

# BREAST CANCER EARLY DETECTION AND DIAGNOSIS

CHECK FAMILY AND MEDICAL HISTORY

BE FAMILIAR WITH YOUR BREASTS TO BE AWARE OF ANY CHANGES

TAKE A BREAST CANCER RISK ASSESSMENT

DO A REGULAR BREAST SELF-EXAM

## GET A MAMMOGRAM SCREENING

Regular mammograms can help find breast cancer at an early stage, when treatment is most likely to be successful.

A mammogram can often find breast changes that could be cancer years before physical symptoms develop.

In general, experts and several major medical societies recommend that **women who are at average risk of breast cancer get screening mammograms every year starting at age 40.**

Ask your GP or gynecologist to do a risk assessment or to refer you to a breast clinic for evaluation.

## HOW TO REDUCE THE RISK OF BREAST CANCER

STEP 1

### GET ACTIVE

For overall health, adults need at least 150 minutes a week of moderate-intensity aerobic activity. This can mean brisk walking for 30 minutes a day, 5 days a week.

STEP 2

### MAINTAIN A HEALTHY WEIGHT

STEP 3

### DRINK ALCOHOL IN MODERATION

Moderate alcohol intake for women is one drink or less in a day.

STEP 4

### USE CAUTION WHEN TAKING BIRTH CONTROL AND POST-MENOPAUSAL HORMONAL REPLACEMENT THERAPY

STEP 5

### BREASTFEED, IF POSSIBLE

# BREAST CANCER AWARENESS

## WHAT IS BREAST CANCER?

Breast cancer is a kind of cancer that begins as a mutation of breast cells, which become cancerous cells that multiply and form tumors.

Breast cancer typically affects women and people assigned female at birth aged 50 and older, but it can also affect men and people assigned male at birth, as well as younger women.

## STATISTICS

- Breast cancer is currently the most common cancer in the Philippines and among females worldwide.
- Breast cancer also ranks first in terms of new cases in the Philippines.
- When caught in its earliest, localized stages, the 5-year relative survival rate for breast cancer is 99%.
- In the Philippines, 65% of breast cancer cases are diagnosed in the advanced stage. Hence, the relative survival rate is lower (44.4%).
- Knowledge and early detection are key to saving lives affected by breast cancer.



## RISK FACTORS



getting older (most breast cancers are found in women aged 55 and older)



girls who had menstruation before 12 years old



late menopause beyond 55 years old



family history of breast or ovarian cancer



having first pregnancy after age 30, not breastfeeding, or never having full-term pregnancy



personal history of breast cancer or certain non-cancerous breast diseases



having dense breast tissue



previous treatment using radiation therapy

## CONTROLLABLE RISK FACTORS



uncontrolled use of birth control pills



having undergone hormone replacement therapy



drinking alcohol



being overweight or obese



not being physically active

## WARNING SIGNS OF BREAST CANCER



new lump in the breast or underarm (armpit)



thickening or swelling of part of the breast



irritation or dimpling of breast skin



redness or flaky skin in the nipple area or the breast



pulling in of the nipple or pain in the nipple area



nipple discharge other than breast milk, including blood



any change in the size or shape of the breast



pain in any area of the breast

## SOURCES

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