



**DARE TO ACT**

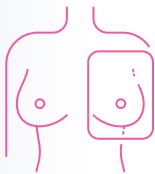
**Your Breast Health  
Matters**

Regular self-examinations, complying to your screening schedules and spreading knowledge about breast health are all powerful actions you can take!

**Check your breasts. Consult your doctor.  
Spread the word.**

# DARE TO ASK ?

About Breast Cancer Risk Factors <sup>[1,4]</sup>



## BREAST DENSITY

High density = increased risk of Breast Cancer



## SEX OF THE PATIENT

Female (Male ~1%)



## AGE

80% of patients with Breast Cancer are individuals aged >50



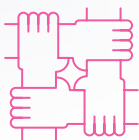
## FAMILY HISTORY

of Breast Cancer



## GENETIC MUTATION

(BRCA1-2)\* -> High Risk population



## ETHNICITY

Breast Cancer incidence rate remains the highest among white non-Hispanic women



## LIFESTYLE & ENVIRONMENTAL

Alcohol, smoking, diet, radiation exposure...

# DARE TO CHECK

## Check Your Breasts on a Regular Basis:

Look out for breast swelling, skin changes such as thickening, discoloration, or dimpling, nipple discharge, lumps, and nipple retraction, as these may indicate breast cancer.<sup>[1]</sup>



**IN FRONT  
OF THE MIRROR**



**RAISE  
YOUR ARMS**



**EXAMINE ARMPIT**



**UP AND DOWN**



**CIRCLES AND  
WEDGES**



**SQUEEZE THE  
NIPPLE**

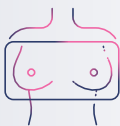
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# Your Breast Health Checklist



## **Self-Examination and Awareness:**

Regularly check your breasts and promptly consult your healthcare provider if you notice any changes. <sup>[2]</sup>



## **Schedule Regular Screening:**

Guidelines vary based on age and risk factors, plan regular mammograms from the age of 40-50, or earlier if at higher risk. <sup>[2, 3]</sup>



## **Know Your Breast Density:**

Discuss breast density with your doctor to make informed screening decisions. <sup>[5]</sup>



## **Additional Tests:**

If you have dense breasts, your healthcare provider may recommend additional tests <sup>[1,5]</sup> like Ultrasound, Contrast Enhanced Mammography or MRI to improve breast cancer detection.

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## A Closer Look at Your Options

### **Mammography:**

X-ray imaging for breast cancer detection, widely available but less effective for women with dense breasts. <sup>[1]</sup>

### **Ultrasound:**

Safe, radiation-free imaging using sound waves, ideal for young, pregnant, or lactating women. <sup>[2, 3, 6]</sup>

### **Digital Breast Tomosynthesis:**

3D imaging from multiple X-rays, useful for assessing lesions (size, extent) but involves radiation. <sup>[1, 7]</sup>

### **Magnetic Resonance Imaging:**

For high-risk patient screening, cancer staging and treatment monitoring, not suitable for all due to varying availability and medical conditions. <sup>[3, 6]</sup>

### **Contrast-Enhanced Mammography:**

Enhanced imaging with contrast injection, a quicker, cheaper MRI alternative, yet with radiation exposure. <sup>[2, 6, 8]</sup>

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# DARE TO SHARE

## PERSONALIZED SCREENING

Consult your healthcare provider for tailored advice on screening based on your age and risk factors. <sup>[2, 3]</sup>

## BREAST CANCER PREVENTION

Share lifestyle measures known to reduce breast cancer risk: regular physical activity, breastfeeding, weight control, healthy eating, and limited alcohol consumption.

## SCREENING SAVES LIVES!

Since breast cancer affects 1 in 8 women <sup>[9]</sup>, it is important to attend your screening appointments.

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Spread the word.**

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- \* BRCA1-2: BREast CAncer gene 1-2