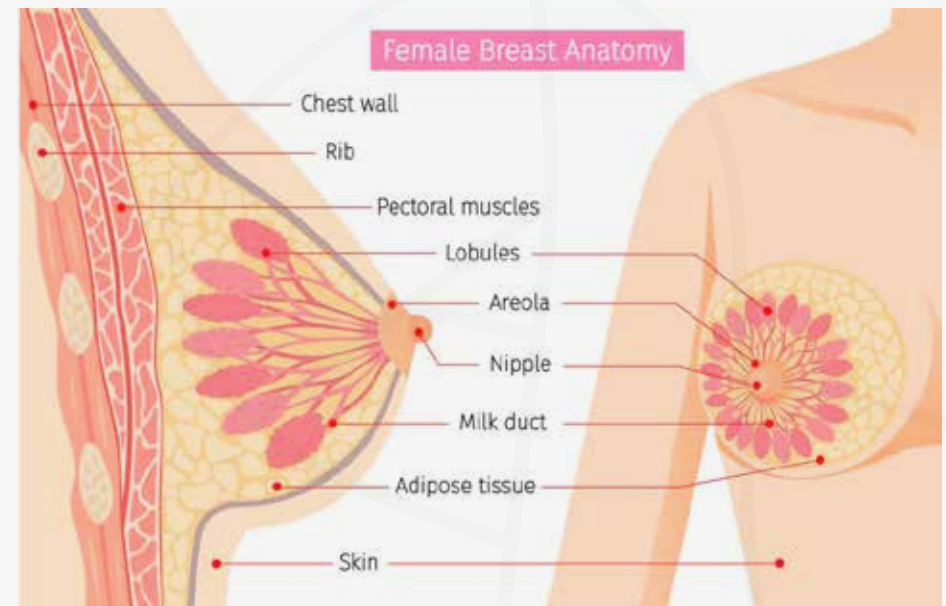


What is breast

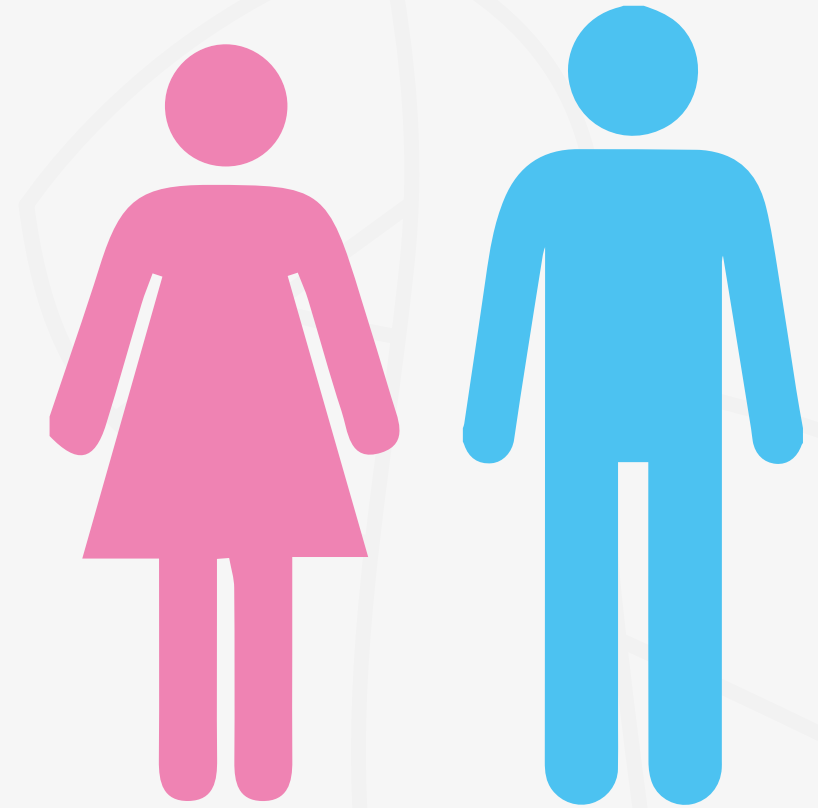
Function: Milk production

- Each breast contains about 15-20 lobules, each lobule contains a small milk duct
- All of these lobules channel towards the dark-colored areola and nipple
- There are no muscles in the breasts however there are muscles of the lower chest that cover the ribs
- Male also have breast tissue



