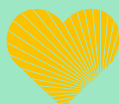


# Breast Cancer Early Detection And Prevention



**fernandez**

Built for Birthing

Breast cancer is one of the most common forms of cancer in Indian women. It is rising alarmingly in young women and it is estimated that soon India may have the highest number of breast cancer cases detected every year.

## Breast cancer may be avoided if we do the following



Maintain a healthy weight throughout life



Move more, in any way, every day.



Do not drink alcohol



Breastfeed your babies

## Tips for prevention and early diagnosis

### EXERCISE

Women who exercise about 30 minutes, three to four times a week, have a reduced breast cancer risk.

### BREASTFEEDING YOUR CHILD

Women who breastfeed their children will have a reduced risk of breast cancer.

### MAINTAINING WEIGHT

Women who have gained over 25 kgs from what they weighed at 18 years, have an increased risk of developing breast cancer as compared to women who maintained their weight.

## WEIGHT LOSS AFTER MENOPAUSE

Women who reduced 10 kgs after menopause as compared to pre-menopause weight also have a reduced risk of developing breast cancer.

## AVOID ALCOHOL

Women who consume 1–2 alcoholic drinks a day are more likely to increase their risk of breast cancer. Even moderate alcohol intake increases endogenous estrogen levels and provides a potential mechanism for breast cancer development.



## Regular screening after age 40

Breast cancer, if detected early, can be cured completely. Monthly self breast examination, yearly medical check and mammogram (see picture) will detect cancer in the early stage. Monthly self breast examination should start at as early as 20 years. Screening should start at an earlier age if there is a family history of breast cancer.

Doctor will advice when to begin screening, depending on your personal and family history.



## Eating right helps in cancer prevention

A diet rich in antioxidants (at least 2 cups of a variety of vegetables or fruits) is beneficial. There is evidence that minerals, vitamins, and phytochemicals in plant foods interact in different ways to boost an individual's anti-cancer effects.

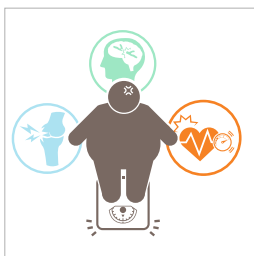
The top picks for cancer prevention include whole grains, beans, berries, papaya, carrots, melons, cruciferous vegetables (broccoli, cauliflower, cabbage, brussel sprouts), dark green leafy vegetables (spinach, mustard greens etc), peppers, flaxseed, garlic, grapes/grape juice, green tea, soy products and tomatoes.



## It is important to keep your weight in check

### CENTRAL OBESITY

Excess belly fat seems to be particularly harmful, most likely because of its effects on inflammation and its association with elevated insulin levels. So if you tend carry extra weight in your belly, it is important to lose weight. Exercise regularly, and limit refined grains, sugar sweetened beverages, and added sugar in your diet.



## Consult your doctor

You should be aware of breast cancer detection. If you notice any difference in the way your breasts look or feel, find new lumps in your breasts or underarms, notice skin or nipple changes, please consult your doctor.

