

October is
Breast Cancer
Awareness Month
Early Detection Saves lives

Educating and Empowering for a Better Future

Breast Cancer Awareness Month is an annual campaign observed in October to increase awareness and understanding of breast cancer, its prevention, early detection, treatment, and support for those affected.

This significant initiative aims to educate and empower individuals, communities, and societies to take proactive steps towards fighting breast cancer.

Understanding Breast Cancer

Breast cancer is a malignant condition where cells in the breast tissue multiply uncontrollably, forming a tumor. It is crucial to comprehend the complexities of this disease to effectively address it. The causes of breast cancer are diverse and can include genetic, hormonal, environmental, and lifestyle factors.

Early detection through regular screenings like mammograms significantly improves the prognosis and survival rates for breast cancer patients.

Hence, spreading awareness about the importance of regular screenings is of paramount importance.

Promoting Early Detection

Early detection is a critical factor in improving breast cancer outcomes.

The 5-year relative survival rate for breast cancer is 99% when it is found early and in the localized stage, according to the American Cancer Society.

Making frequent appointments for clinical breast exams, mammograms, and monthly self-exams of the breasts all contribute to early detection. Encouraging women to perform self-exams and seek regular screenings can lead to the detection of abnormalities at an early stage.

The earlier breast cancer is detected, the more treatment options are available, and the better the chances of successful treatment.



How Do Mammograms Work?

A mammogram is an x-ray that enables a trained professional to look for any alarming areas in the breast tissue.

A modest amount of ionizing radiation is applied to the breast to create an image of the breast tissue.

What Is A BreastSelf-Exam?

A breast self-exam is a method of early detection that involves physically and visually inspecting the breasts to look for any indications of breast cancer.

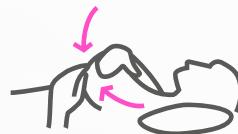
Learn about the natural appearance and sensation of your breasts by performing a breast self-exam.

Breast self-awareness, also known as knowing how your breasts typically look and feel, will help you see any changes or abnormalities in your breasts, such as a new lump or skin changes.

How Often Should A Breast Self-Exam Be Performed?

All adult women are advised to conduct breast self-exams at least once per month.

According to Lillie D. Shockney, the Johns Hopkins University Distinguished Service Professor of Breast Cancer, "Forty percent of diagnosed breast cancers are detected by women who feel a lump, so establishing a regular breast self-exam is very important."



In the Shower

Check the entire breast and arm pit region by pressing down with light, medium, and firm pressure with the pads or flats of your three middle fingers.

Every month, feel both breasts for any new lumps, thickenings, knots that have stiffened, or other breast alterations.

In Front of a Mirror

Visually examine your breasts while keeping your arms by your sides, keeping an eye out for any changes to the nipples, dimpling, swelling, or other skin irregularities on or around the breasts.

Next, squeeze strongly to contract your chest muscles while placing your palms on your hips. Keep an eye out for any changes, especially on one side, such as dimpling or puckering. Few women have precisely symmetrical breasts, therefore take note that the left and right breasts will not match exactly.

Lying Down

The breast tissue lines the chest wall equally while one is lying down. Your right shoulder should be supported by a pillow, which you should position behind your head.

Move the pads of your three middle fingers in a circle with your left hand, encircling your right breast and armpit completely.

To check for any new lumps, thickenings, stiffened knots, or other breast alterations, apply gentle, medium, and firm pressure. A nipple squeeze can be used to feel for discharge.

For your left breast, repeat these procedures.

Support and Awareness

The Cornerstones of Our Mission

Encouraging Supportive Communities

In our collective mission to fight breast cancer, supportive communities play a pivotal role. By fostering an environment of understanding, empathy, and encouragement, we can uplift those affected by breast cancer.

This includes patients, survivors, their families, and friends.

By participating in support groups, events, and fund raisers, we can provide emotional, psychological, and financial support to those battling breast cancer.

Sharing stories of survival and resilience can instill hope and inspire others to seek timely medical attention.

Spreading Knowledge and Awareness

Knowledge is power.

Awareness campaigns, both online and offline, are powerful tools to disseminate crucial information about breast cancer.

Through educational initiatives, we can debunk myths, address misconceptions, and provide accurate, evidence-based knowledge about risk factors, symptoms, treatment options, and survivor stories.

What can you do to reduce your risk of breast cancer?

Your chance of acquiring breast cancer can be lowered by forming healthy habits.

- 1. Keep your weight in check** Obesity raises the risk of getting cancer in both men and women. Your risk of obesity and cancer can be decreased by maintaining a healthy weight.
- 2. Consume fruits and vegetables** It has been demonstrated that eating 3.5 to 5 cups of fruits and vegetables daily lowers the risk of breast cancer.
- 3. Keep moving** Research has indicated that women who are physically active have a decreased risk of developing breast cancer than those women who aren't. To lower your risk of developing breast cancer, try to move your body for at least 20 minutes each day.
- 4. Avoid smoking** Smoking, as well as inhaling secondhand smoke, increases your risk of developing numerous cancers, including breast cancer. To lower this risk, give up smoking and passive smoking altogether.
- 5. Limit your alcohol intake.**
- 6. Plan when you'll be screening** Regular health screenings, such as mammograms, well-woman exams, and other screenings as advised by your doctor, can help you stay proactive about your health and detect health issues early on when they are simpler to treat.



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