

WHAT SHOULD I DO IF I FIND ANY LUMP/SKIN CHANGES/NIPPLE CHANGES.



DO'S

- 1 Speak to family or friends
- 2 Visit a doctor or health worker
- 3 Undergo tests as advised
- 4 Biopsy may be required for diagnosis and further management



DON'T'S

- 1 Do not ignore a painless breast lump
- 2 Do not wait for lump to grow
- 3 Do not feel shy or embarrassed to discuss the breast lump

FACTS / MYTHS

BIOPSIES DO NOT CAUSE BREAST CANCER

BIOPSIES CANNOT SPREAD BREAST CANCER

REDUCING THE RISK OF BREAST CANCER



- Breast feeding



- Eat a healthy diet



- Exercise 75-150 minutes of moderate exercise every week



- Avoid use of hormone tablets without doctors prescription



- Avoid alcohol & tobacco



- Get regular screening tests



- Examine your breast once in a month

BREAST CANCER

EARLY DETECTION IS THE KEY



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Breast cancer is the most common cancer worldwide among women (Globocan 2022). In India, breast cancer ranks the highest in the incidence and the deaths caused by cancer in women.

WHAT IS BREAST CANCER?



WHY SHOULD I WORRY ABOUT BREAST CANCER?

- 1 in 28 women in India can develop breast cancer in her life time.
- 4 out of 10 women die of breast cancer in India.
- 60% women are detected in stage 3 and 4.

Every **13 minutes**, **1 woman** dies of breast cancer.

The Alarming Breast Cancer Statistics

1 in 28 women is expected to develop breast cancer during their lifetime.

An early breast cancer diagnosis can improve the survival rate by **93%**.

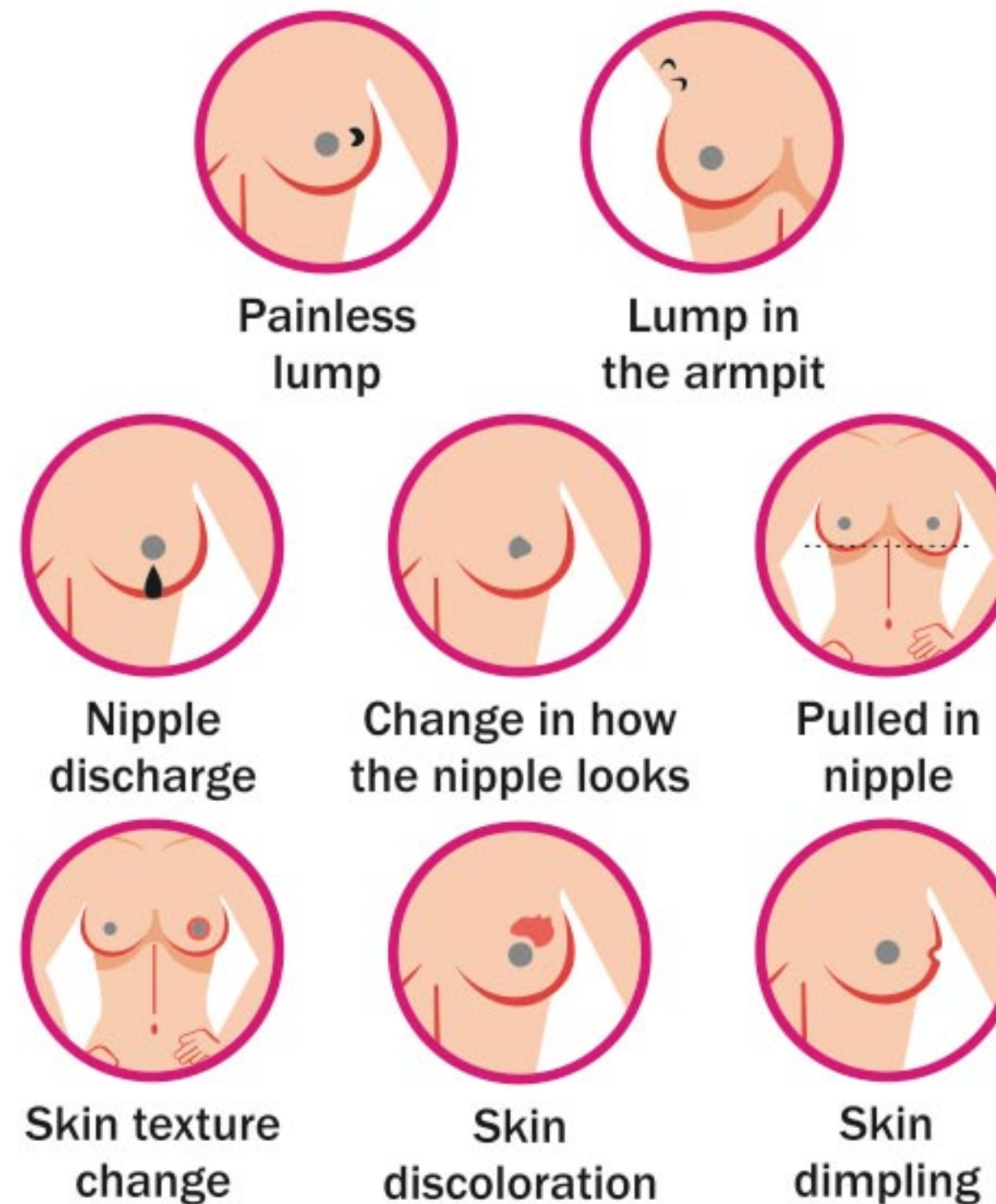
Every **4 minutes**, **1 woman** gets diagnosed with breast cancer.

