



Know Your Body.
Save Your Life

Prevention is better than Cure.



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How can you reduce your risk of Breast Cancer ?

What are the uncontrollable risk of Breast Cancer ?

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How can you reduce your risk of Breast cancer?



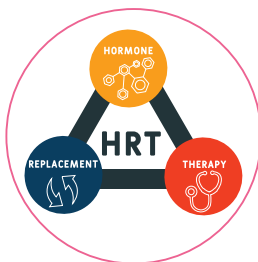
Having Children



Giving birth at younger age (≤ 30 years)



Breastfeeding



Avoiding hormone replacement therapy to treat menopausal symptoms



Stop/avoid hormonal birth control pill

Ref: <https://www.cancer.org/cancer/breast-cancer/risk-and-prevention/breast-cancer-risk-factors-you-cannot-change.html>

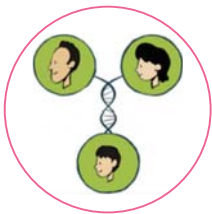
What are the uncontrollable risk of Breast Cancer



Being born female



Getting older : incidence increases particularly after age of 40 yeras



Inheriting certain gene changes like BRCA1, BRCA2



Having a family history of Breast Cancer



Exposure to radiation : Radiation therapy in chest area



Starting menstrual periods early < 12 years



Going through menopause after age of 55 years

Breast Self Examination

- ◆ A breast self-exam for breast awareness is an inspection of your breast that you do on your own
- ◆ To help increase your breast awareness, you use your eyes and hands to determine if there are any changes to the look and feel of your breasts.
- ◆ If you notice a change in your breasts that seems abnormal or if you notice one breast is different when compared with the other, you can report it to your doctor.
- ◆ There are many conditions that can cause changes in your breasts, including breast cancer.

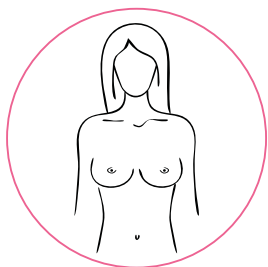
Common ways to perform Breast Self Exam :

Lying down : Choose a bed or other flat surface to lie down on your back. When lying down, breast tissue spreads out, making it thinner and easier to feel,.

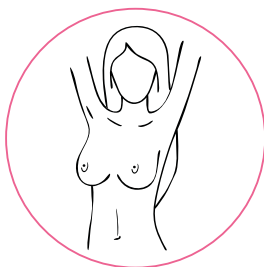
In the Shower : Lather your fingers and breasts with soap to help your fingers glide more smoothly over your skin.

<https://www.mayoclinic.org/tests-procedures/breast-exam/about/pac-20393237>

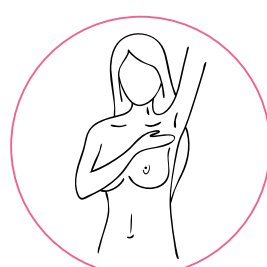
Steps involved in Breast Self Examination



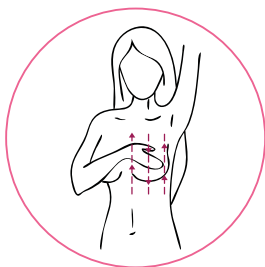
In front of the Mirror



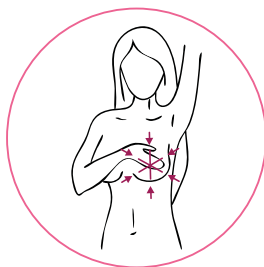
In front of the Mirror



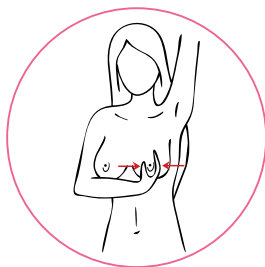
Examine Armpit



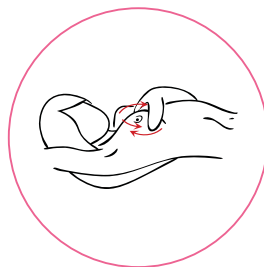
Up and Down



Circles and Wedges



Squeeze the Nipple



In Bed

When to visit an Oncologist?



**Nipple turning
Inward**



Nipple discharge



**Lump in the
underarm area**



**Swelling of part
of breast**



**Swelling of all
the breast**



Skin dimpling



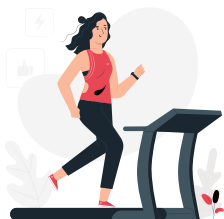
Breast or nipple pain



Skin irritation

“Early Detection Saves Lives — Check. Screen. Prevent.”

How do you prevent Breast Cancer?



Regular Exercise



Avoid Alcohol



Maintaining
Healthy Weight

Breast Cancer Screening Guidelines

Early detection through screening improves cure rates > 90%
Most early-stage cases are asymptomatic hence screening is vital.

Screening Recommendations (Based on Risk & Age)

Age Group	Risk Level	Recommended Screening
20 - 39 Years	Average	Monthly Breast Self-Exam
40 - 49 Years	Average	Annual Clinical Breast Exam (CBE) By a Trained Doctor
45 - 69 Years	Average	Mammogram Every Year
Any Age	High risk (Family History, BRCA Mutation)	Start Mammography & MRI at 30 Yrs. Annual & Monthly BSE

High-risk women should undergo genetic counseling and discuss risk-reducing strategies with their oncologist.

Cervical Cancer & Pap Smear

- ➡ Cervical cancer is the 4th most common cancer in women Globally.
- ➡ Caused primarily by persistent infection with High-Risk Human Papilloma Virus (HPV) types.
- ➡ Preventable through Screening & Vaccination.

What is a Pap Smear Test?

- ➡ A simple, painless test to detect early changes in the cervix before cancer develops.
- ➡ It can save lives by detecting precancerous cells early.
- ➡ You can get a Pap Smear test done at your gynaecologist's clinic. It takes just a few minutes.

Who should get Screened?

Age Group	Recommended Screening
20-29 Years	Pap Smear every 3 Years
30-65 Years	Pap Smear every 3 Years or Pap + HPV Co-test every 5 Years
> 65 Years	May discontinue if prior results were consistently negative and no history of CIN2+ in last 20 Years

Regular Pap Smear = Early detection = Cancer

HPV Vaccination Guidelines

For Prevention of Cervical Cancer

What is HPV?

- ➡ Human Papillomavirus (HPV) is a group of viruses.
- ➡ Certain strains (HPV-16, 18) cause ~70% of Cervical Cancers.

HPV Vaccine

- ➡ Cervarix (2-valent) - protects against type 16, 18
- ➡ Gardasil-4 (4-valent) - protects against types 6, 11, 16, 18
- ➡ Cervavac (India-made, quadrivalent) - cost-effective

Recommended Schedule

Age	2 doses	
	Dose	Interval
9-14 years	2 doses	0 and 6-12 months
15-45 years	3 doses	0, 1-2 and 6 months

Common Myths

- ➡ Vaccine causes infertility : **False**
- ➡ Not needed after marriage : **False**

“Vaccinate early, screen regularly, live CANCER FREE”



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