



BREAST CANCER

WHAT IS BREAST CANCER?

Breast cancer is a cancer that affects the breasts, mostly in women. Men have some breast tissue and may also develop breast cancer, though it is rare.

FACTS AND FIGURES

Breast cancer is the most common cancer among women in Kenya.

WHO IS AT RISK?

All women are at risk of breast cancer. However, the risk is higher if you have a close relative (mother, sister, daughter) who had breast cancer, if you have a personal history of breast cancer or if you had previous treatment using radiation therapy.

7 WOMEN



DIE EVERY DAY IN KENYA
AS A RESULT OF BREAST CANCER



SIGNS AND SYMPTOMS

- A lump or mass in the breast or armpit
- Swelling of all or part of the breast, even if no lump is felt
- Skin irritation or dimpling
- Breast or nipple pain
- Nipple retraction (nipple turning inward)
- The nipple or breast skin appears red, scaly, or thickened
- Nipple discharge

WHAT CAN YOU DO TO PREVENT BREAST CANCER?

The best protection is early detection

1. **Early detection** through screening and early diagnosis is key in preventing breast cancer. Screening involves testing women to identify cancer before any symptoms appear.



BREAST CANCER

• **Mammography** is an x-ray of the breast that uses low-dose radiation. It can detect lumps when they are small or even before they can be felt. It's the only screening method that has been shown to be effective in reducing breast cancer mortality. Screening through mammography is recommended annually for women above 40 years.

2. Knowing what is normal for your breast through monthly Breast Self-Examination (BSE).

Be aware and report any changes in your breasts (such as the symptoms listed earlier) to your healthcare provider.

3. Lifestyle changes can also help to prevent breast cancer. These include:



EATING A
HEALTHY
DIET



EXERCISING
REGULARLY



BREAST
FEEDING



AVOIDING
SMOKING



MAINTAINING
A HEALTHY
BODY WEIGHT



AVOIDING
HARMFUL
CONSUMPTION
OF ALCOHOL

BREAST CANCER TREATMENT

Treatment is usually guided by molecular subtypes and staging.

It includes:

Surgery, Chemotherapy, Radiation Therapy, Hormone Therapy and others. Breast cancer treatments are getting better with time, and people have many more options today than ever before.

TAKE ACTION!!!

The best protection is early detection

- Know your breasts
- Choose a healthy lifestyle
- Get a mammogram today!

