

Breast Cancer

What is it and how do you check for breast cancer?

Most women have heard of breast cancer. But most of us do not know what it is. Many women know that we should examine our own breasts to check that they are healthy, but most of us do not know how to do that examination. And we do not know what it means if we find something wrong with our breasts.

First, let's understand more about breast cancer. One out of every 15 women gets breast cancer. Cancer can start in different parts of the body. The body is made up of tiny cells. If these cells change from being normal, and become cancer cells, then they attack other healthy cells in the body.

Can Any Woman Get Breast Cancer?

The answer is yes. But some women have a greater chance of getting breast cancer than other women. Those most likely to get breast cancer are:

- * women who are more than 40 years old
- * women who have never breastfed before
- * women whose mother or a sister have breast cancer

How can we find the cancer before it gets too bad?

The only way to do this is to examine your own breasts every month. You should examine your breasts straight after your period has finished. If you do not get periods anymore, then you should do it on the first day of every month.

What do we look for in our breasts?

All breasts are lumpy. They are made up of tiny bags and pipes that make milk. Often the first sign you feel when there is something wrong with your breasts is a new area of lumpiness. Usually this is not cancer, but some other problem. There are many diseases as well as breast cancer that can affect the breasts. But there is no way you can tell what is causing a breast lump until a doctor cuts the lump out and looks at it.

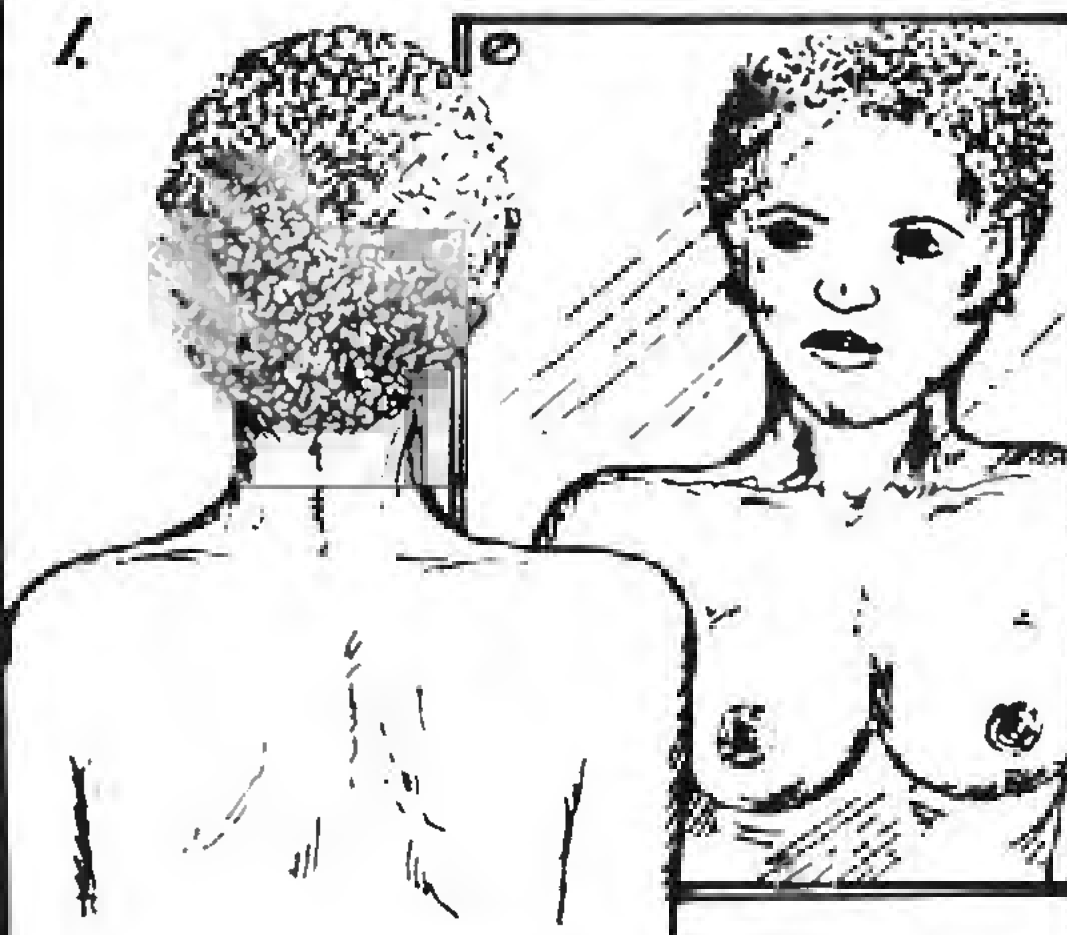
Another way that you can notice something wrong with your breasts is when water, blood, or other liquid comes out of your breast when you are not breastfeeding. Blood coming from the nipple may be an early sign of breast cancer. If you have liquid coming out of your breasts, or if you find a lump, go straight to your doctor or clinic.

