






## OCTOBER IS BREAST CANCER MONTH

### BE VIGILANT ABOUT SCREENING

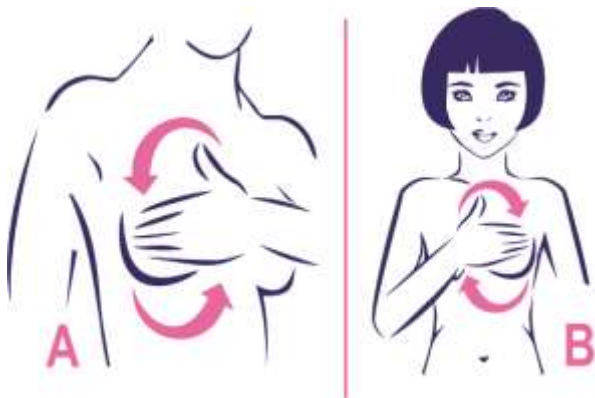
-  1 in 28 SA women will develop breast cancer in their lifetime.
-  The most common sign is a lump in the breast.
-  Risk factors are obesity, smoking, alcohol, inactivity and age.
-  A mammogram is recommended for women aged 40+.
-  A mammogram is an X-ray to detect/diagnose breast cancer.

### SELF TESTING SAVES LIVES

It is important to regularly feel (approx. once-monthly) for any changes in breast tissue that could feel like a thickening, or a hard lump.

Do this lying down, in the shower or in the bath when your hands are wet and soapy.

1. With your right arm relaxed by your side, use the pad of the 3 middle fingers on your left hand to examine your right breast.
2. Using light pressure, then medium pressure, then firm pressure in a circular motion on your breast, follow an up and down pattern.



3. Now feel for any changes above and below your collarbone and in the area of your arm-pit.
4. Now repeat these steps on your left breast.

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