



Breast cancer

- Family history
- Obesity
- Being female
- Previous history of cancer
- Hormonal replacement therapy
- Having no children
- Early Puberty
- Late menopause
- Increase age
- High consumption of alcohol

SIGNS AND SYMPTOMS OF BREAST CANCER

Most people will not experience any symptoms when the cancer is still early hence the importance of early detection.

Breast cancer can have combinations of symptoms, especially when it is more advanced.



Symptoms of breast cancer can include:

a breast lump or thickening, often without pain change in size, shape or appearance of the breast

What is Self Breast Examination (BSE)

Breast self-exam, or regularly examining your breasts on your own, can be an important way to find breast cancer early, when it's more likely to be treated successfully. Although no single test can detect all breast cancers early, many people report that performing a breast self-exam in combination with other screening methods can increase the odds of early detection.

Breast self Examination takes only a few minutes, it could be a life time investment of your time!

One benefit of BSE lies in the potential to recognize, identify and treat a cancerous breast lump while it is small and in an early stage of development.