



What is Breast Cancer?

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 mother or father, or a husband or a son, or a niece or a nephew, breast cancer doesn't discriminate

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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.

Support and Fund us

Be A Part Of The Initiative By IISER TVM Students To Tackle Breast Cancer



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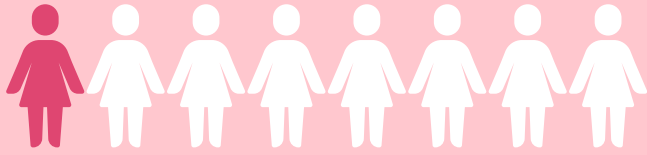


Breast Cancer Awareness

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

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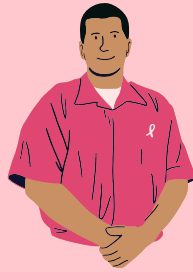
WHO IS AFFECTED?



1 in 8 WOMEN

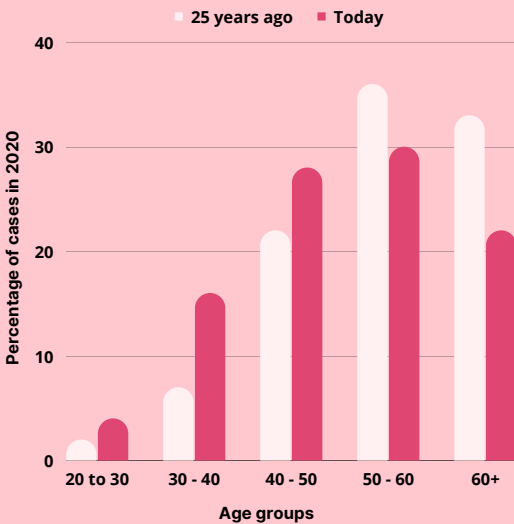
AFFECTED WITH BREAST CANCER IN THEIR LIFETIME

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



Breast cancer cases are still on the rise

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



BREAST CANCER in INDIA

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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

Why take chances?

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

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*Information provided by Dr. Hema Francis, Medical Officer at IISERTVM

BREAST SELF EXAM



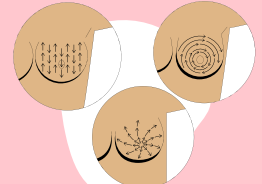
Look at breast with shoulder straight and arms in hips



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

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