

# BREAST CANCER AWARENESS

## EARLY DETECTION CAN SAVE YOUR LIFE



BREAST CANCER AFFECTS **ONE** IN EIGHT WOMEN WORLDWIDE.

Early detection is key in the successful treatment of breast cancer.

When it is found and treated in the early stages the survival rate is **98%**

### WAYS THAT MAY REDUCE YOUR RISK OF DEVELOPING BREAST CANCER:



Eat healthily



Control your body weight



Stay active



Avoid smoking



Avoid excessive alcohol intake



Try to breastfeed for at least six months

### BREAST CANCER: MYTHS V. FACTS

#### MYTHS

Finding a lump in your breast means you have breast cancer

Breast cancer is an infectious disease

Breast cancer only occurs in women

Breast cancer only occurs in women who have family history

Mammograms cause breast cancer

#### FACTS

Actually **80%** of these lumps are non-cancerous

Breast cancer is a **non-communicable** disease

Approximately **1%** of breast cancer occurs in men

**Family history** is only one of the risk factors

Although exposure to radiation is a risk factor, the amount of radiation emitted during the mammogram is **quite low** in comparison to other diagnostic tools

### TREATMENTS:



Surgery



Chemotherapy



Radiation



Hormone therapy



Targeted therapy

TREATMENT OF BREAST CANCER WILL DEPEND ON THE TYPE OF BREAST CANCER AND ITS STAGE.