

# Stop Breast cancer Go for screening!



Breast cancer can be detected early through mammography screening.



Make time for yourself to visit any county hospital near you



Speak to a healthcare professional to schedule a mammogram



Get your mammogram screening done



If something is wrong, you'll be glad you did. If things are fine, you will get a peace of mind.



MINISTRY OF HEALTH

# 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.

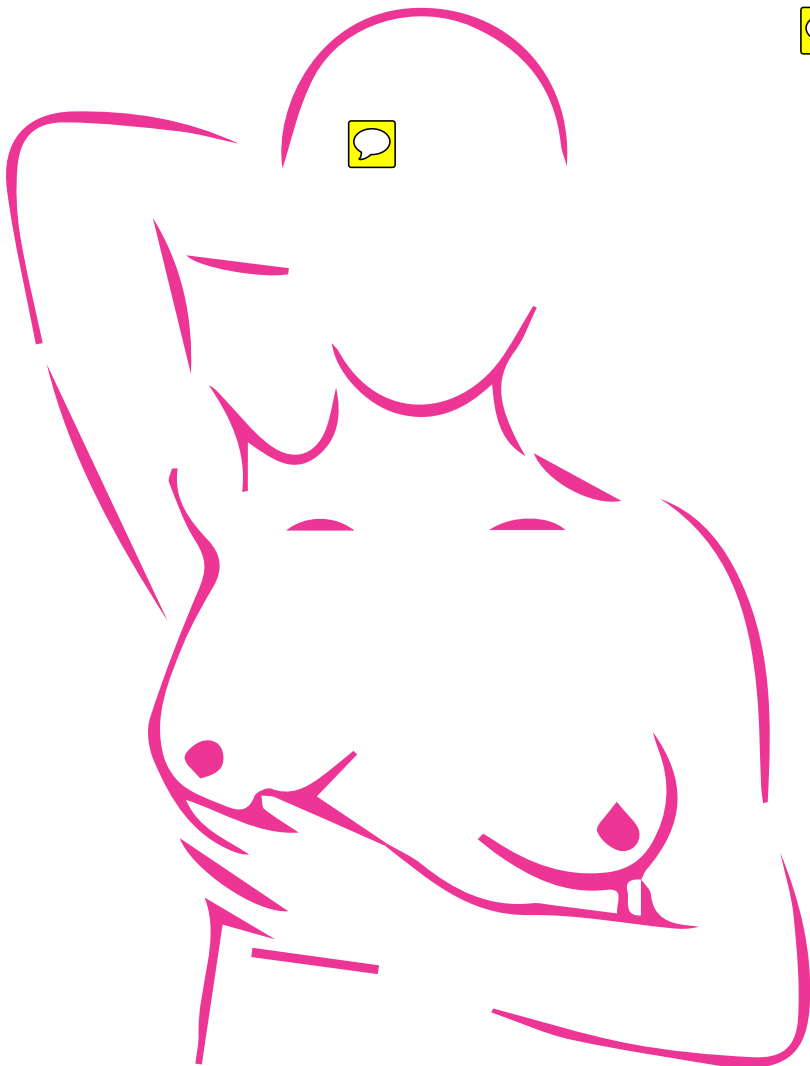
All women are most at risk of breast cancer, though the disease can occur in men also

**7 women die every day in Kenya as a result of breast cancer.**



# Know your Breasts

- what to look for



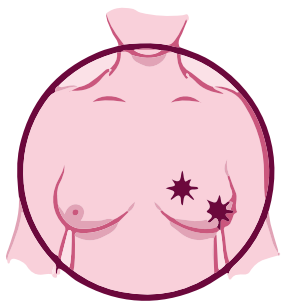
Breast cancer symptoms vary widely — from lumps to swelling to skin changes — and many breast cancers have no obvious symptoms at all.

Report any abnormality noted in your breast to your healthcare provider.

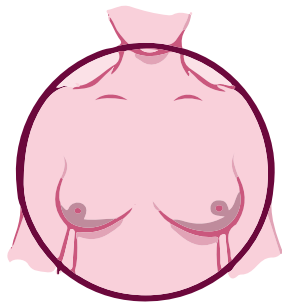
The more you examine your breasts, the more you will learn about them and the easier it will become for you to tell if something has changed. Try to get in the habit of doing a breast self-examination everyday to familiarize yourself with how your breasts normally look and feel.



