Breast Cancer Awareness

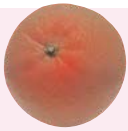
What to look for...

Redness or heat

It is important to keep an eye out for a red, itchy or flaky rash that may develop around the nipple, breast or under arm area.

Skin Changes

Any change in skin texture such as puckering or dimpling (like orange skin) may also be a sign of breast cancer.



Discharge

Any discharge (liquid) from the nipple without squeezing may be a sign of breast cancer.
The discharge may be any color and may contain blood.

Nipple Changes

Any change in the nipple may also be a sign of breast cancer. Changes that may occur can be: inverted nipple (pulled in), dimpling, itching, burning, ulceration or changing of its position or shape.

Pain

Constant pain in your breast or your armpit that persists even after menstruation may also be a sign of breast cancer.

Swelling

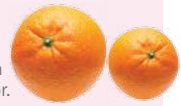
Any swelling in your breasts, underarms or collar bone area may also be a sign of breast cancer.

Lump

A lump or thickening that feels different than the rest of the breast tissue may be a sign of breast cancer.

Size changes

It is normal for your breast to look different in size. However, if you begin to notice any shrinking or swelling in one or both breasts it is very important to visit your doctor.



Sources
www.mayoclinic.org/healthy-lifestyle/womens-health/in-depth/breast-cancer-prevention/art-20044676 . www.mayoclinic.org/healthy-lifestyle/womens-health/in-depth/breast-cancer-prevention/art-20044676
www.nhs.uk/conditions/cancer-of-the-breast-female/pages/prevention.aspx . www.nhs.uk/conditions/cancer-of-the-breast-female/pages/prevention.aspx . www.who.int/cancer/detection/breastcancer/en/
www.who.int/cancer/detection/breastcancer/en/> http://www.cancer.org/cancer/breastcancer/detailedguide/breast-cancer-prevention
www.cancer.org/cancer/breastcancer/detailedguide/breast-cancer-prevention
www.cansa.org.za/womens-health

Health Promotion Department
Sidra Medical and Research Center