

Key messages for the community on Breast Health



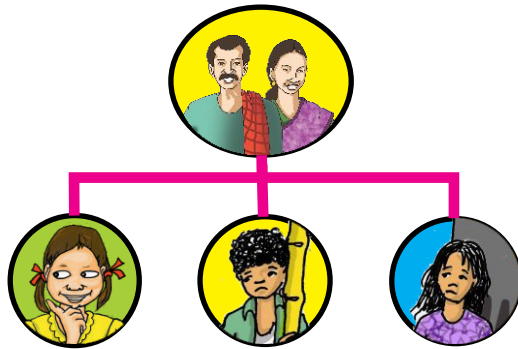


**Diseases related to the breast mostly
effect women**





Risk Factors



Family History: If history of breast or colon cancer in first degree relative



History of breast cancer

History of radiation exposure in chest area



History of combined hormone therapy for ≥ 5 years after menopause



Risk Factors



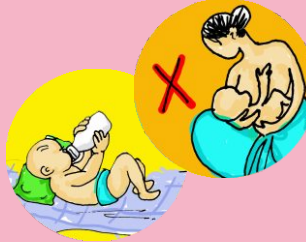
Menses starting before
12 years of age



Menopause not
attained till 55
years of age



First child after 30 or
having no children at all



Who did not breast
feed at all or fed for
less time



Intake of alcohol



Less physical
activity

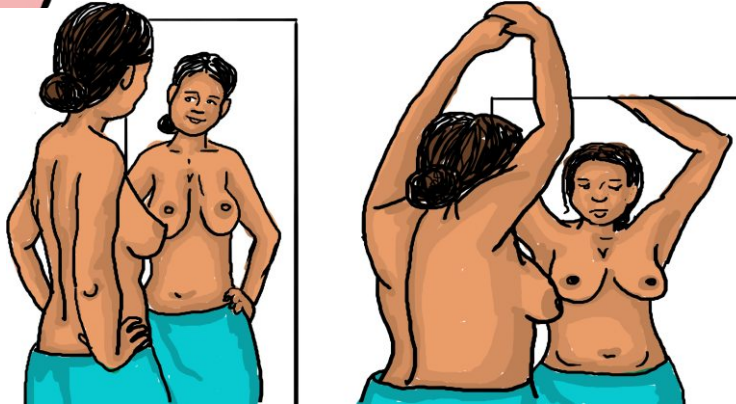


How would you identify breast cancer

Self breast examination once every month



Stand in front of the mirror



Refer to the next pages for changes in the breast





How would you identify breast cancer

Self breast examination once every month

Refer to the next pages for changes in the breast





Signs of breast cancer

Changes in nipple



Bloody discharge from nipple



Retracted nipple



Serous discharge from nipple



Scaly rash on nipple





Signs of breast cancer

Skin changes on the breast



Swelling, redness
or darkening of
breast



Peau d' orange





Signs of breast cancer



**New pain at one spot that
does not go away**



Changes in size and shape





Examine the lump and lymph nodes in this manner





Examine the lump and lymph nodes in this manner

**Use pads of middle three fingers of your hand to feel the
breast in a circular motion**





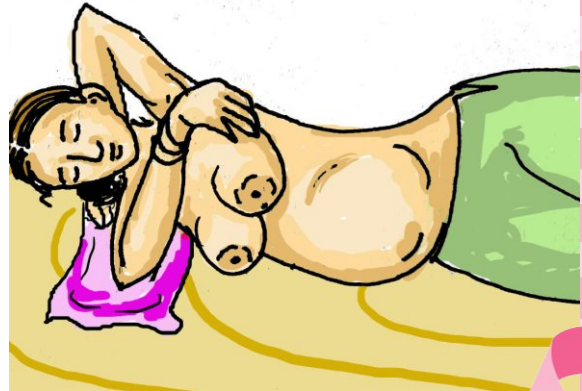
Identify these signs

Examine the breast lump

Examine the middle portion in supine position



Examine the axilla in lateral position

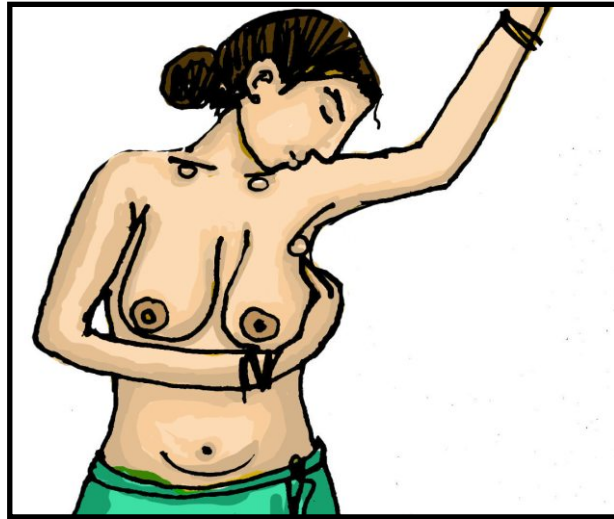


Lie down on a firm bed, Rise the hand above your head and keep a pillow under the shoulder for examining your breast





Palpation



Axilla / below the collar bone for any lymph node

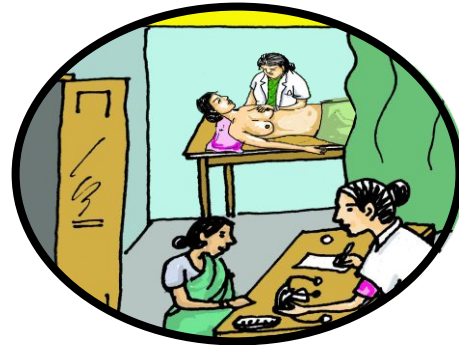




Visit your nearest health facility for examination with your community health worker

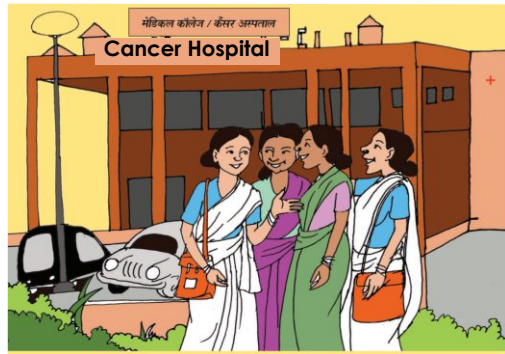


Women with risk factors, warning signs or concerns: Contact the health centre immediately



Age 30 years or above: every woman should go for clinical breast examination (CBE) once in every 5 years





Go for treatment with
community health
worker

