

# KEEP ABREAST OF CHANGE

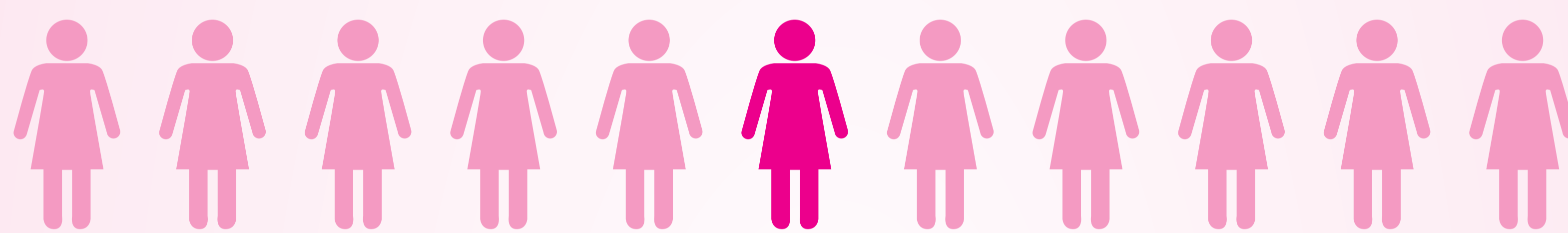
## WHAT IS BREAST CANCER

Breast cancer is a malignant tumor that starts in the cells of the breast. A malignant tumor is a group of cancer cells that can grow into (invade) surrounding tissues or spread (metastasise) to distant areas of the body

**NO.1**  
CANCER  
DEATH  
in Singaporean  
Women

**NO.1**  
CANCER  
DIAGNOSED  
in Singaporean  
Women

**1 IN 11** WOMEN IN SINGAPORE



will develop Breast Cancer in her lifetime

## EARLY DETECTION OF BREAST CANCER

IF YOU ARE



**20** YEARS AND ABOVE

Do your monthly Breast self-examination

**50** YEARS AND ABOVE

Go for your regular mammogram screening\*



\* Women at normal risk aged 40-49 years should be informed of the benefits, limitations and potential harms associated with screening mammography so that they can make an informed choice. If screening is to be performed, it should be done annually.

