

Who is at Risk?

Risk factors for breast cancer :

- Family history of breast cancer
- Risk of breast cancer can increase with age though it can occur in younger females too
- Women who began menstrual cycle before age of 12 years
- Late menopause after age of 55 years
- Women who never had a child
- First pregnancy after the age of 30 years
- Obesity
- Smoking
- Alcohol intake
- Previous exposure to radiation

Early diagnosis of breast cancer increases the chances of successful treatment

Get yourself screened for breast cancer :

- Clinical Breast Examination every 3 years for women from 20-39 years. After 40, CBE every year.
- Mammography: Age 40-50 every three years. Age 50+ every year.



Rajiv Gandhi Cancer Institute and Research Centre

A Unit of Indraprastha Cancer Society
Registered under "Societies Registration Act 1860"



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*except Sundays & gazetted holidays



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BREAST CANCER

Be Breast Aware

Early Detection Can SAVE YOUR LIFE

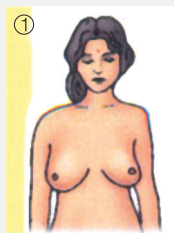
Breast Cancer is number one killer
of women in metropolitan cities

Abnormal Breast Changes

See your doctor if you find :

- Lump in the breast
- Changes in breast size or shape
- Nipple discharge specially if blood stained
- Changes in the skin of the breast
- Retraction of nipple

Breast Self Examination (BSE)



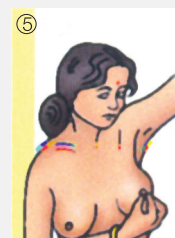
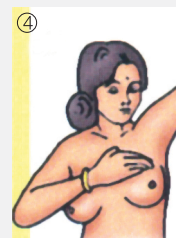
Stand before a mirror, inspect both breasts for anything unusual, such as any discharge from the nipples, puckering, dimpling or scaliness of the skin. The next two steps are designed to emphasize any changes in the shape or contour of your breasts.

Watching closely in the mirror, clasp hands behind your head and press hands forward. As you do that you should be able to feel your chest muscles tighten.



Next, press your hands firmly on your hips and bow slightly towards your mirror as you pull your shoulders and elbows forward.

Raise your left arm, use three or four fingers of your right hand to explore your left breast firmly, carefully and thoroughly. Beginning at the outer edge, press the flat part of your fingers in small circles, moving the circles slowly around the breast. Gradually work towards the nipple. Be sure to cover the entire breast. Pay special attention to the area between the breast and the arm pit, including the arm pit itself. Feel for any unusual lump or mass under the skin. Some women do this part of the examination under the shower as fingers glide over soapy skin, making it easy to concentrate on the texture underneath.



Gently squeeze the nipple and look for discharge. Repeat the examination on your right breast.

Steps four and five should be repeated lying down. Lie flat on your back, left arm over your head and put a pillow/folded towel under your left shoulder. This position flattens the breast and make it easier to examine. Use the same circular motion described earlier. Repeat on your right breast. If you notice a lump, a discharge, or any other change contact your doctor.

