

# October National Breast Cancer Awareness Month

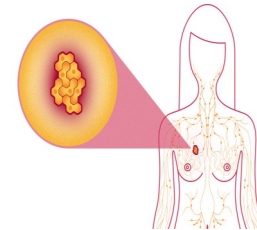
**MALAKOFF**  
UTILITIES

Issue 10  
October, 2014

**October** is Breast Cancer Awareness Month, which is an annual campaign to increase awareness of the disease. While most people are aware of breast cancer, many forget to take the steps to have a plan to detect the disease in its early stages and encourage others to do the same.

## Understanding Breast Cancer

Cancer is a broad term for a class of diseases characterized by abnormal cells that grow and invade healthy cells in the body. Breast cancer starts in the cells of the breast as a group of cancer cells that can then invade surrounding tissues or spread (metastasize) to other areas of the body. Breast cancer is a disease in which malignant (cancer) cells form in the tissues of the breast. The damaged cells can invade surrounding tissue, but with early detection and treatment, most people continue a normal life.

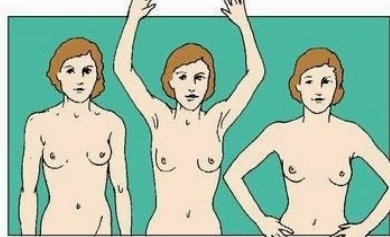


## Breast Self-Examination (BSE)

Being breast aware - knowing the shape and feel of your own breasts through monthly breast self-examination (BSE). It can save your life. If you detect any changes, please see the doctor immediately.



1. Examine your breasts in the shower.



2. Examine your breasts in the mirror with your arms down, up, and on your hips.



3. Stand and press your fingers on your breast, working around the breast in a circular direction.



4. Lie down and repeat step 3.



5. Squeeze your nipples to check for discharge. Check under the nipple last.

## Breast Cancer Education

Breast Health Education aims to help adolescent girls and women to understand the facts related to the breast and to examine with the normal changes in their breast. They could learn to recognize signs of early breast cancer.

### **When to do the Examination**

- 7 -10 days after first day of menstruation.
- If no longer menstruating, or very irregular menstruation - pick a day, e.g., first day of the month.

### **REMEMBER**

- 1:20 women in Malaysia has a risk of getting breast cancer in their lifetime.
- NOT ALL lumps are cancerous.
- If you FIND any unusual change in your breast, see the doctor.
- See the doctor or nurse even when the breast lump is NOT PAINFUL.
- Tight-fitting or underwire bra DOES NOT cause breast cancer.
- Fondling the breasts does not cause breast cancer .

### **Signs of an Ill-Fitting Bra**

- Breasts bulging at the top, sides or bottom of the bra
- Underwire digging into your skin.
- Centre of front of bra does not lie against your chest.
- Straps always falling off your shoulders.
- Cup wrinkles.
- Bra comes away from your body when you lift your arms.

### **Your Responsibility**

- Examine with normal monthly changes in your breasts.
- Have an annual clinical breast exam by your doctor.
- Have an annual mammogram done if you are above 40 years of age.