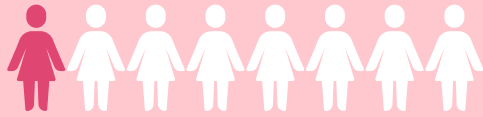


WHO IS AFFECTED?



1 in 8 WOMEN

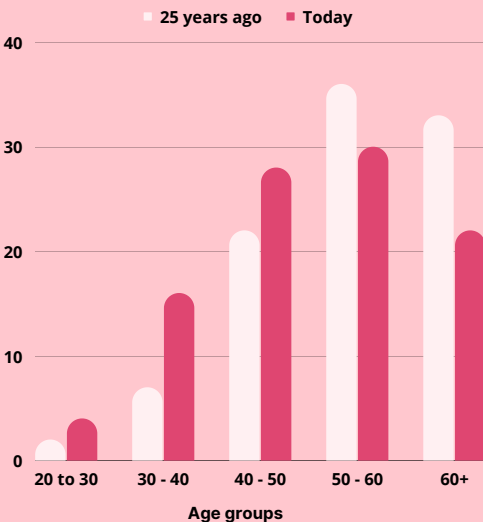
AFFECTED WITH BREAST CANCER IN THEIR LIFETIME

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



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



BREAST CANCER in INDIA

And That's why we are here to **Make you aware of your self**

3

RISK factors

EARLY Detection SAVES LIVES

- ⓧ 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
- ⓧ Certain medications, estrogen therapy, infertility treatments
- ⓧ Hormonal factors and genetic mutations
- ⓧ Stress
- ⓧ Cigarette smoking, alcohol use and obesity

Why take chances?

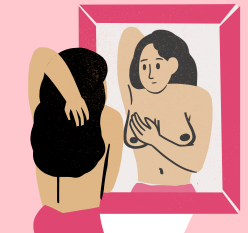
It's best to know first and therefore learn how to check for breast cancer.

4

BREAST SELF EXAM



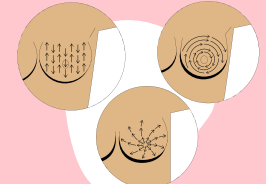
Look at breast with shoulder straight and arms in hips



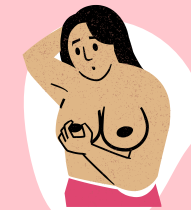
Every person should know how their **NORMAL BREASTS** feel



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



Press according to the above directions



Gently squeeze 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 your breasts

DO NOT HESITATE TO CONSULT A BREAST SPECIALIST

5