

ARE YOU AT RISK?

In Singapore, 1 in 13¹ women will develop breast cancer by age 75.

Your risk of developing breast cancer increases as you get older. Most women diagnosed with breast cancer do not have a family history of the disease.

At your next visit to the doctor, ask about screening for breast cancer.

Start by discussing about:



Your family history



Your risk



How to do a breast self-examination

WHAT CAN YOU DO TO DETECT BREAST CANCER EARLY?

Depending on your age, the following checks are recommended	20 - 39 years old	40 - 49 years old	50 years old & above
Mammogram Screening	—	Once a year ²	Once every two years ³
Breast Self-Examination (BSE)	Once a month		

1. Singapore Cancer Registry 50th Anniversary Monograph (1968 – 2017)

2. Women aged 40-49 are encouraged to first talk to your doctor about the benefits and limitations of mammograms for your age group so that you can make an informed choice about going for screening.

3. Unless otherwise recommended by a doctor.

Age recommendations are only guidelines and may differ for those with a family history of breast cancer or those who have other risk factors. Consult your doctor for the appropriate screening based on your risk & circumstances.

3 EASY STEPS TO DO YOUR DIY BREAST SELF-CHECK*

Doing a DIY breast self-check (medically known as a *breast self-examination) every month helps you to understand and be familiar with the condition of your breasts.

Step 1: Look

Put your hands on your hips and look out for changes in breasts shape, skin surface and nipple abnormalities. Raise your arms above your head to look for changes (especially dimples) on the underside of your breast.



Step 2: Touch

Touch and feel your breast using your middle 3 fingers, moving in circular motion from outer area towards the nipple. Gently squeeze your nipple to check for any discharge.

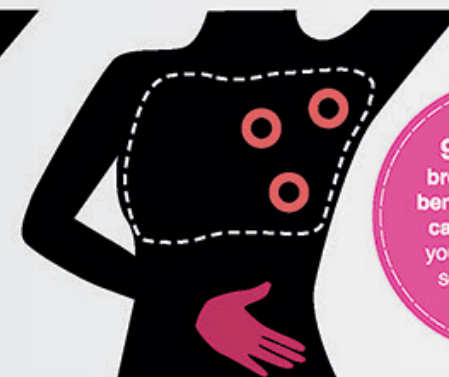
Repeat step for your other breast.



Step 3: Check

Check for lumps by examining your entire breast from your armpit to your cleavage with different pressure.

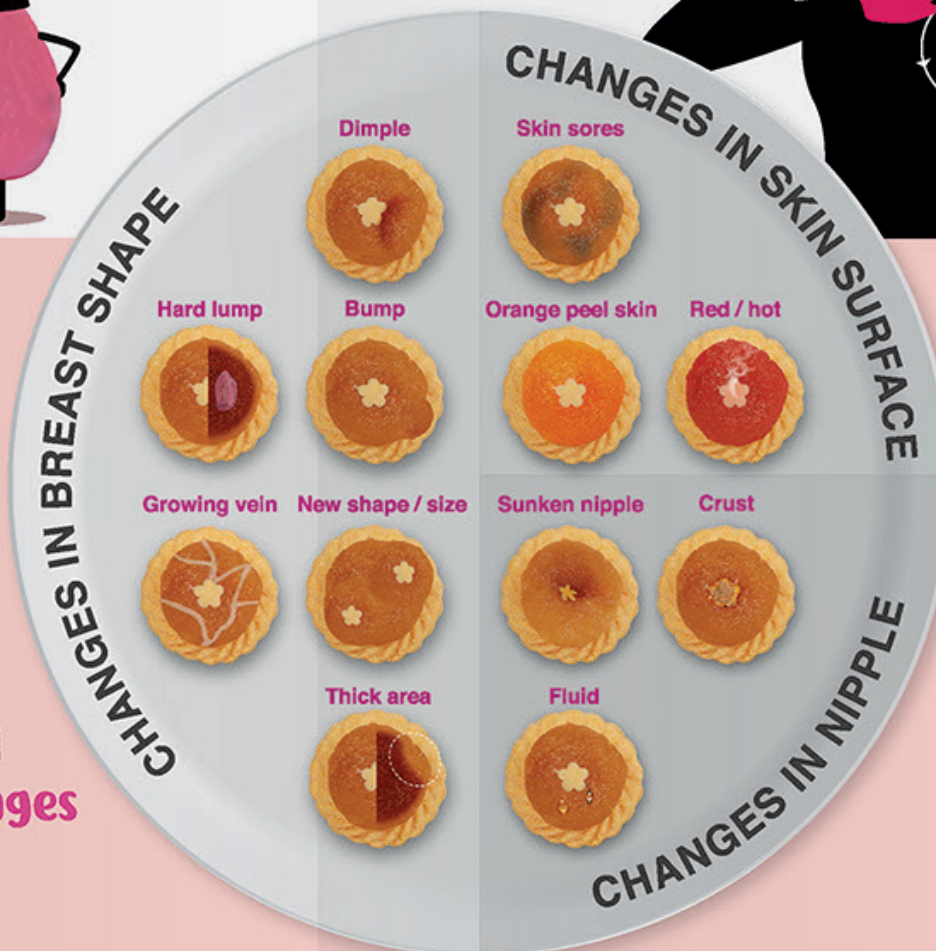
Repeat step for your other breast.



