



What is Breast Cancer?

Breast Cancer is a disease in which malignant (cancer) cells form in the tissues of the breast. Cells in your breast grow and divide in an uncontrolled way, creating a mass of tissues called a tumor.

Breast Cancer: Facts & Figures

“ Every 4 Minutes 1 women is diagnosed with Breast Cancer ”

“ Every 8 Minutes 1 women dies due to Breast Cancer ”



“ 20.8 lakh women worldwide were diagnosed with breast cancer (In 2018) ”

“ 50% of Indian women suffer from stage 3 and 4 of breast cancer ”

“ >70% of breast cancer deaths occur in women younger than 70 years ”

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Symptoms of Breast Cancer



Nipple turning inward



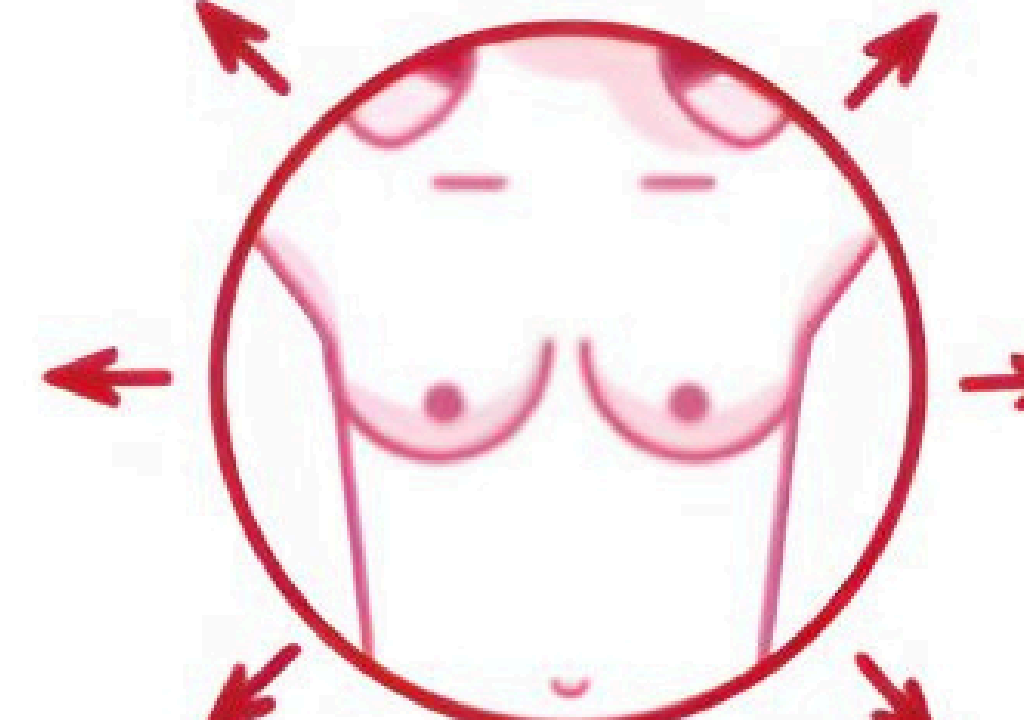
Nipple discharge



Lump in underarm area



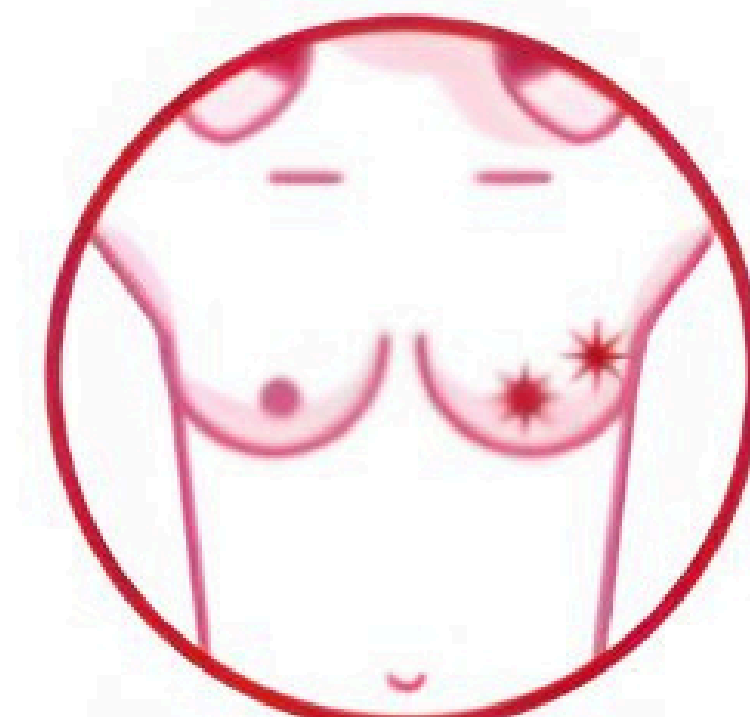
Swelling of part of Breast



Swelling of all the Breast



