

# Behind the Pink Ribbon:

Living with Breast Cancer

GetSavvi<sup>HEALTH</sup>

## Awareness



**October**

Is Breast Cancer Awareness Month



Go for regular screenings and encourage friends and family to get a breast check



Donate money to breast cancer organisations to aid in further cancer research

## Dos



Exercise regularly



Eat healthy foods



Breast-feed



Keep your weight down



Watch out for changes to your breasts



Go for a mammogram to check for signs of breast disease



You can exercise breast cancer prevention by doing these:

## Don'ts



Don't smoke



Limit exposure to pollution



Limit your alcohol consumption



Limit using hormone medication

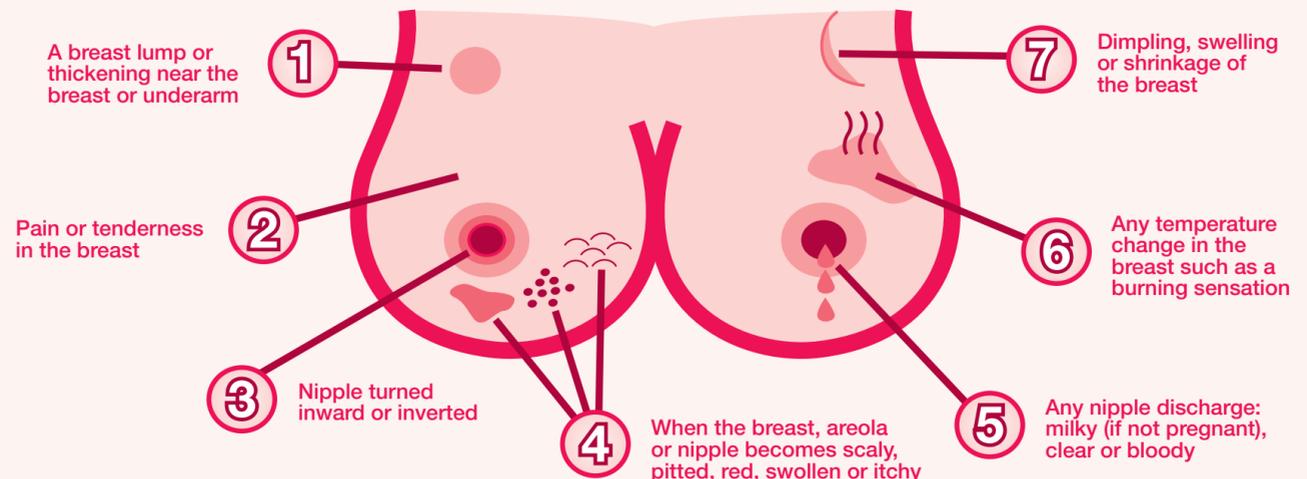
## Symptoms



Keep an eye out for the signs and symptoms of breast cancer.



If you have any of these, see a doctor immediately. !



## Risks



! Watch out for the dangers that can increase your risk of getting breast cancer.



- Being a woman (women have higher oestrogen and progesterone levels)
- Using birth control pills



- Having cancer in one breast puts a woman at increased risk of cancer in the other breast or another part of the same breast
- Women with benign breast tumours
- Having dense breast tissue (more glandular and fibrous tissue than fatty tissue)



- Gene defects inherited from a parent
- A family history of breast cancer



Women who haven't had children or who had their first child after 30.



Aging



White women are at higher risk than Black women.



Having more menstrual cycles (menstruating early and going through menopause later)



Women who had radiation to the chest as treatment for another cancer

## Treatment



Treatment for breast cancer available for women !

**Mammography:** a mammogram detects about 90% of all breast cancers.

Stem cell treatment is used after radiation and/or chemotherapy (which affects the body's immune system) to replace damaged stem cells to aid in fighting infection.

Hormone therapy (tamoxifen pills) can slow breast cancer cell growth if taken every day for two to five years.

Chemotherapy may follow breast cancer surgery and can take the form of injections or drugs.

a mammogram is an X-ray of the breasts

Radiation is used after the cancer has been removed to destroy or shrink any remaining cancerous cells.

Mastectomy, the surgical removal of the breast for the treatment of breast cancer.

Lumpectomy, the removal of a lump from the breast.

A breast biopsy, the removal of breast tissue through surgery or using a needle.

Removal of the ovaries in pre-menopausal women as a way of eliminating the main source of oestrogen which can boost the growth of some breast tumours.

## Self Breast Exam

How to check for breast cancer



Breast self-examination helps to detect any abnormalities. Discovering breast cancer in the early stages will make treatment more effective. !

- 1 Do your breast examination in the shower
- 2 Move your fingertips in a circular and/or up-and-down motion around your breast and armpit area.

Visually check your breasts for any abnormalities in front of a mirror by:

- 1 standing up straight with your arms at your sides
- 2 raising your arms up
- 3 with you hands on your hips, flexing your chest muscles.

- 1 Lie down with a pillow under your one shoulder.
- 2 Reach the same arm behind your head.
- 3 Check your breast and armpit area by moving your fingertips in a circular and/or up-and-down motion.