

Don't let **CANCER** stop you!

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IMPORTANT RISK FACTORS

- Early age of menarche (first period)
- Women who have not breast fed their children
- Late menopause (cessation of periods)
- Hormonal treatment
- Dietary factors like consumption of alcohol > 3 drinks/week, diets rich in animal fat and obesity
- A past history of breast cancer in the other breast or Fibrocystic breast disease (an exaggerated lumpy, painful condition related to the menstrual cycle.)
- Family history of breast cancer

SIGNS AND SYMPTOMS

- A lump or a thickening within the breast or armpit
- A discharge from the nipple
- A discolouration or change in the texture of the skin overlying the breast (dimpling / puckering / scaling.)
- A recent change in the nipple direction, like retraction (inward turning)

FOR EARLY DETECTION

(After age of 40)

- Breast self examination - monthly
- Clinical breast examination - annually

BREAST SELF EXAMINATION (BSE)

This is a simple technique by which every woman can notice certain changes in her breast which may be suggestive of breast cancer. Ideally it should be performed once a month, (preferably a week after her periods). If she has stopped getting periods, the examination must be done every month on a fixed day.



IMPORTANT RISK FACTORS

- Early onset of sexual activity.
- Early age at marriage.
- First pregnancy before 20 years of age.
- Multiple pregnancies at short intervals. This leads to repeated injury to the cervix, leaving it no time to heal.
- Sexual promiscuity i.e. multiple male sexual partners or even a single male partner having sexual relations with multiple female partners.
- Poor genital hygiene.
- Genital tract infections especially HPV (human papilloma virus) infections.
- Tobacco addiction.

SIGNS AND SYMPTOMS

- Bleeding between menstrual periods.
- Bleeding after sexual intercourse.
- Bleeding anytime after menopause.
- Irregular heavy menstrual periods.
- Unusual blood stained vaginal discharge.
- Unexplained weakness/tiredness/weight loss.

FOR EARLY DETECTION

(After age of 30)

- PAP SMEAR once in 3-5 years.

THE PAP SMEAR

The test is simple and painless. Using a cotton swab or a brush, cells from the cervix are collected and spread over a glass slide and examined under a microscope.

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Cancer prevention is easy and simple

Issued in public interest by :



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CANCER IS CURABLE IF DETECTED EARLY