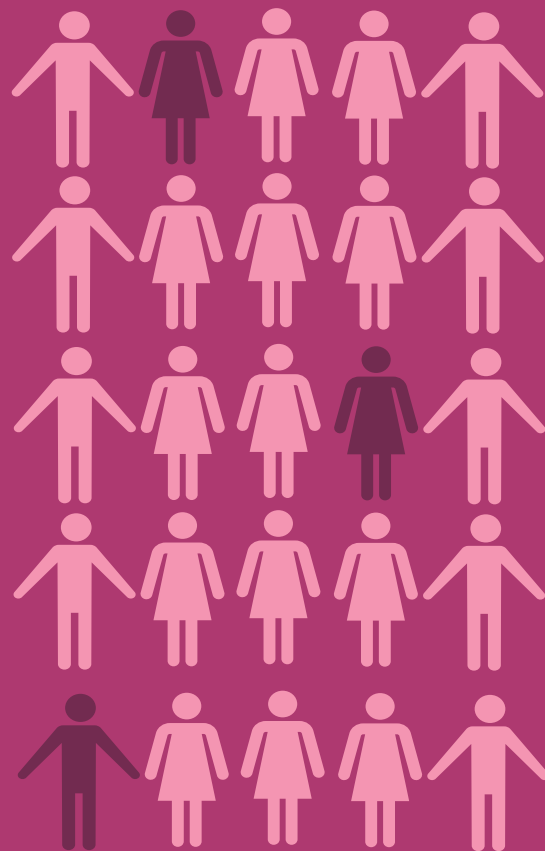


3 in 25

persons diagnosed
with cancer, have
breast cancer.



SIGNS AND SYMPTOMS OF BREAST CANCER

- Pain in breast
- Lump in the breast
- Lump in the armpit
- Nipple changes inversion
- Change in appearance of nipple
- Dimpling or irritation of breast skin
- Nipple discharge other than breast milk
- Thickening or swelling of part of the breast

NOTE :
Even men,
get breast
cancer.

PREVENTION TIPS



NO ALCOHOL USE



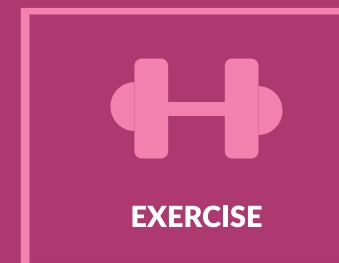
AVOID TOBACCO USE



EAT HEALTHY



KNOW THE SIGNS



EXERCISE

RISK FACTORS



ALCOHOL



TOBACCO USE



OBESITY /
PHYSICAL
INACTIVITY



HEREDITARY
&
MUTATIONS

RECOMMENDED SCREENING METHODS

WOMEN ABOVE
40 YEARS

- Mammogram
- Clinical breast exam

WOMEN BELOW
40 YEARS

- Ultrasound
- Clinical breast exam

ALL WOMEN

- Monthly breast self exam
- Clinical breast exams



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