### BREAST CANCER EARLY DETECTION AND DIAGNOSIS

CHECK FAMILY AND MEDICAL HISTORY BE TAKE A BREAST CANCER RISK

**ASSESSMENT** 

BE FAMILIAR WITH YOUR BREASTS TO BE AWARE OF ANY CHANGES

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 <u>every year</u> 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

GET ACTIVE

**STEP** 

**STEP** 

3

**STEP** 

4

**STEP** 

5

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

#### DRINK ALCOHOL IN MODERATION

**USE CAUTION WHEN TAKING** 

**BIRTH CONTROL AND POST-**

**MENOPAUSAL HORMONAL** 

**REPLACEMENT THERAPY** 

**BREASTFEED. IF** 

POSSIBLE

bl intake for women is one day.

# BREAST CANCER AWARENESS

### WHAT IS BREAST CANCER?

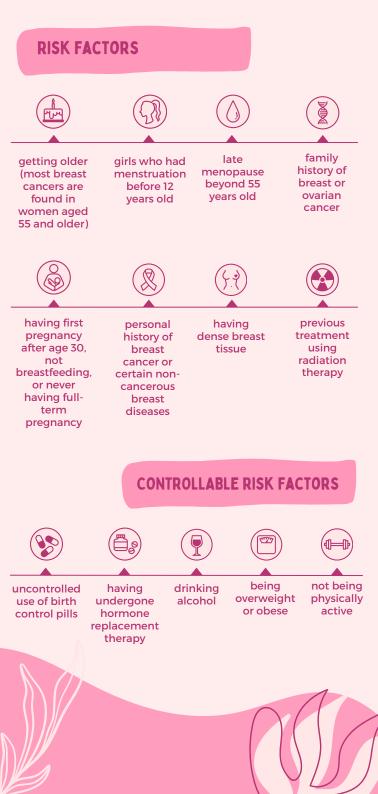
Breast cancer is a kind of cancer that begins as a mutation of breast cells, which become cancerous cells that multiply and form tumors.

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.

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

**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.



### WARNING SIGNS OF BREAST CANCER



### SOURCES

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