Skin dimpling



Breast or Nipple pain



Skin irritation

PSI

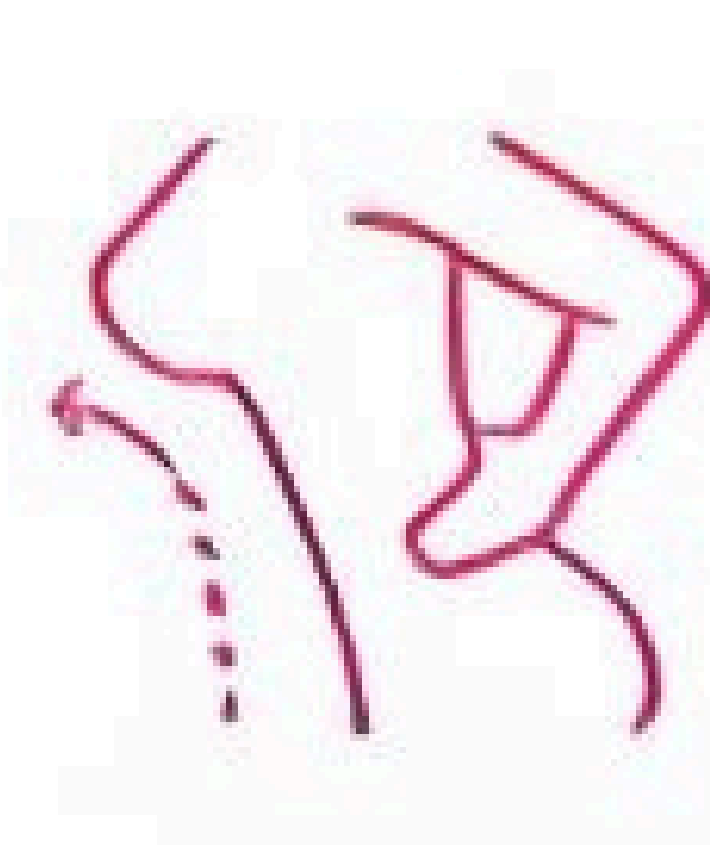
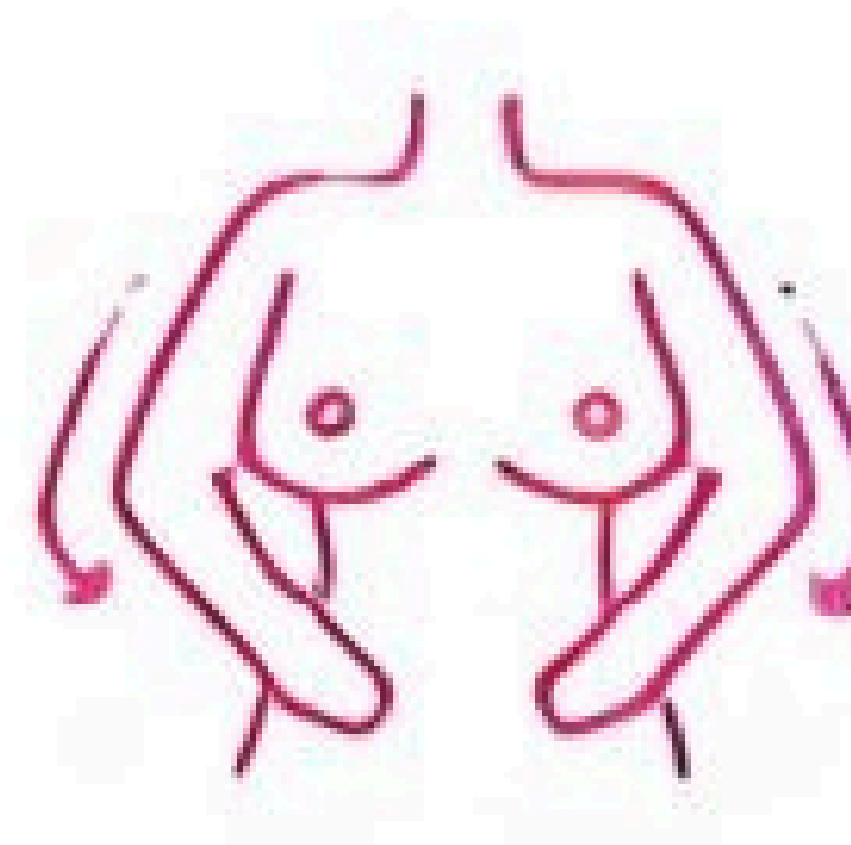
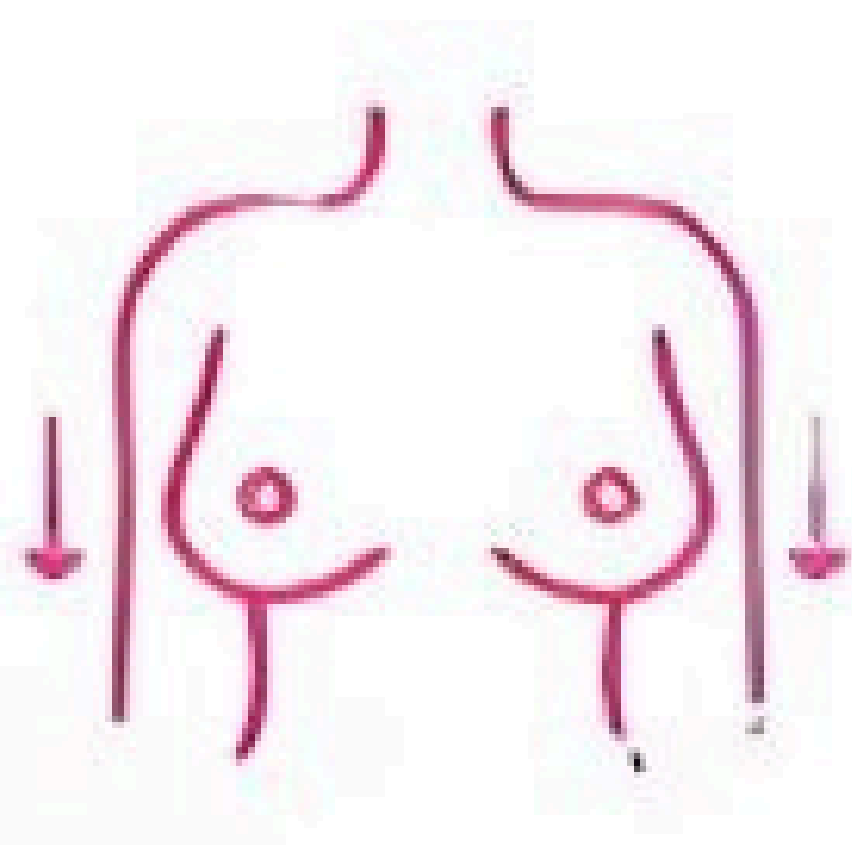
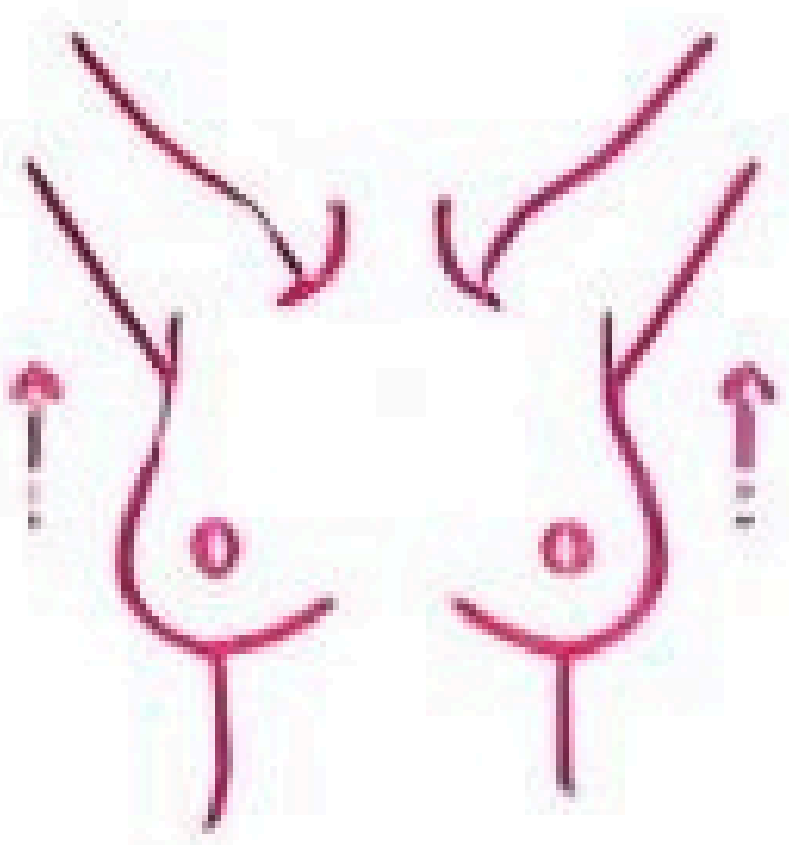
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Who is at Risk?

