

BREAST CANCER

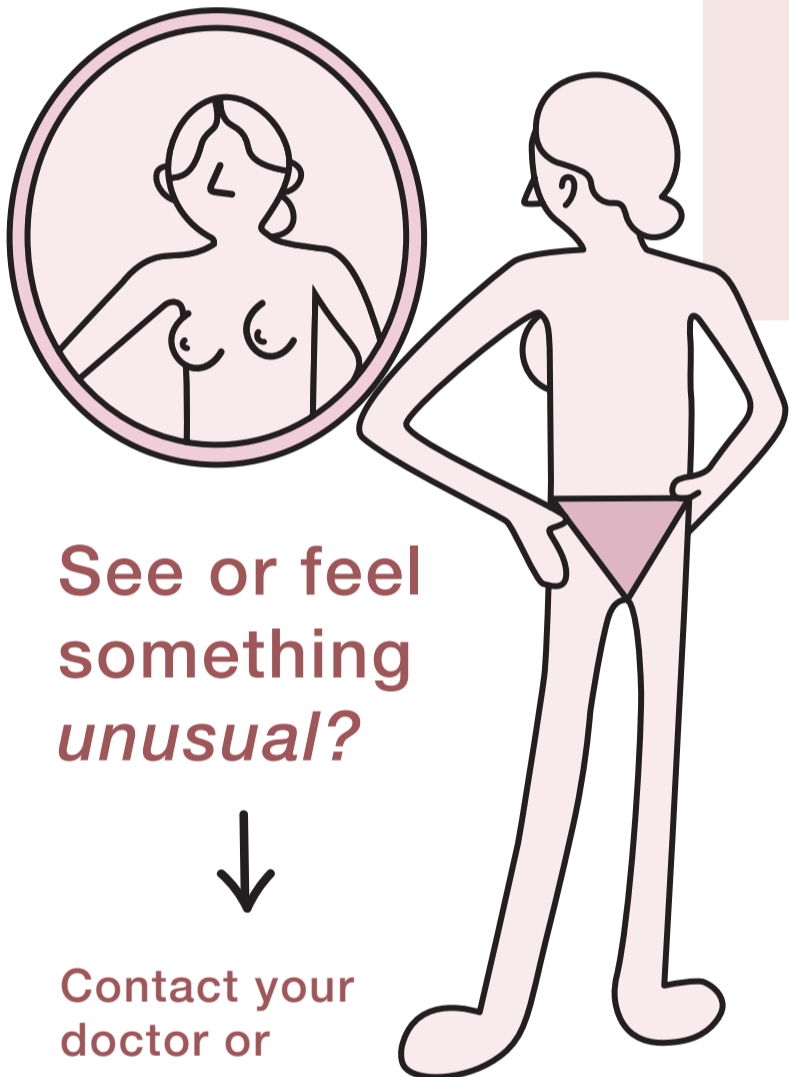
Self-Examination

Examine your breasts every month, 3–5 days after your period



VISUAL

1. Stand in front of a mirror with your shoulders straight and arms on your hips
2. Raise each arm and look for any of these symptoms



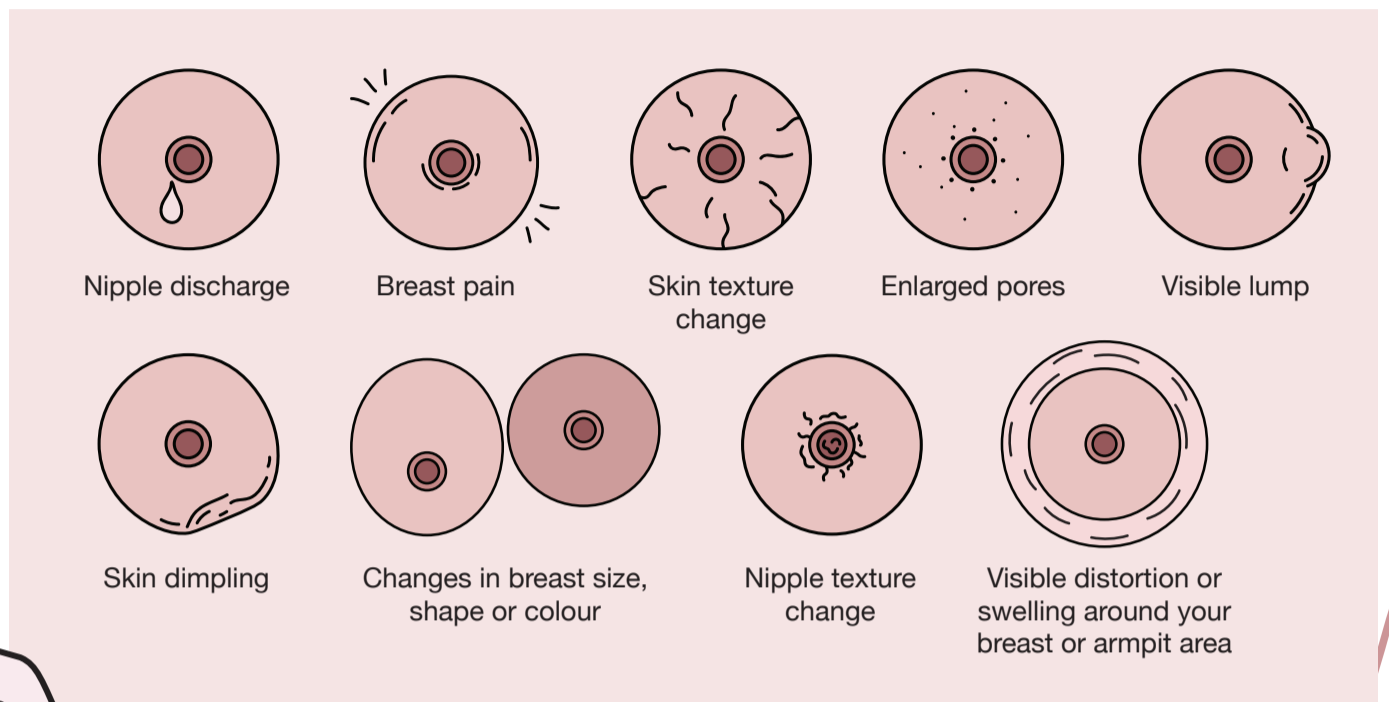
See or feel something unusual?



