



BREAST CANCER

GET TO BREAST CANCER BEFORE IT GETS TO YOU



It makes a difference to every woman.

Cancer is when a cell begins to multiply out of control and forms a tumour. The breast consists of cells, fatty tissue and lobules that are connected to the nipple by ducts. Breast cancer usually starts in a cell lining a duct or lobule. Sometimes, cells break away and move to other parts of the body, starting new tumours.

Breast cancer is the most common cancer today and is the leading cause of cancer deaths in women worldwide. In fact, recent studies reveal that 1 in 28 women in India have breast cancer during their lifetime. Over a 100 women are diagnosed with breast cancer every day. Knowing the risks run so high, it is only wise for every woman to educate herself on this disease and its cure.

1 in 28 women in India have breast cancer during their lifetime



100+ women are diagnosed with breast cancer every day

100+



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FACTORS THAT INCREASE THE RISK OF BREAST CANCER

- **Age:** 43 to 46 is a high risk age and the odds only get higher as we grow older. 4 out of 5 breast cancer cases are women age 50 and over.
- **Family history:** If you have a family history of breast cancer, your risks are naturally higher and you must get checked by age 30. Also, the higher the number of relatives with breast cancer, the bigger your risk.

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FACTORS THAT DECREASE THE RISK OF BREAST CANCER

- **Menstruation:** Starting your periods at a younger age or having a late menopause increases the risk.
- **HRT & The Pill:** The longer you take hormone replacement therapy or oral contraceptives, the higher your risk. However, when you stop medication, the risk gradually decreases too.
- **Alcohol:** A higher and regular intake of alcohol increases your risks. The same goes for smoking.
- **Healthy weight:** Body fat affects hormone levels so excess weight after the menopause increases your risk of breast cancer.
- **Giving Birth:** Having children lowers the risk of breast cancer. Being younger when you have children also decreases the risk.
- **Breastfeeding:** Besides its benefits to the child and mother, breastfeeding also reduces the risk of breast cancer.
- **Physical Activity:** Even 30 minutes of moderate physical activity 4-5 times a week goes a long way to reduce the chances of breast cancer.

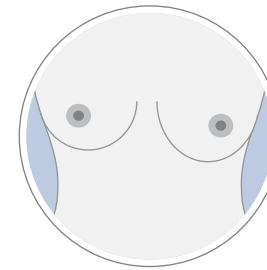
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DETECTING BREAST CANCER

Early detection can save your life. Whether you're at a risk or not, it helps to look at, and feel your breasts. Know what to look for so that you can see a doctor in time. Depending on your age and the time of the month, your breasts may feel different. Observe these changes regularly. For example, the shower is a good time to check yourself.

Changes to look for:

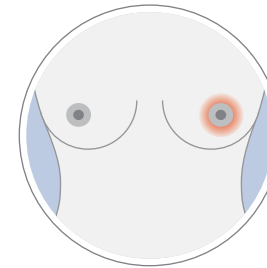
- The size, shape or feel of your breasts
- A new lump or thickening in one breast or armpit
- Any puckering, dimpling or redness of the skin
- The position of the nipple, a rash or nipple discharge
- Any new pain or discomfort on one side



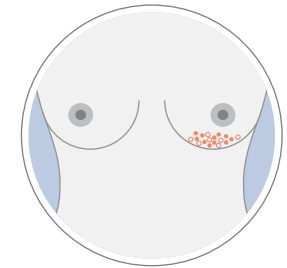
Change in size



Lump or Thickening



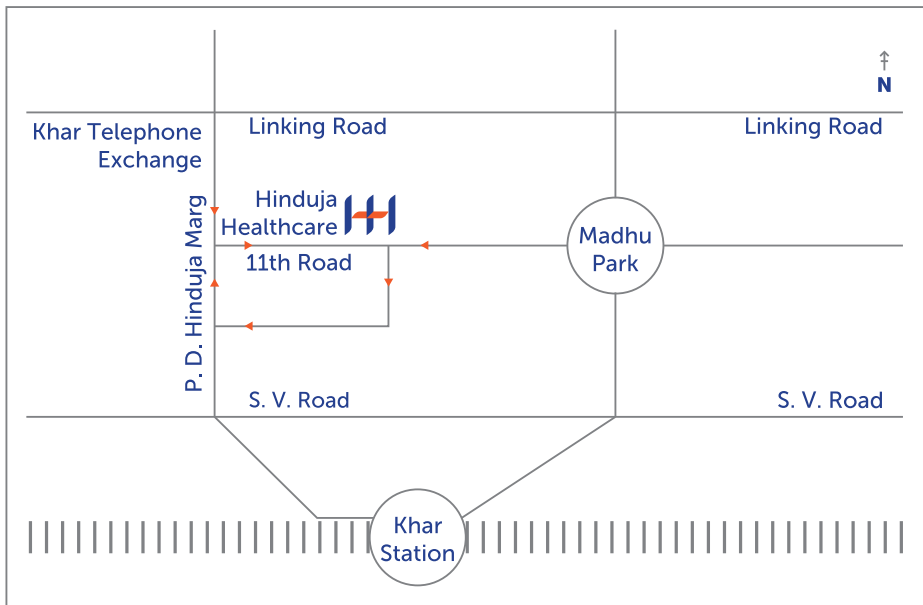
Rash around the nipple



Dimpling of skin

Even if you suspect the slightest change, see a doctor and go for a screening. This involves a mammogram or x-ray of the breasts. A mammogram can detect cancer at an early stage, and the earlier you know, the better your chances of successful treatment.

Make an appointment at Hinduja Healthcare Surgical to know where you stand. You can include it as part of your health check too.



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