

Follow a healthy lifestyle!

Studies have shown a healthy lifestyle can reduce the risk of developing breast cancer, even for women with high risk.

Make
the right decision
every day

- **Limit alcohol consumption** – A maximum of one glass per day
- **Avoid smoking**
- **Manage weight** – being overweight or obese on top of a sedentary lifestyle can greatly increase the risk of breast cancer especially after menopause
- **Be active** – Moderate exercise (2.5 hours a week) and regular daily activity such as walking upstairs, walking, gardening etc...
- **Don't get too stressed and overtired** – have a restorative sleep
- **Eat healthily** – eat as much organic food as possible, plenty of fruit and vegetables, avoid eating processed food, including refined sugars, white flour and non-organic oils
- **Limit time and dosage of post-menopause hormone therapy**
- **Avoid exposure to sun and environmental pollution**




Breat self-exam – Edition 2022
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Essentials of Breast Cancer prevention

- Adopt a healthy lifestyle
- Do a monthly breast self-exam
- Have a mammogram: every second year as part of "The mammography programme" or as regularly prescribed by your doctor
- An annual appointment with your gynaecologist is recommended

Stay calm, don't panic if you do find something because frequently the abnormality can be benign. But of course always check it out with your doctor.

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Breast self-exam

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Simple but important advice!

A breast self-examination comprises simple measures which allow you to get to know the texture of your breast, and to report any abnormalities discovered to your doctor.

The earlier tumour is detected, the better the chances are of recovery and the less aggressive treatment will be.

The breast self-exam is not a substitute for your regular (at least once a year) appointment with your gynaecologist or doctor.

From the moment a young woman's breasts develop, she should do a monthly breast self-exam 2 to 3 days after her period when the texture of the breast is softer.

Take care of your breasts!

1) Visual inspection of your breasts: standing in front of a mirror

The first step in a self-examination is to spot any asymmetry or skin changes. Standing in front of a mirror, look at your breasts closely in the following positions:

- **Arms by your side**
- **Hands on your hips**
- **Hands behind your head**

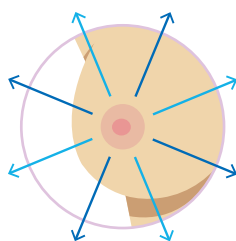
Feel your breasts!

2) Palpation

Examine each breast including the armpit on both sides.

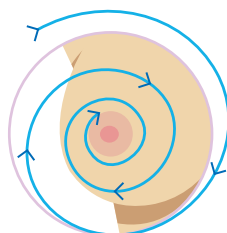
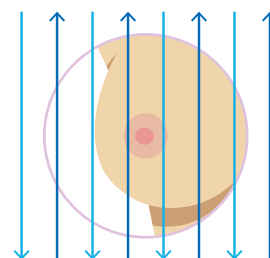
Breast cancer is found, not only in the mammary gland, but can also develop in the armpit or above the breast towards the collarbone in the upper chest.

Use your 3 middle finger pads – left hand for the right breast and vice versa. Apply 3 levels of pressure: light, medium and strong. Three directions should be used too: radial, vertical and circular.



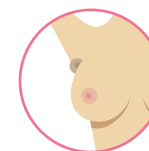
Radial Method – from the nipple to the exterior of the breast.

Vertical Method – from top to bottom, do not miss any zone.

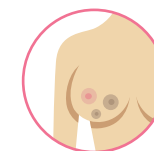


Circular Method – starting at the top of the armpit, gently press your breast in a spiral movement, finish by examining your nipple.

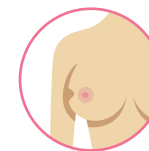
What to watch out for



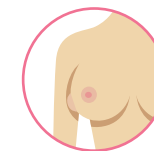
A lump or hardening in the armpit



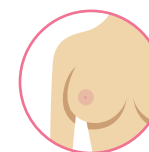
A lump or hardening in the breast



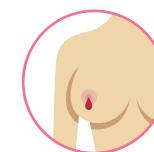
Dimples, puckering or lumps in the skin of the breast



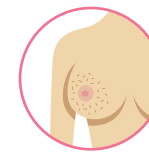
Change of size or shape of the breast



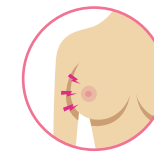
Retraction or inversion of the nipple



Inflammation of or discharge from the nipple



Any change in the skin (swollen and red, itchy eczema-like patches, "orange peel skin")



Pain or tension in the breast, which is different to the feeling you may get during your period