



THE BIG 5 CANCERS AFFECTING WOMEN IN SA

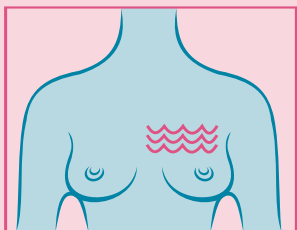
BREAST CANCER

DID YOU KNOW?

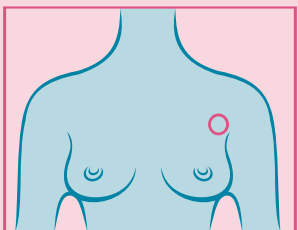
BREAST CANCER IS THE MOST COMMON CANCER

Lifetime risk of breast cancer in SA women **1 in 26**
(National Cancer Registry 2012)

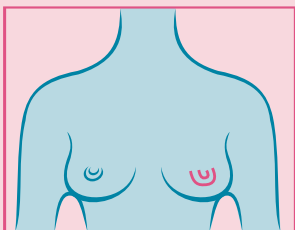
WARNING SIGNS



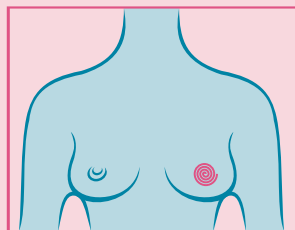
A puckering of the skin of the breast



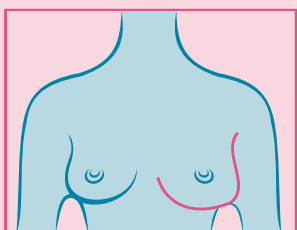
A lump in the breast or armpit



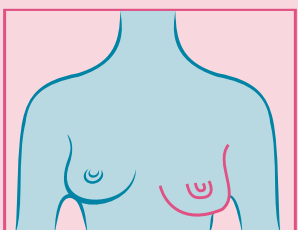
A change in the skin around the nipple or nipple discharge



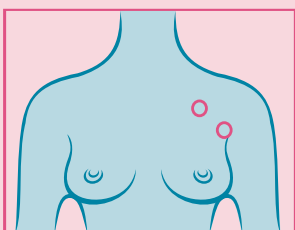
Dimpling of the nipple or nipple retraction



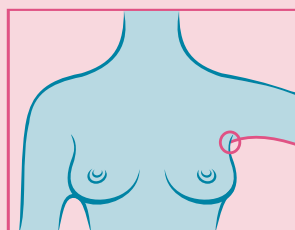
An unusual increase in the size of one breast



One breast unusually lower than the other. Nipples at different levels



An enlargement of the glands



An unusual swelling in the armpit

BIG & SMALL, LET'S SAVE THEM ALL!

Go for regular breast examinations

MYTH vs FACT

I am too young to get breast cancer



Many women who are under 40 are diagnosed with breast cancer

Men can't get breast cancer



1 in 922 men have a lifetime risk of breast cancer

Alcohol is not linked to breast cancer



Alcohol use increases the risk of breast cancer

Only women with a family history of breast cancer are at risk

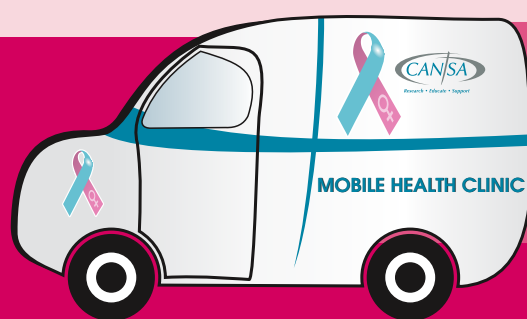


All women are at risk, but family history increases the risk

I have never had children, so I can't get breast cancer



Women who have never had children, or only had them after 30, have increased risk of breast cancer



CANSA has Mobile Health Clinics that do screening in the communities

REDUCING THE CANCER RISK

- Do monthly breast self-examinations
- Go for regular screening (clinical breast examinations) at CANSA Care Centres
- SureTouch - non-invasive device for safe breast screening (not a diagnostic tool) - available at some CANSA Care Centres
- Symptom-free women should go for a mammogram every year



Toll-free 0800 22 66 22
www.cansa.org.za



Research • Educate • Support