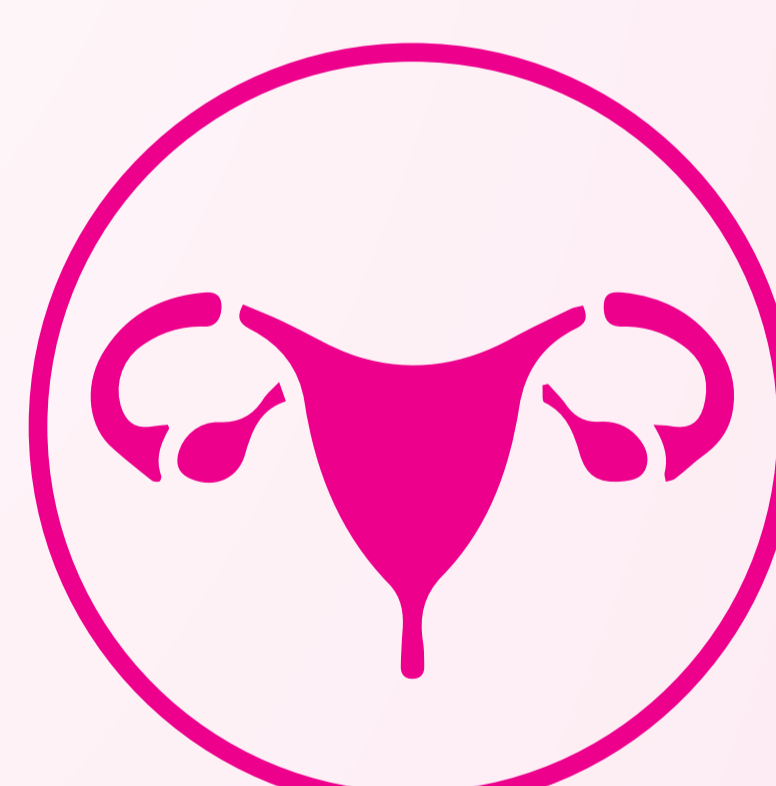
## RISK FACTORS



A family history of breast cancer in a first-degree relative



Previous Breast Cancer



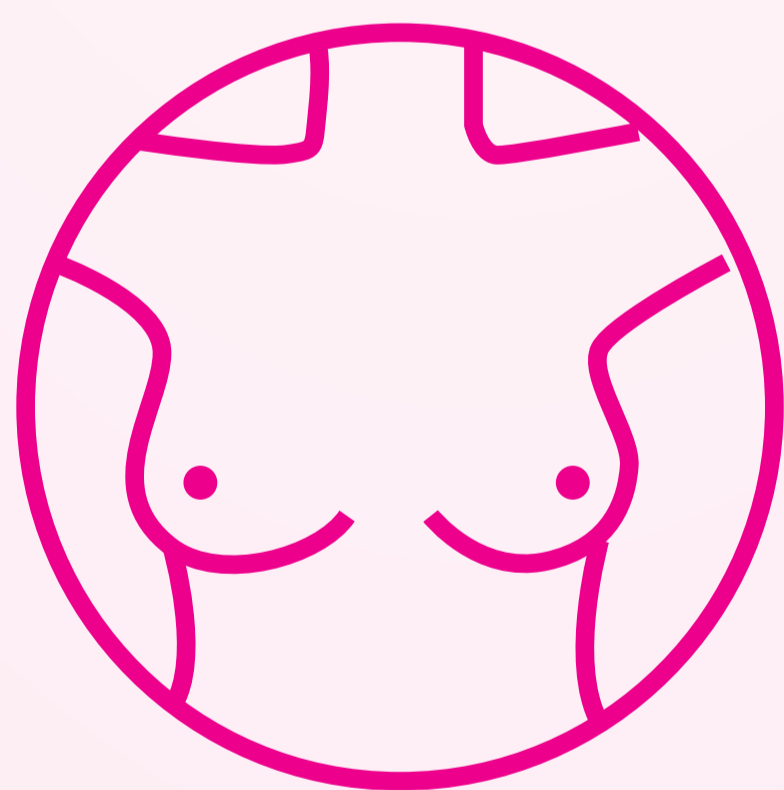
A history of ovarian cancers (BRCA I and BRCA II Mutations)