General information of Breast Cancer

- Out of 100 newly diagnosed breast cancer cases there will be 99 cases affecting women and 1 case affecting a man
- Although diagnosis rate for men is low it is still an important concern as breast cancer in men tends to be very aggressive and the survival rate is often low easy to diagnose
- Out of 10 lumps 8 are benign
- 98% of breast cancer cases are curable if detected early



Causes of Cancer

- Like other non-communicable diseases, some cancer can be linked to (100 breast cancer cases 80 cases no inherited)
 - Inherited traits
 - Lifestyle choices
 - Smoking
 - Obesity
 - Alcohol

Lifestyle choices

Major ways to strengthen the immune system are adopt healthy-living strategies by:

- Eat a diet high in fruits, vegetables, whole grains and low in saturated fat.
- Maintain a healthy weight.
- Exercise regularly.
- Control your blood pressure.
- Don't smoke or drink alcohol
- Choosing a less stressful life by maintaining the following;
 - Getting adequate sleep
 - Getting better at managing stress
 - Meditation
 - Yoga
 - Other types of stress-reducing exercise

Risk factors

- Over fifty years of age
- Family history of breast cancer
- Have not given birth
- Had their first child after the age of 35 years
- Started menstruating before the age of 12 years
- Have late onset menopause
- Have a secretion from the nipple but is not pregnant or breast feeding
- History cancer before
- Eat food rich in fat
- Drink alcohol regularly
- Smoking (Including passive smoking)
- Having contraceptive



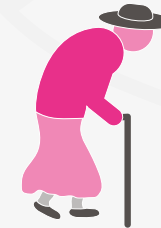
القافلة الوردية | محطات أمل ووعي
Pink Caravan | Riding for Courage



Heredity



Obesity



Age



Lifestyle

Prevention

How to protect yourself from Breast Cancer

1. Regular Breast Self Examination (BSE) (Every month)
2. Regular Breast Clinical Examination (BCE) by Doctor (Every year)
3. Mammography after the age of 40 years. (Every two years)
4. In case of family history positive mammography will be do early
5. Reduce your risk of developing Breast Cancer by:



