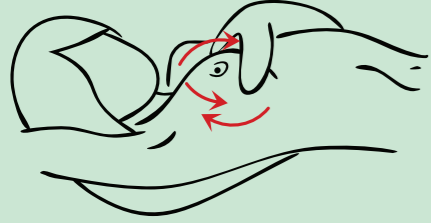


right hand then feel your right breast using your left hand.

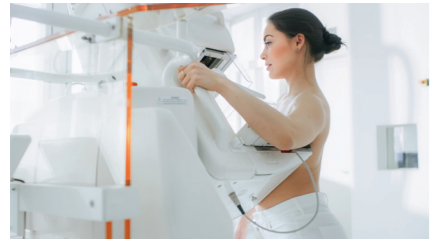
Use a circular motion, as shown in the image, to be sure that you cover the whole breast. Carefully observe any changes in your breasts and gently squeeze the nipple for any discharge.

Lying down



Place a pillow under your right shoulder. Put your right hand under your head. Check the entire breast area using circular motions as shown in the image. Use light and firm pressures over each area of the breast. Repeat these steps on the left breast.

WHAT IS A MAMMOGRAM?



A mammogram is an X-ray of the breast. Doctors use a mammogram to look for early signs of breast cancer. Having regular mammograms can lower the risk of dying from breast cancer. If you are aged 50-74 years, be sure to have a screening mammogram every two years. If you are aged 40-49 years, talk to your doctor about when and how often you should have a screening mammogram.

WHY SHOULD I HAVE A MAMMOGRAM?

Regular mammograms are the best tests doctors recommend to detect breast cancer early, sometimes up to three years before it can be felt.

How can I lower my risk of breast cancer?

- Control your weight and exercise.
- Know your family history of breast cancer. If you have a mother, sister, or daughter with breast cancer, ask your doctor what your risk is of getting breast cancer and how you can lower your risk.
- Find out the risks and benefits of hormone replacement therapy.
- Limit/avoid alcohol consumption

Where can I go to get screened?

You can get screened for breast cancer at a hospital or clinic where such service is available.



PLEASE SCAN FOR THE LOCATION

Aster
HOSPITAL
We'll Treat You Well

Mankhool, Kuwait Road, Al Mankhool - Dubai

☎ 04 440 0500 🌐 asterhospitals.com 📱 @ asterhospital

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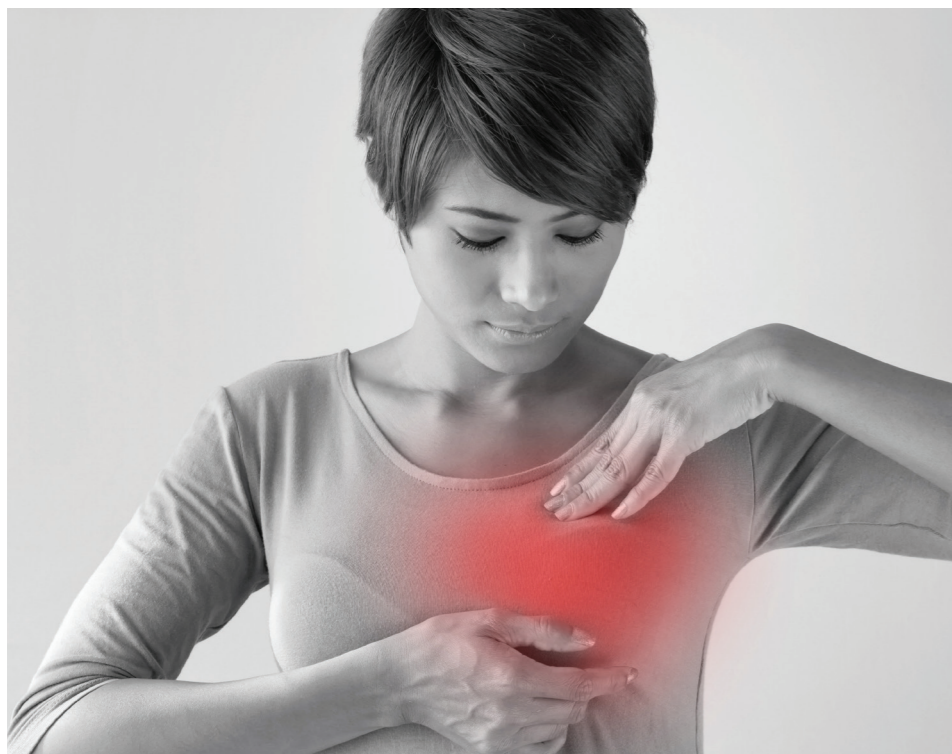
It's Time to think Pink

**BREAST CANCER
AWARENESS**

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Digital Version



CHECKING YOUR BREASTS REGULARLY CAN BE CRUCIAL TO EARLY DIAGNOSIS; WHEN THE CHANCES OF SUCCESSFUL TREATMENT ARE GREATEST.

Stay breast aware and follow these five easy steps:

1. Know what is normal for you
2. Look and feel your breasts (upper chest and too)
3. Know what changes to look for
4. Report any changes without delay to your General Practitioner or Gynaecologist
5. Make sure you attend breast screening if you're 40 or above and if you are 50 or above you must get mammogram every year

OBESITY AND BREAST CANCER



Obesity is on the rise worldwide. Obesity is linked to breast cancer. Excess body weight, poor diet and physical inactivity have been associated with an increased risk of breast cancer in postmenopausal women.

