



# BREAST CANCER AWARENESS MONTH (OCT)

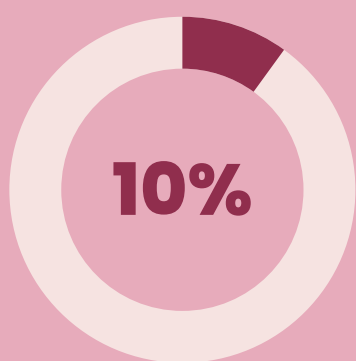
## BREAST CANCER FACTS

### 1 OUT OF 28

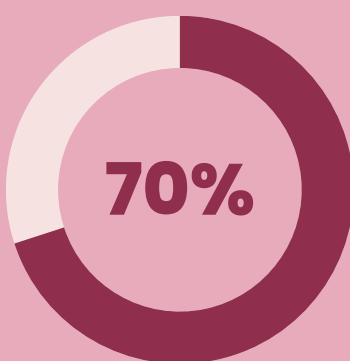
Indian women is likely to develop breast cancer during her lifetime.



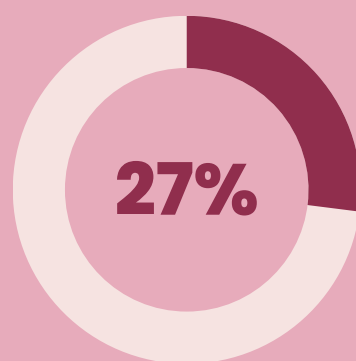
## STATISTICS



About 5-10% of breast cancer cases are hereditary



of breast cancer cases can be detected early through regular screenings like mammograms and clinical breast exams.



of all cancer cases in females. are breast cancer

Worldwide

# 2.3 M

women are diagnosed with breast cancer each year

### Self Examination

Regular self-examination is a crucial aspect of breast cancer prevention and early detection. By performing regular self-exams, you can: identify changes early.

When to perform self-exams:

- Once a month:
- After menopause:

**Remember, self-exams are not a substitute for professional screenings like mammograms.**

## RISK FACTORS



Certain genetic mutations, such as **BRCA1** and **BRCA2**, can increase the risk of breast and ovarian cancer.

Being overweight or obese after menopause can increase your risk.



Postmenopausal hormone therapy (HRT) can increase your risk, especially if you use it for a long time.

Having a first-degree relative (mother, sister, daughter) with breast cancer increases your risk.



### REF: National Cancer Institute

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