



YOUR GUIDE TO BREAST CANCER

October marks the beginning of Breast Cancer Awareness Month. Learn how to spot the common signs of breast cancer and what you can do to lower your risk of catching the disease.

COMMON BREAST CANCER SYMPTOMS

Breast cancer is the **most prevalent type of cancer** in the world with 2.3 million women diagnosed and 685,000 deaths globally last year alone.

Therefore, it's crucial that you're aware of the most **common symptoms** of breast cancer so you can catch it early on:

- › A new lump in the breast or armpit
- › Thickening or swelling in part of the breast
- › Pain in any area of the breast
- › Irritation, redness, flaking or dimpling of the breast skin
- › A change in the size or shape of the breast
- › Pulling in of the nipple
- › Nipple discharge (other than breast milk)

Although these symptoms may not necessarily indicate that you've developed breast cancer, you should always visit the doctor if you notice anything unusual.

HELP PREVENT BREAST CANCER

Although there's no absolute way to prevent breast cancer, there are some measures you can take to lower your risk:



1. REGULAR MAMMOGRAMS

Unfortunately, the likelihood of getting breast cancer increases with age, so every woman aged between 50-71 should attend a breast cancer screening every three years.

Regular screenings will help you detect the cancer sooner, giving you a better chance of survival. You're also less likely to need to have a mastectomy or chemotherapy if the cancer is treated at an early stage.



2. CHECK YOURSELF

Regular checks won't directly reduce your risk of breast cancer but, if you're familiar with what's normal for your body, you will notice any changes early on.

If you do spot something out of the ordinary, it's always best to make an appointment with the doctor.



3. HEALTHY LIFESTYLE

A balanced diet and regular exercise will help you maintain a healthy weight, which lowers your risk of developing cancer. You should also limit your alcohol intake where possible and, if you're a smoker, take steps to quit smoking.

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