- **Reproductive history:** Starting of menstrual periods before age 12 and starting menopause after age 55 expose women to hormones longer, raising their risk of getting breast cancer.
- **Family history of breast or ovarian cancer.** A woman's risk for breast cancer is higher if she has a mother, sister (first-degree relative) or multiple families who have had breast or ovarian cancer.
- **Age:** The risk for breast cancer increases with age. Most breast cancers are diagnosed after age 50, but happened earlier too.
- **Radiation exposure:** Having received excessive radiation treatments as a child or young adult.

Breast Self-Examination



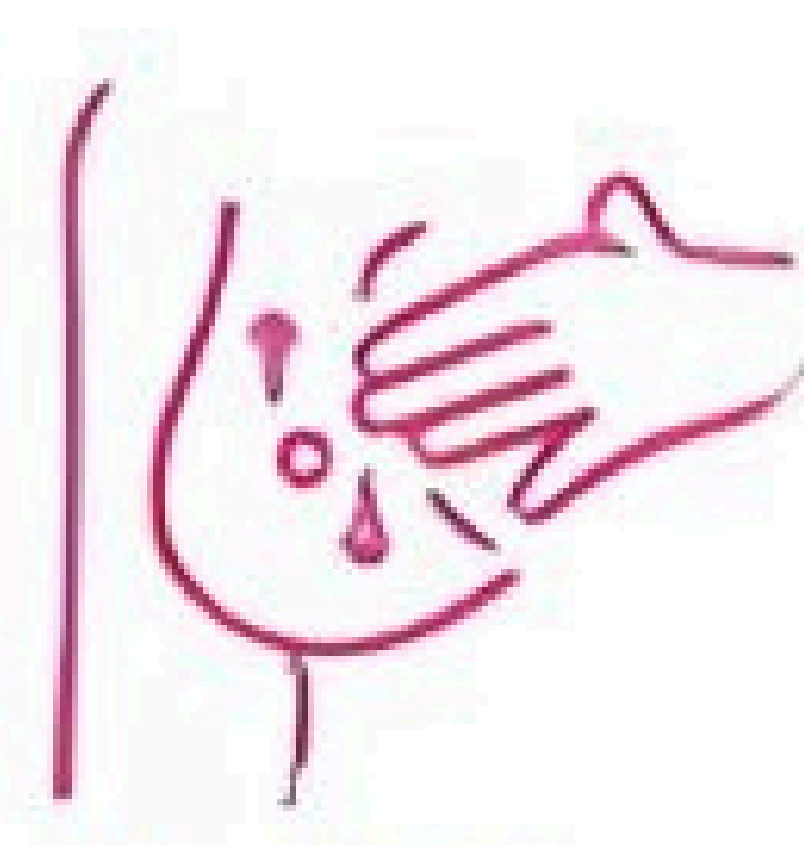
Look in the mirror visual inspection of the Breasts with the arms in different positions



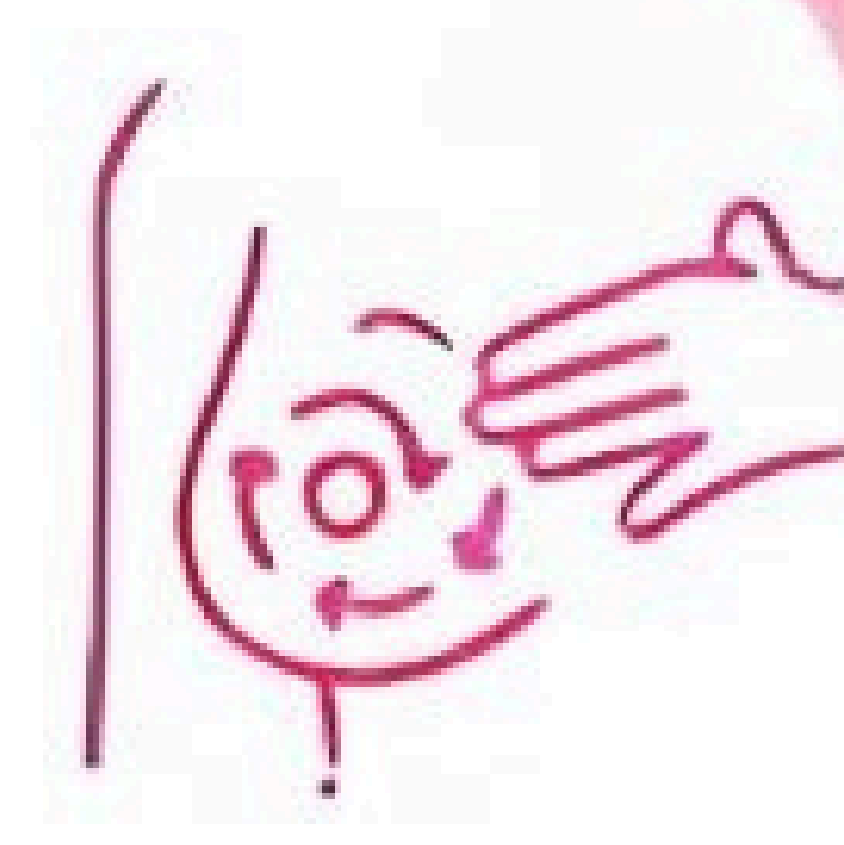
Gently use the pods of fingertips



Wedge Pattern



Vertical strip pattern



Clock Pattern

Cancer is treatable, and you can lead a healthy, long life after being diagnosed. The key lies in early detection and timely treatment. Stay alert and consult with your healthcare provider for personalized advice based on your individual health history and risk factors.