9 out of 10 breast lumps are benign and are not cancerous. But if you notice a lump, see your doctor right away.



Have you noticed any of these changes to your breasts?



WHEN SHOULD YOU DO YOUR DIY BREAST SELF-CHECK?

The best time to examine your breasts is 7 to 10 days after the start of your period, when your breasts are least tender and least swollen. If you no longer have periods, then choose a date that is easy to remember.

It is best done while lying down on the bed. You can also check while standing in the shower or in front of the mirror.



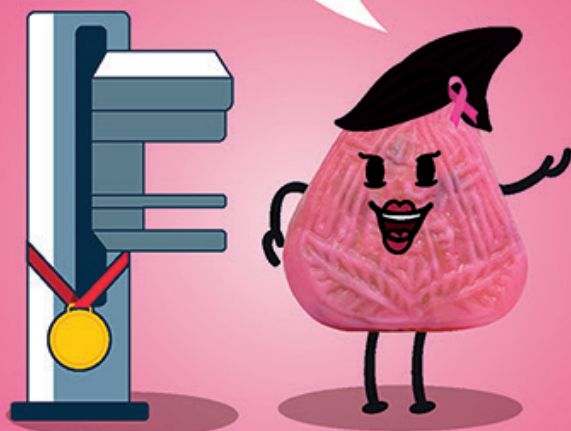
SCAN HERE

Learn how to do your DIY Breast Self-Check



bit.ly.breastdiycheck

It is important to go
for regular mammogram screening
even if you feel fine!



BOOK YOUR MAMMOGRAM TODAY!

📍 Singapore Cancer Society Clinic @ Bishan
9 Bishan Place, Junction 8 Officer Tower #06-05,
Singapore 579837

☎ 1800-727-3333 📠 6221 9575

🌐 www.singaporecancersociety.org.sg

📘 [sgcancersociety](https://www.facebook.com/sgcancersociety)

✉ communityhealth@singaporecancersociety.org.sg



For Breast Cancer
- Mammogram Screening



For Cervical Cancer
- Pap Test
- HPV Test



For Colorectal Cancer
- Faecal Immunochemical Test (FIT)

