

What is it? What are the risk factors? Do we need to worry?

Cancer is a disease where abnormal cells in the body grow uncontrollably. These cancer cells can spread to other parts of the body.

> Breast cancer is a type of cancer specific to breast tissues.

Whether you're a parent, or a spouse or a child, or a niece or a nephew, breast cancer doesn't discriminate

NO ONE NEEDS TO FACE CANCER ALONE



ABOUT

iGEM IISERTVM

We are a team of 16 students from IISER Thiruvananthapuram, participating in the International **Genetically Engineered Machine** (iGEM) an annual synthetic biology competition. Every year colleges around the world participate and try to tackle issues of global as well as local importance. This year we are working on developing a novel drug delivery system for breast cancer.



Be A Part Of The Initiative By IISER TVM Students To









Breast Cancer **Awareness**

Information Booklet by iGEM IISERTVM 2022 in association with Indian Medical Association. Nedumangad, Kerala



WHO IS AFFECTED?



AFFECTED WITH BREAST CANCER IN THEIR LIFETIME

Although it is rare, men can get breast cancer. About 1 out of every 100 breast cancers diagnosed is found in a man.



And

That's

There is a severe lack of research on how breast cancer affects transgender people and non-cis women.

Breast cancer cases are still on the rise

why we are 25 years ago Today here to Make vou Percentage of cases in 2020 aware of vour self 20 to 30 30 - 40 40 - 50 50 - 60 60+

> Age groups **BREAST CANCER in INDIA**

RISK factors

Detection **SAVES LIVES**

EARLY

- Older than 30 years
- **Early menstruation or late** menopause
- No full term pregnancy or being pregnant at a late age
- Not breast feeding the child
- **Genetic factors/familial history**
- High-fat diet, alcohol consumption. consumption of adulterated foods
- **Environmental factors**
- **R** Certain medications, estrogen therapy, infertility treatments
- **Hormonal factors and genetic** mutations
- **Stress**
- Cigarette smoking, alcohol use and obesity

Why take chances?

It's best to know first and therefore learn how to check for breast cancer.

BREAST SELF EXAM



Look at breast with shoulder straight and arms in hips



Every person should know how their NORMAL BREASTS feel



With the flat of the hand, examine all areas for lumps



Press according to the above directions



Gently sqeeze your nipple and look for a discharge



Do Breast self exam in different positions

Knowing it exists is not enough Get informed. Pass it on

Cancer cannot be prevented but can be managed if diagnosed early

> If you find any abnormality in vour breasts

DO NOT HESITATE TO CONSULT A **BREAST SPECIALIST**