More than 50% of postmenopausal women are estimated to be or become obese, causing a significant impact on quality of life and survival. Limiting obesity is therefore a major factor in preventing and treating breast cancer.

We also know that many postmenopausal women, after receiving a breast cancer diagnosis, end up gaining weight. Weight gain and obesity lead to poorer breast cancer

prognosis, more obesity-related conditions like heart disease and diabetes and worse surgical outcomes.

Lifestyle-related breast cancer risk factors you can change:

- Excess weight or obesity (weight control should be started at early age)
- Physical inactivity
- Poor diet

WHAT CAN YOU DO TO PREVENT BREAST CANCER?

- See your healthcare provider for regular breast exams and breast cancer screening mammograms.
- Control your weight.
- Be physically active
- Choose a balanced diet that is rich in vegetables and fruits, lower in saturated fat, higher in fiber and calorie controlled .
- Limit your alcohol intake
- Talk to your physician about your family history of breast cancer and ways to lower your risk.

AGE AND BREAST CANCER THE MOST COMMON RISK FACTORS FOR BREAST CANCER ARE

- Being a female
- Late age of conceiving – after the age of 30, the risk doubles
- Women who have terminated pregnancies more than once.
- Smoking and alcohol
- Post-menopausal Obesity
- Strong family history of breast and/or ovarian cancer

Also, certain genetic mutations are also risk factors for breast cancers.

YOUNGER WOMEN

All women are at risk for breast cancer.

The risk of getting breast cancer increases as you age. Most breast cancers and breast cancer deaths occur in women aged 50 and older.

Although rare, younger women can also get breast cancer. Fewer than five percent of breast cancers occur in women under age 40. However, breast cancer is the leading cause of death among women between the age of 20 to 59.

While breast cancer risk is generally much lower among younger women, certain genetic factors can put some women at a higher risk. Women who are diagnosed at younger ages may have a BRCA1 or BRCA2 gene mutation. Women who carry one of these gene mutations have an increased risk of both breast and ovarian cancers.

PHYSICAL FITNESS AND CANCER

Physical fitness is increasingly being viewed as a highly effective way to improve the quality of life, emotional wellbeing and survival in cancer patients. Exercise improves brain function, mood, energy levels and even sleep quality.

Cancers are easier to fight when you have more energy, sleep better, and have an immune system that works properly.

People who exercise tend to have more energy throughout the day.

Studies have shown that physical exercise leads to fat loss, a trimmer figure, and more energy to fight the cancer.

Physical exercise also increases muscle mass which allows you to burn more energy, even at rest. The more muscle you have, the higher your metabolic rate will be, even when you aren't working out.

Yet another positive benefit you will experience from starting an exercise routine is a mood boost. That's because exercise increases levels of chemicals called endorphins. These chemicals are the natural "feel good" drugs of the body.

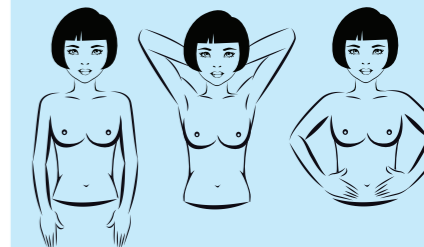
Vigorous exercise releases them into your body, dampening feelings of pain and soreness and leaving you with a calm feeling.

If you decide to take up exercise, be sure to consult with your doctor to find a type of exercise you can perform at an intensity that is appropriate for your current condition.

SELF-EXAMINATION GUIDE

We have prepared this easy to understand guide to show you how easy it is to perform a self-examination at home.

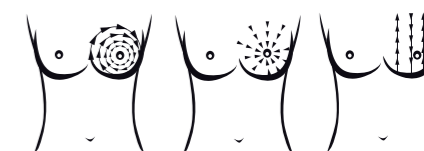
In front of a mirror



Stand before a mirror and compare both breasts for differences in size, symmetry or the shape of the breast, changes in the skin such as swelling, redness or rash.

The nipples need to be observed as well to see if there is any discharge or inversion. You would need to perform this examination in front of a mirror in three positions as shown in the images below:

In the shower



Some women discover breast lumps easier when their skin is moist. In the shower, feel your left breast using your

BREAST CANCER AWARENESS PROGRAMME

Breast Cancer is a growing concern amongst women.

Because of its nature however, the subject is not one that we easily discuss.

For this reason, we encourage you as a woman to 'keep both eyes open for breast cancer' and learn how to self-examine.

We request you to read the information in this booklet carefully and ensure you follow the recommended procedures and tips to help yourself and guide others in doing your best to fight against Breast Cancer.

Let's Think Pink and do our bit to build awareness and fight Breast Cancer.

THINGS YOU NEED TO KNOW ABOUT BREAST CANCER

WHAT ARE THE SYMPTOMS?

SIGNS AND SYMPTOMS OF BREAST CANCER

- A lump or thickening in the breast or under the armpit
- A change in the position of the nipple
- Changes in the shape or size of the breast or nipple
- Discharge or bleeding from the nipple
- Nipple rash
- Pain in one of the breasts or armpits
- Puckering or dimpling of the breast skin
- Pulling in of the nipple
- Redness of the breast skin