Exercise



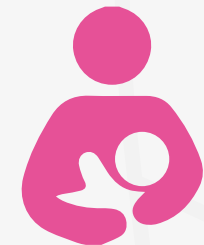
Quit smoking



Keeping Healthy
Weight



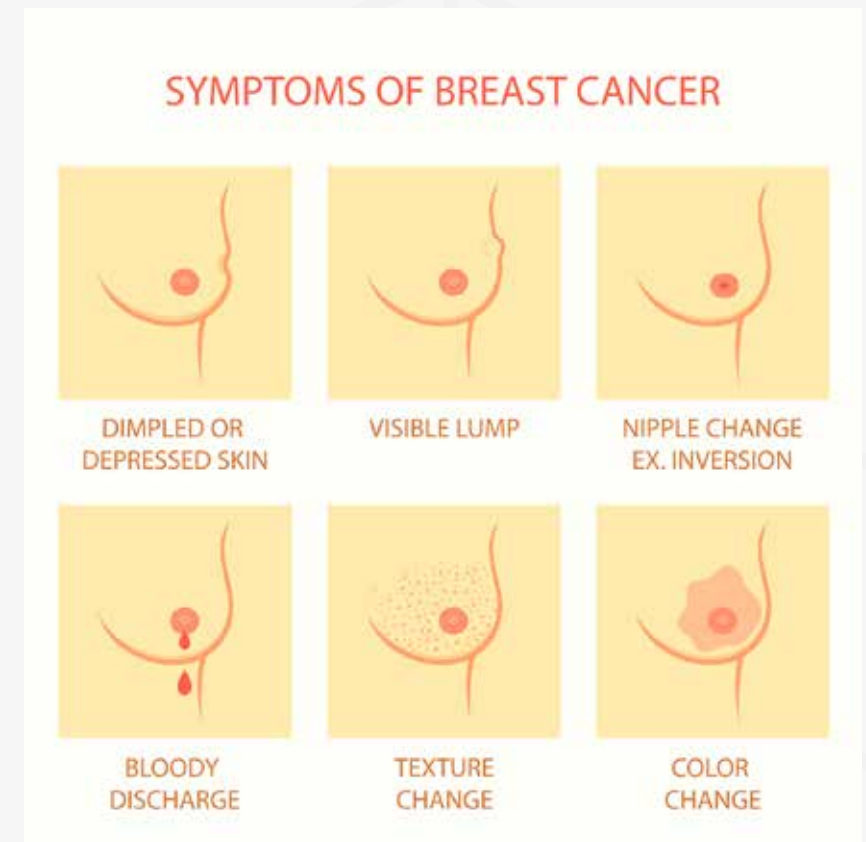
Eating Healthy



Breast feeding

Signs and Symptom

- Suspicious lump
- Change in breast shape or size
- Retraction of the nipple
- Change in color or texture of the skin
- Discharge especially bloody secretions from the nipple
- Continuous pain in the breast in one place
- Consult a physician if you are experiencing any of the above symptoms

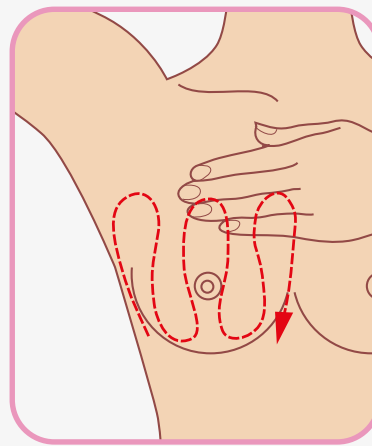


The 4 steps for monthly breast self examination

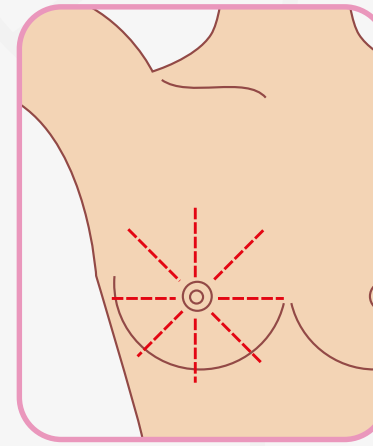
- Before you get started, pick one motion you will use every time you preform your monthly breast self examination. It makes it easier for you to detect any changes in your breast.
- Recommended time for examination:
 1. Pre-menopause: 7 days after period cycle ends
 2. Post-menopause: Select a day and repeat each month



