

What is Breast Cancer?

Breast cancer is the abnormal growth of cells in the breast tissue, which can invade surrounding tissues or spread to other parts of the body. It is the most common cancer in women but can also affect men.

Key Facts:

- 1 in 28 women may develop breast cancer in their lifetime.
- Early detection increases survival rates by over 98%.
- Men can also develop breast cancer, though it is rare (less than 1%)

Symptoms to Watch For:

- A lump or thickening in the breast or underarm.
- Changes in breast size, shape, or appearance.
- Skin dimpling or puckering.
- Nipple discharge (especially blood).
- Redness, swelling, or scaling of the nipple or skin.

Remember: Not all lumps are cancerous, but it's important to get them checked.

Risk Factors

- **Age:** Risk increases with age.
- **Family History:** A close relative with breast cancer.
- **Genetics:** BRCA1 and BRCA2 mutations.
- **Hormonal Factors:** Early menstruation, late menopause, or hormone therapy.
- **Lifestyle:** Obesity, smoking, alcohol, and lack of exercise.

Prevention Tips

- Maintain a healthy weight.
- Exercise regularly.
- Limit alcohol consumption.
- Perform regular Breast Self-Examinations (BSE).
- Attend scheduled mammograms and clinical exams.

Breast Self-Examination (BSE) is a simple and cost-free way for women to check for lumps, changes, or abnormalities in their breasts, aiding early detection of potential issues. It complements, but does not replace, clinical exams or mammograms.

How to Perform a BSE

1. In Front of a Mirror

- Stand undressed from the waist up in front of a mirror.
- Observe both breasts with your arms at your sides.
- Look for changes in size, shape, or symmetry, as well as dimpling, puckering, or changes in skin texture.
- Raise your arms above your head and check for the same changes.
- Gently squeeze each nipple to check for discharge (blood or other unusual fluid).



2. Lying Down

- Lie down on your back, as this spreads the breast tissue evenly.
- Place a pillow under your right shoulder and your right arm behind your head.
- Use your left hand's pads (not fingertips) to feel your right breast in small circular motions, covering the entire breast from the outer edge to the nipple.
- Check for lumps, thickening, or other changes.
- Repeat on the left breast using your right hand.



3. In the Shower

- With wet, soapy skin, use your fingers to examine each breast.
- Follow the same circular motion technique used in the lying-down method.



Take Action Today!

Early Detection Saves Lives

- Schedule a clinical breast exam or mammogram - NCCN recommends Yearly mammogram in women > 40 years of age.
- Perform monthly BSE to familiarize yourself with your body.
- Consult a doctor if you notice any changes.



TOGETHER, WE CAN BEAT IT!

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Breast Cancer: Awareness Saves Lives

*“Early detection is the best
protection.”*