Contact your doctor or local clinic

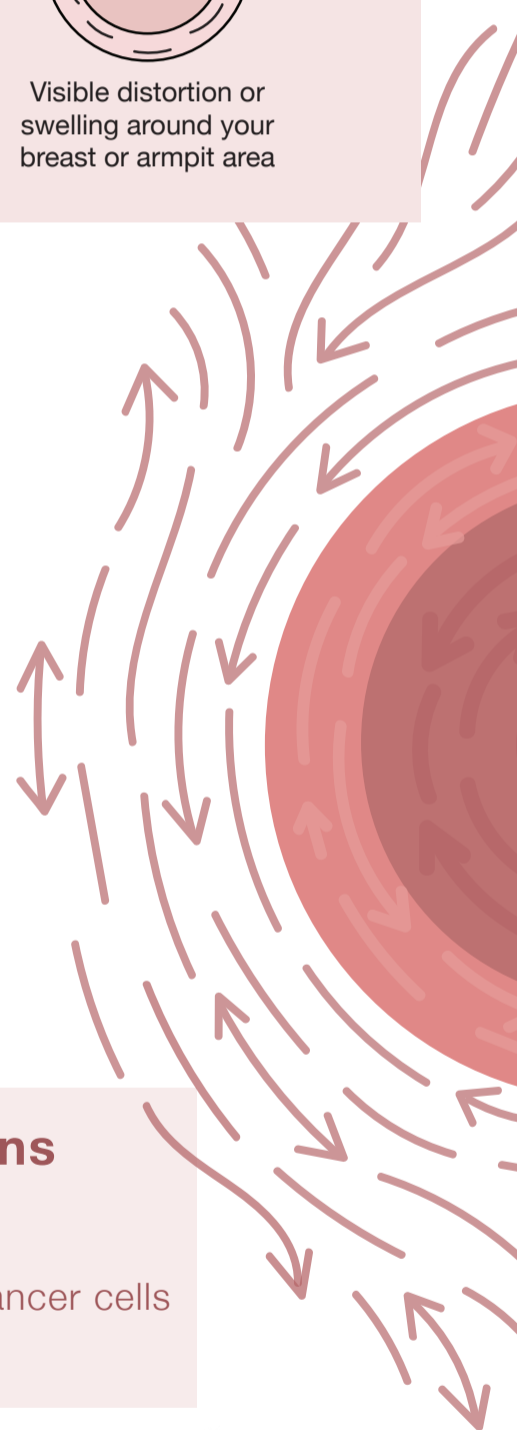
You are entitled to a yearly breast exam

Do you see any of these?



PHYSICAL

1. Lie down, place one arm above your head and use your other hand to examine the opposite breast
2. Use 3 fingers to apply light, but firm pressure over your breast in a circular motion
3. Keep your fingers flat and together and remember to cover your entire breast and armpit area
4. Examine the other breast in the same way!



Potential Treatment Options

Surgery: remove the affected tissue

Chemotherapy: medication that shrinks and kills cancer cells

Radiation: high energy rays that kill cancer cells

RESOURCES

Wings of Hope Cancer Support
wingsofhope.org.za
info@wingsofhope.co.za
082 923 4735

Breast Health Foundation
mybreast.org.za
support@mybreast.org.za
086 028 3343 | 011 489 1151

Reach For Recovery
reach4recovery.org.za
nationalmanager@reach4recovery.org.za
079 462 3973

CANSA
cansa.org.za
info@cansa.org.za
0800 22 66 22

WhatsApp Text – English and Afrikaans: 072 197 9305

WhatsApp Text – isiXhosa, isiZulu, Sesotho, Setswana and Sepedi: 071 867 3530