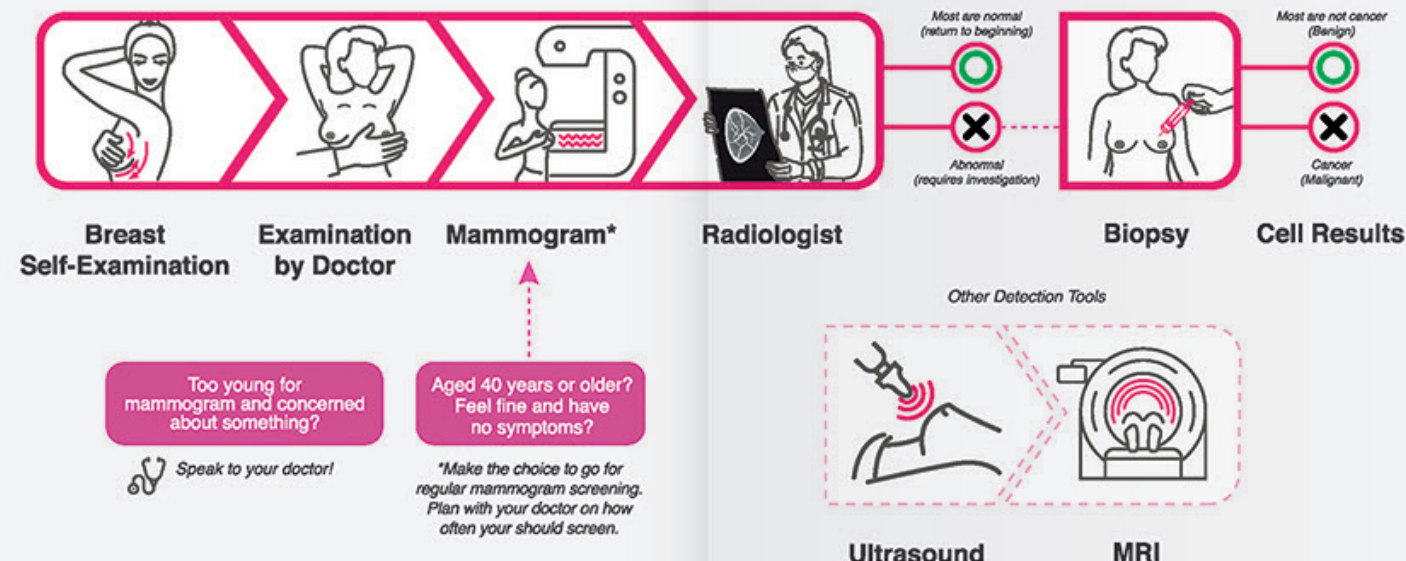
Supporting you through your cancer journey

- Cancer Rehabilitation Services
- Supportive Care Programmes
- Welfare & Financial Assistance



HOW TO DETECT BREAST CANCER

Knowing these steps will help you to be more confident and take charge of your health.



START YOUR MAMMOGRAM SCREENING AT AGE 40²

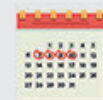
A mammogram is an X-ray of the breasts. It can detect tiny abnormalities even before they can be felt, giving you the best chance of early detection.

Go for regular mammogram screening to detect smaller breast lumps earlier



The procedure is very safe. The amount of radiation you will be exposed to is very low.

You can expect some discomfort. The compression is similar to the feeling of getting your blood pressure taken. It will only take about 30 seconds on each side.

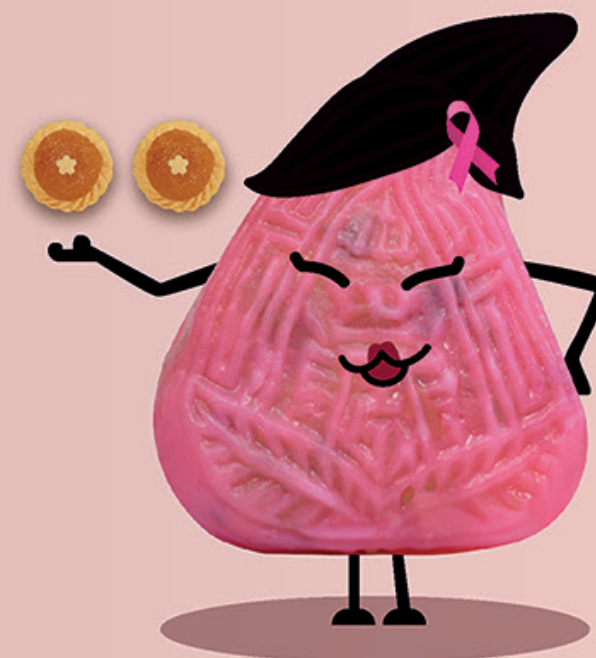


For less discomfort, schedule your mammogram 7 to 10 days after the start of your period.



You may consider taking one or two pain killers (e.g. Paracetamol) right before the procedure.

HEALTHY BREASTS BEGINS WITH YOU



Early Detection Saves Lives!

Come, come, let Auntie Sue teach you how to check for breast cancer, the No.1 cancer affecting women in Singapore¹.