

Breast Cancer Awareness Month

Key Facts

- 1 in 8 women will be diagnosed with breast cancer in their lifetime.
- Early detection through mammograms can significantly improve survival rates.
- Men can get breast cancer too. Though rare, about 1 in 800 men are affected.
- Family history, age, lifestyle, and certain genetic factors can increase risk.
- Some breast cancers show no symptoms until advanced stages, which is why regular screenings are vital.

Warning Signs

- A lump or mass in the breast or underarm.
- Visible veins or thickening of breast tissue.
- Changes in breast size or shape.
- Skin irritation or dimpling (like an orange peel texture).
- Redness or flaky skin in the nipple or breast area.
- Nipple changes (inversion, discharge, pain).



Prevention and Early Detection

- Perform regular self-exams and report changes immediately.
- Know your personal risk factors for gender, ethnicity, age, etc.
- Get routine clinical check-ups and screenings (mammograms for women, especially after 40 or earlier if high risk).
- Maintain a healthy lifestyle: exercise, a balanced diet, limit alcohol, and avoid smoking.

Ways You Can Contribute

- Wear **PINK** to show support and raise awareness for breast cancer
- Donate to organizations that do breast cancer research or Nonprofits that assist with treatment costs, transportation, or lodging
- Volunteer at hospitals, clinics, or fundraising events

Breast cancer is not just a woman's issue; everyone should stay alert, self-check regularly, and seek medical advice if something feels wrong.
Early detection can save lives!