



Breast Cancer Awareness

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What is Breast Cancer?



Breast cancer is a cancer that develops due to uncontrollable changes in the function or growth of the cells forming breast tissue.

These changes transform these cells into cancerous cells that have the ability to spread.

Some Risk Factors



Genetics

**first-degree
relatives
diagnosed with
breast cancer**

**Delayed
pregnancy or
no pregnancy**

**Not
Breastfeeding**

**Obesity and
lack of physical
exercise**

Smoking

Diagnosis

Breast self examination

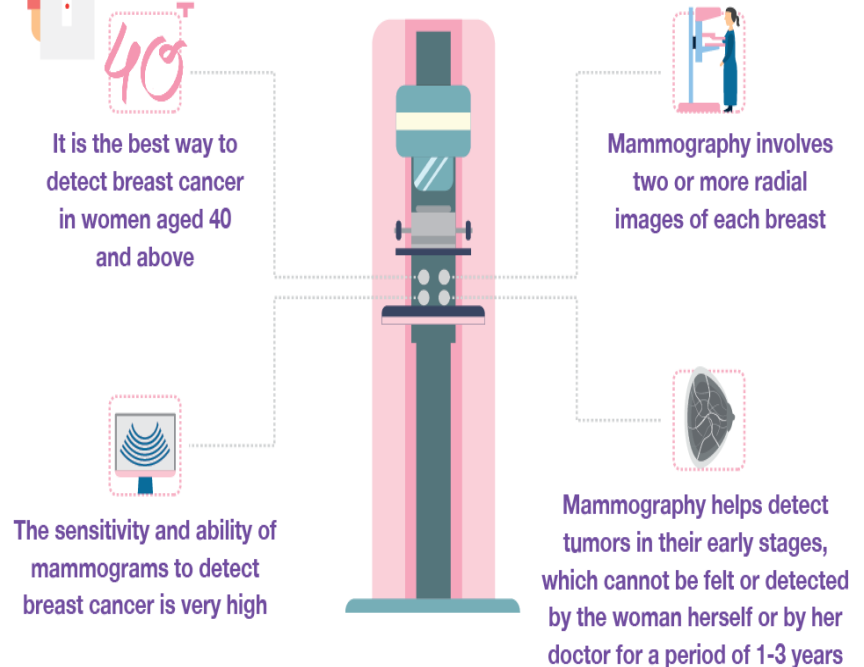
Physical examination

Mammography (Mammogram)



What is a Mammogram?

An X-ray screening of the breast



When to see a doctor?



Upon noticing skin changes.

If the lump does not disappear within 4-6 weeks.

Upon noticing a persistent and solid lump.

Upon noticing a change in the size of the lymph nodes in the armpit (lump).

Upon noticing nipple discharge (usually blood).



Some advice from the Ministry of Health

<https://www.moh.gov.sa/en/awarenessplatform/ChronicDisease/Pages/BreastCancer.aspx>

Always Remember



Following the early detection programs is the reason behind the drop in death rates



80% of breast tumors are benign and non-cancerous

80%

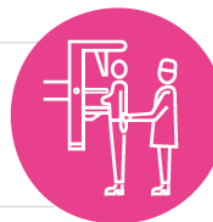


The survival rate is at more than 95%

95%



Mammography results are preliminary and more diagnostic tests are needed to confirm or rule out breast cancer



Breast Cancer Prevention

To reduce the risk of breast cancer you should



Periodic checks by mammogram every 1-2 years for women aged 40 years and above

from
30 to
40 years

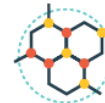
In case of family history of breast cancer, perform early checks by mammogram at the age of 30-40



Stay away from birth control pills for a long time



Exercise for 30 minutes a day at least



Avoid using hormonal therapy after menopause



Avoid becoming obese or overweight



Eat healthy foods, rich in vegetables and fruits



Breastfeeding



Early childbearing before the age of 30

*“The best protection
is early detection”*