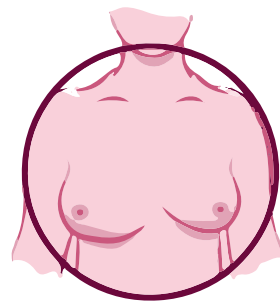
## Common warning signs



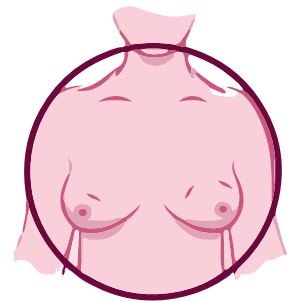
nipple or breast pain



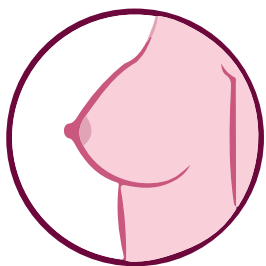
Swelling, warmth, redness or darkening of the breast.



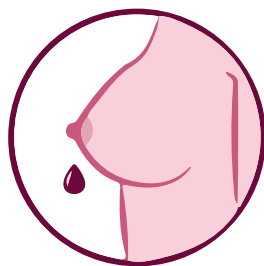
Changing in the size or shape of the breast.



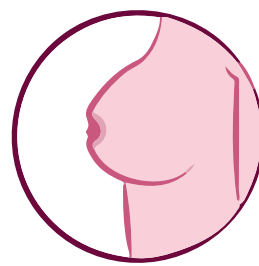
Dimpling or puckering of the skin.



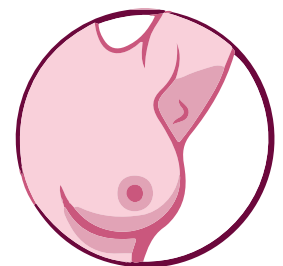
Itchy, scaly, sore or rash on the nipple.



Nipple discharge that starts suddenly.



Pulling in of the nipple or other parts of the breast.




Lump, hard knot or thickening inside the breast or underarm area.



# What can you do to prevent breast cancer?



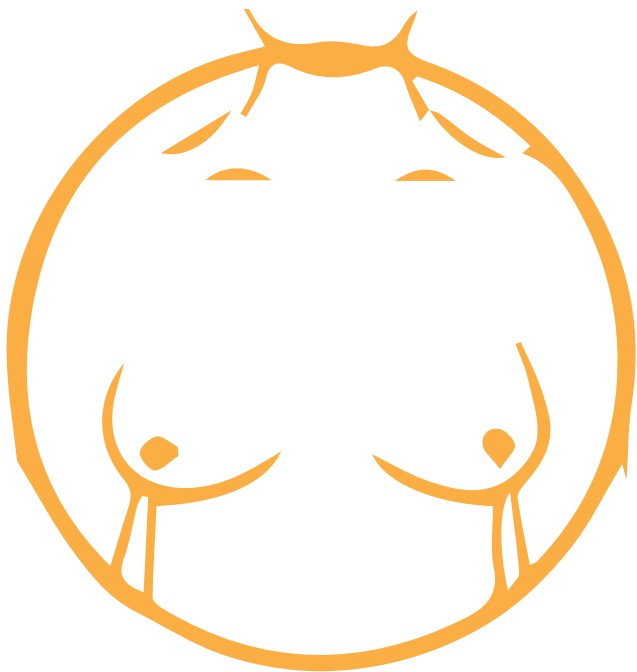
Breast cancer can be detected early through screening. Mammography is the only screening tool that has been shown to be effective in reducing  breast cancer mortality.



# What is breast cancer screening?

Breast cancer screening means checking a woman's breasts for cancer before there are signs or symptoms of the disease.

Screening can help find breast cancer early, when it is easier to treat.



# What is a Mammogram?

Mammograms are probably the most important tool doctors have not only to screen for breast cancer, but also to diagnose, evaluate, and follow people who've had breast cancer. Safe and reasonably accurate, a mammogram is an X-ray photograph of the breast. The technique has been in use for more than 50 years.





A mammography technician (radiographer ) and a radiologist work together to get the images your doctor needs to address any concerns.

For women at average risk, screening mammograms should be performed once every 2 years beginning at age 40 and every 2 years for ages 56 to 74 years.to check the breasts for any early signs of breast cancer.

If you have a higher risk of breast cancer, you and your doctor may decide that you will be start screening mammograms at a younger age.





# BEAT BREAST CANCER, GET SCREENED!

