



Know the symptoms of breast cancer

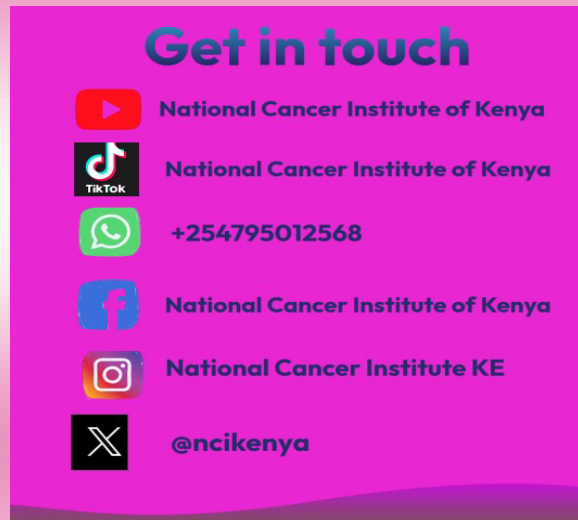
What are the risk factors of breast cancer?

- **Age:** Increases particularly after the age of 50.
- **Family history:** Having a first-degree relative (mother, sister, and daughter) with breast cancer increases your risk.
- **Genetics:** Genetic mutations such as BRCA1 and BRCA2 can significantly increase your risk.
- **Personal history:** Having a benign breast condition or a history of radiation therapy to the chest can also increase your risk.
- **Lifestyle factors:** Obesity, lack of physical activity, smoking and alcohol consumption may also contribute to your risk.

Who We Are

About Us

The National Cancer Institute of Kenya (NCI-Kenya) is a statutory body created under the Cancer Prevention and Control Act (No. 15 of 2012). This was in recognition of the need for a much more coordinated health sector response to the growing cancer burden in Kenya.



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BREAST CANCER AWARENESS

Health and Awareness Education



Breast Cancer

Does Not Discriminate



Early Detection

- **Monthly self-exams:** Conduct regular breast self-exams to become familiar with your breasts and notice any changes.
- **Clinical breast exams:** See your doctor for regular breast exams, especially if you have risk factors.
- **Mammograms:** Mammograms are X-rays of the breast that can detect cancer early.

Learn More!

- Early detection saves lives. Don't delay your mammogram or other screenings.
 - Breast cancer doesn't discriminate. It can affect anyone, regardless of age, race, or ethnicity
 - Early detection saves lives. Don't delay your mammogram or other screenings.
 - Every woman deserves to know her breasts. Early detection is key to fighting breast cancer
- Lifestyle factors:** Obesity, lack of physical activity, and alcohol consumption may also contribute to your risk.

Call to action:

Schedule your appointment today! Contact Your Local Healthcare Provider to schedule a breast exam and screening. Prevention is better than cure! Take care of your breasts

“Don't be shy! Present yourself to a doctor and get your breasts examined”



Additional Steps to Prevent Breast Cancer:

- **Healthy lifestyle:** Maintaining a healthy weight, exercising regularly, and avoiding excessive alcohol consumption can reduce your risk.
- **Know your family history:** Discuss your family history of breast cancer with your doctor.
- **Breast self-exams:** Conduct regular self-exams to become familiar with your breasts and notice any changes.
- **Avoid alcohol & smoking:** Drinking alcohol and smoking can increase your risk of breast cancer.

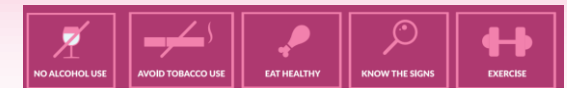
RECOMMENDED SCREENING METHODS		
WOMEN ABOVE 40 YEARS • Mammogram • Clinical breast exam	WOMEN BELOW 40 YEARS • Ultrasound • Clinical breast exam	ALL WOMEN • Monthly breast self exam • Clinical breast exams

Recommended screening methods

Early detection is key to breast cancer prevention.

It is recommended to start mammography screening at 40. Consult your doctor to determine your best schedule, considering your individual risk factors. Early detection can significantly improve your chances of successful treatment.

Prevention Tips



What you need to know

Women who are at average risk for breast cancer should start mammogram screening at age 40 and get one every two years until age 74.

A diagnosis of breast cancer typically begins when a screening mammogram identifies an abnormality in breast tissue or when a woman feels a lump or notices other changes to her breast. It is important to know that in many cases, these findings turn out to be benign, or noncancerous. Additional testing is necessary to determine if cancer is present.