Circular motion



Up and down motion

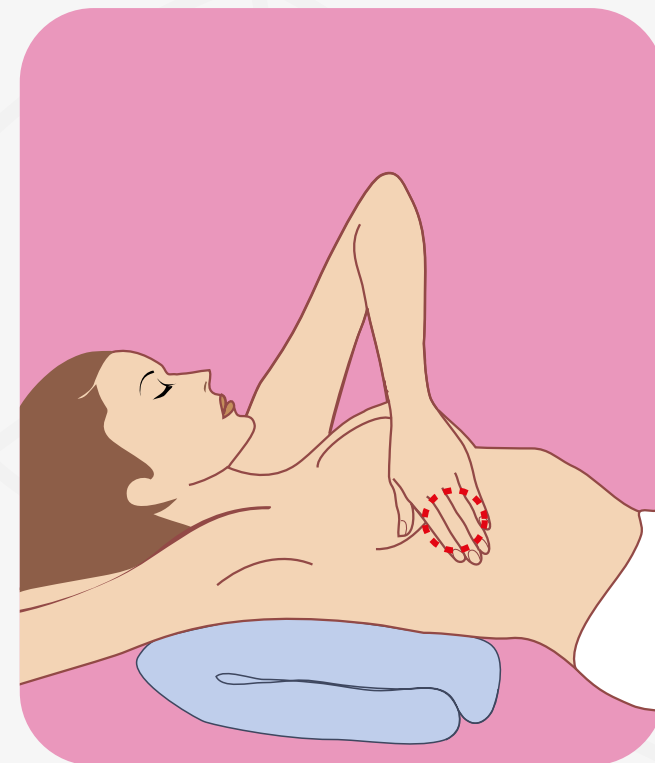


Wedge motion

The 4 steps for monthly breast self examination

Step One | Lying down

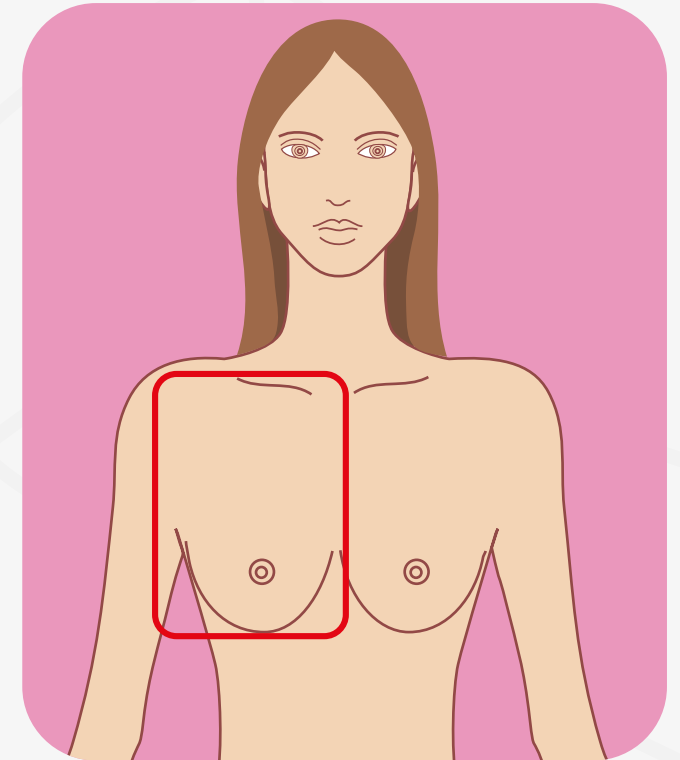
- Place a pillow under your right shoulder
- Place your right hand behind your head
- Use the inner pads of the three middle fingers of your left hand (see red circle in the diagram)
- Feel for any changes in your breast, above and below your collarbone and your armpit area (like a lump or a hard node or skin thickening)
- Now repeat the same procedure for the left breast