FACTORS THAT INCREASE THE RISK OF BREAST CANCER:

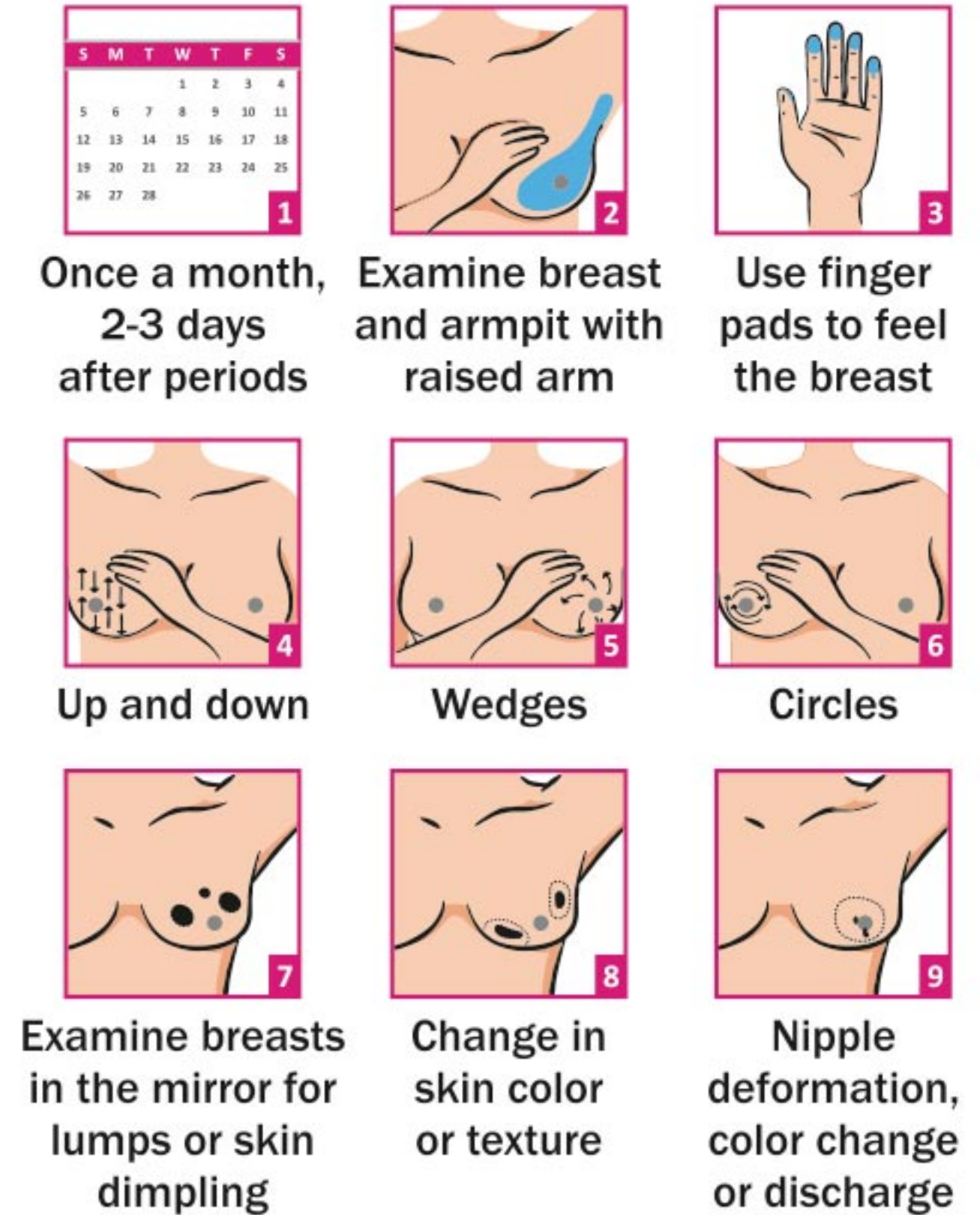
- No breast feeding / Late child bearing / No children
- Inherited genetic mutation / Family history of cancer
- Early menstruation / Late menopause
- Obesity / High fat diet / Lack of exercise
- Prolonged use of oral contraceptive / Hormone replacement therapy after menopause
- Alcohol intake / Tobacco

80% OF BREAST CANCER PRESENTS AS PAINLESS BREAST LUMP

SIGNS & SYMPTOMS OF BREAST CANCER?



BREAST SELF EXAMINATION:



BREAST CANCER SCREENING:

1. CLINICAL BREAST EXAMINATION

- Clinical breast examination -
- 20-40 yrs: Once in every 3 yrs
 - 40-70 yrs: Every year



2. MAMMOGRAPHY

- Mammography is a low-dose x-ray examination of the breast.
- Used in the early detection and diagnosis of breast diseases.
- Women are advised to do regular mammography from age 40 - 70 yrs.



REMEMBER

PAINLESS BREAST LUMP

NIPPLE CHANGES

SKIN CHANGES

EARLY DETECTION AND TREATMENT CAN SAVE LIVES