Advancing Age



Exposure to Radiation

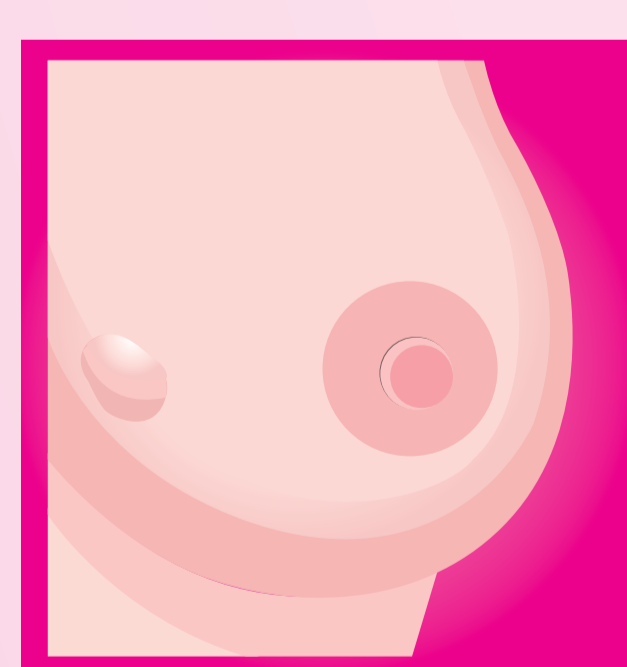


A past medical history of malignant or benign breast disease

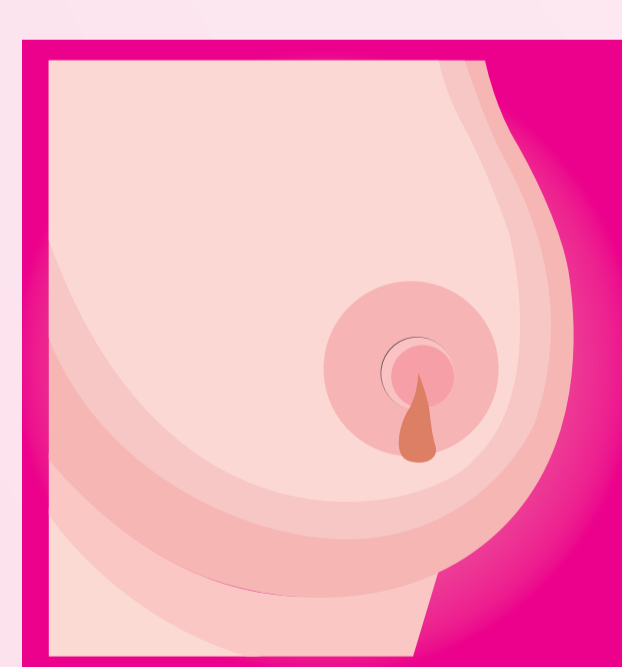


Dense Breast Tissue

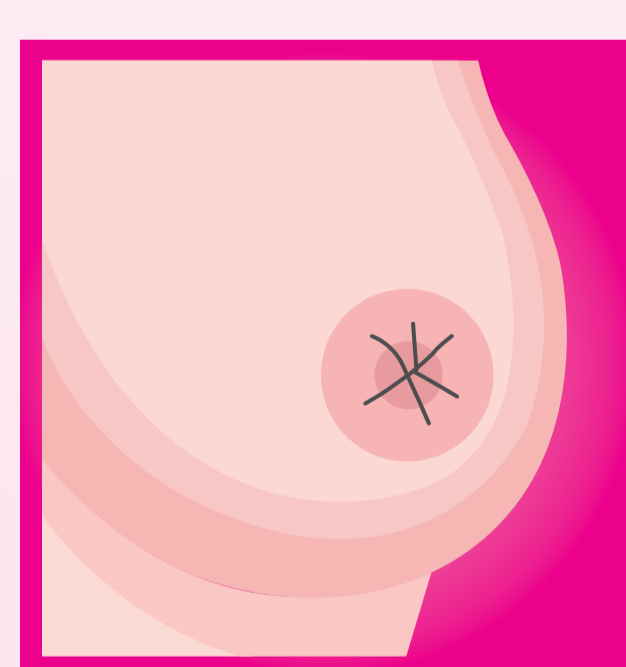
Breast cancer may be painless and may not show any signs in the early stage.



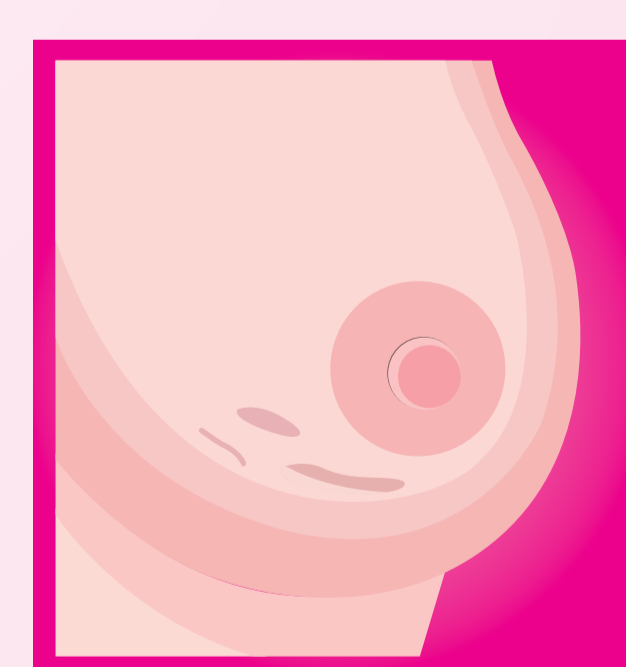
Lump - may not be seen, but might be felt



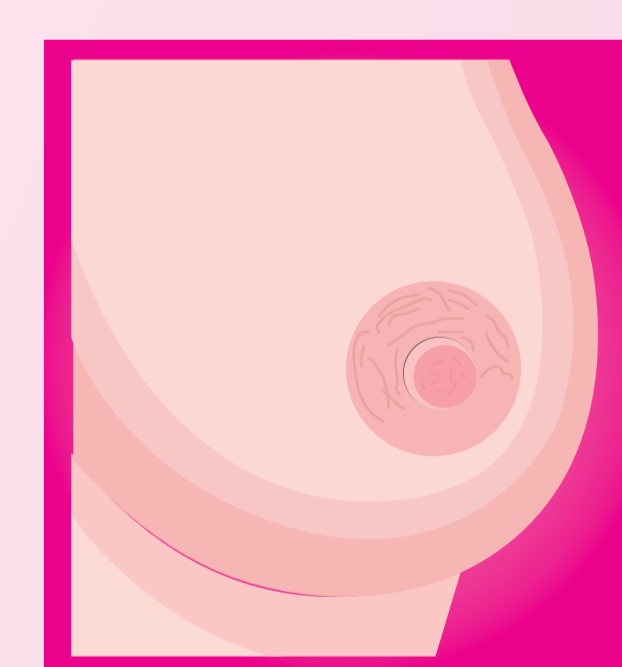
Nipple discharge



Appearance or direction of nipple



Skin texture e.g. dimpling / puckering



Rash or crusting

## EARLY DETECTION HELPS SAVE LIVES