The 4 steps for monthly breast self examination

Step Two | Stand upright in front of a mirror

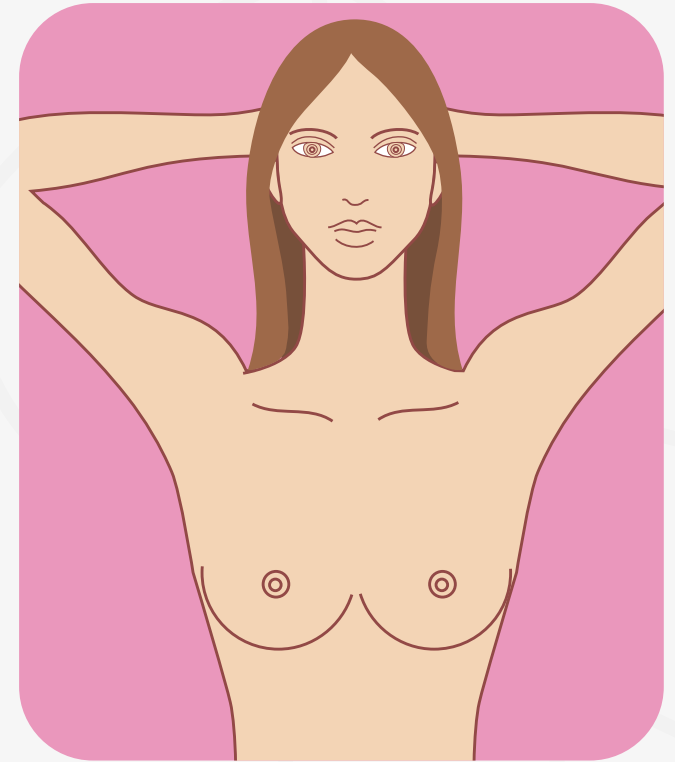
- Place your right hand behind your head
- Use the three middle fingers of your left hand while feeling your right breast
- Inspect all the areas of your breast, chest and collarbone just like you did when lying down (see the red outlined box)
- Repeat the same procedure for the left breast using your right hand



The 4 steps for monthly breast self examination

Step Three | Stand upright in front of a mirror

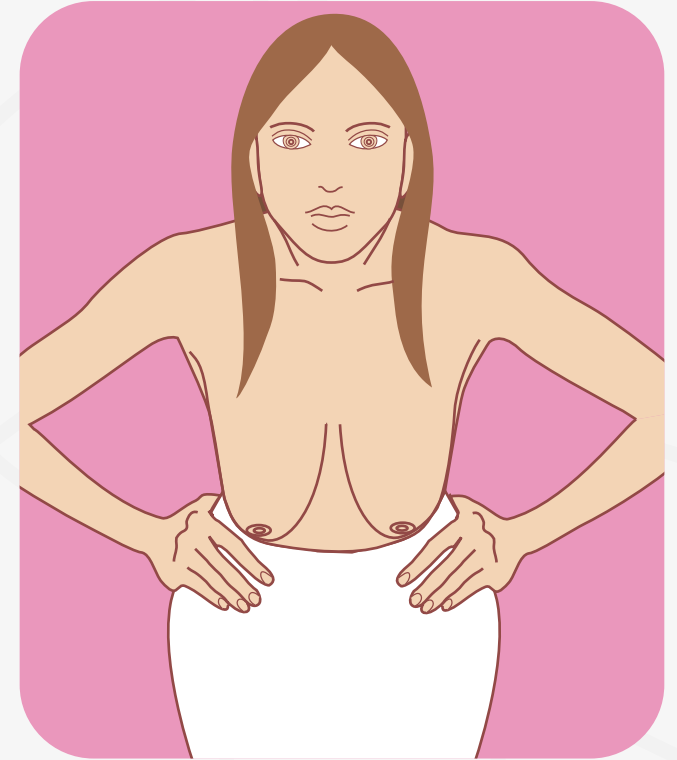
1. Arms held over your head
2. Check your breast for any change in size, shape and color



The 4 steps for monthly breast self examination

Step Four | Stand upright in front of a mirror

- Arms pressed against the hips and bending forward
- Check your breasts for puckering, dimpling, rash, nipple discharge or retraction or any other change that does not look and feel normal



Always Remember Get Screened

Screening tests

Through Pink Caravan Campaign

- Offered to people who feel fine and who have no reason to suspect a breast problem
- Are different from tests that are done to evaluate a problem in the breast, which are called diagnostic tests
- Know the different between Mammogram and Ultrasound screening



Mammogram



Ultrasound

Thank you

If you have any further questions, please contact **Pink Caravan** offices:

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