Many women worry that painful breasts are a sign of breast cancer. This is usually not true. Many women have painful breasts, especially before and during a period. The pain is often a part of your breast that feels lumpy when you touch it. This is caused by the changes in your body that happen every month around the time of your period. If the lump stays after your period is finished, you should go to the doctor or clinic.

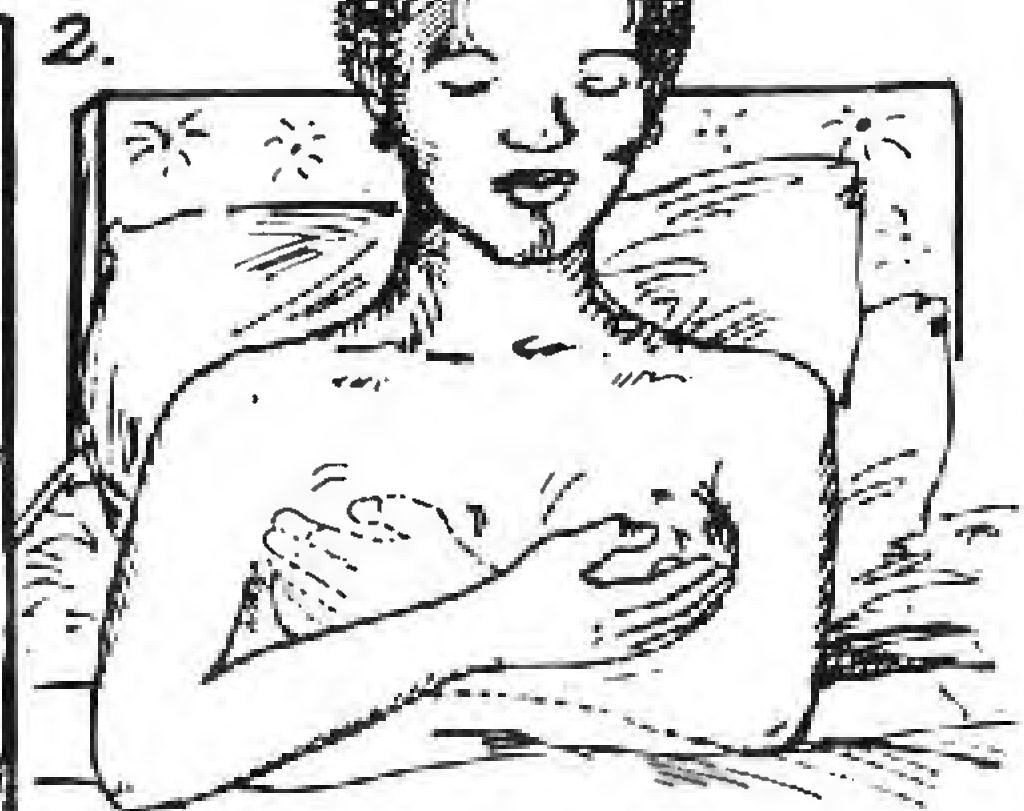
It is very important to examine your breasts every month, the day after the end of your period. Many women are scared of examining their breasts in case they do find something wrong. But remember, it is best to make it part of your life to examine your breasts. This way if something is wrong you can do something about it at an early stage.

Remember, getting to know our bodies, and how they work, gives us more knowledge and control over our lives. And we can educate other women and men about these things. Health is our right!

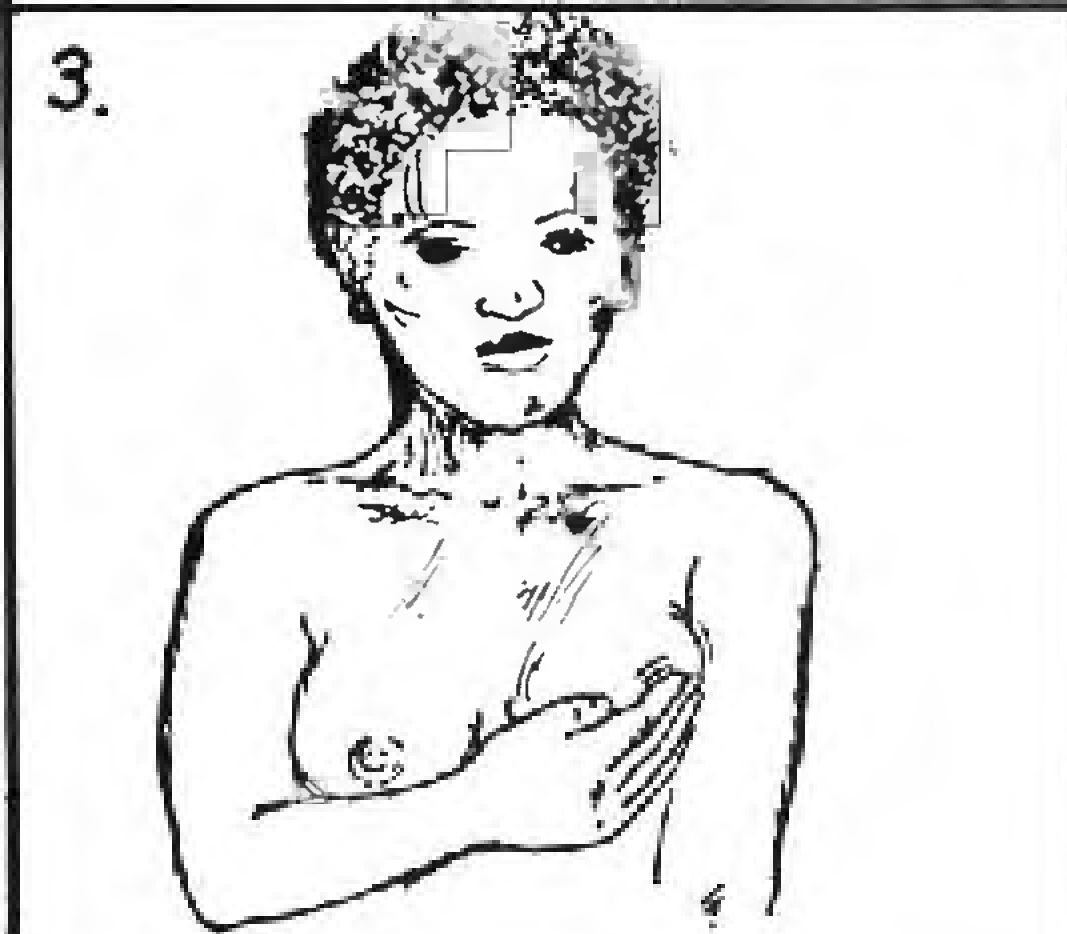
EXAMINE YOUR BREASTS EVERY MONTH AFTER YOUR PERIOD



LOOK AT YOUR BREASTS IN FRONT OF A MIRROR. IF YOUR BREASTS CHANGE IN THE WAY THEY LOOK, YOU MUST GO TO A DOCTOR.



LIE IN THE BATH OR LEANING UP IN BED. USE YOUR RIGHT HAND TO FEEL YOUR LEFT BREAST, AND THEN YOUR LEFT HAND TO FEEL YOUR RIGHT BREAST.



START AT THE OUTSIDE OF YOUR BREAST. ROLL THE BREAST UNDER YOUR FINGERTIPS, MOVE DOWN AND INWARDS UNTIL YOU HAVE FELT ALL OF YOUR BREAST. DON'T FORGET TO FEEL OVER THE NIPPLE



IF YOUR BREASTS ARE BIG THEN USE BOTH HANDS TO EXAMINE. ROLL YOUR BREAST BETWEEN YOUR FINGERTIPS.

SIGNS:

- GO TO THE CLINIC IF YOU FEEL ANY NEW LUMPS IN YOUR BREASTS.
- GO TO THE CLINIC IF YOU FIND BLOOD, MILK (UNLESS YOU ARE BREASTFEEDING), OR IF WHITE 'PUS' COMING OUT OF THE NIPPLE.
- GO TO THE CLINIC IF YOUR BREASTS SUDDENLY LOOK DIFFERENT TO HOW THEY LOOKED BEFORE ●