



Cancer Society
of Maldives

BREAST CANCER

Breast Cancer can happen to any woman. But it is curable if detected early.

How can you protect yourself?

Just follow these three important steps:

1. Do a simple breast self-exam every month at home.
2. Get an annual mammography from the age of 40 onwards
3. Gets a clinical breast exam by your doctor every three years starting from age 20, and every year starting from age 40.

**Regular check-ups are important.
Don't miss or delay doing them.**

Early detection can increase survival rates by up to 90%

What signs should you look for?

Since you know your body better than anyone, if you notice any suspicious changes like the ones below, don't ignore them. See a doctor for medical advice immediately.

- Lump, hard knot or thickening (breast or underarm).
- Swelling, warmth, redness or darkening.
- Change in size or shape of breast.
- Dimpling or puckering of the skin.
- Itch or rash especially in nipple area.
- Pain in one spot that does not go away.
- Pulling in of your nipple or other parts of the breast.
- Nipple discharge that is spontaneous and bloody.
- A sore on the breast that does not heal.

Remaining alert could help you safeguard yourself against this critical disease.

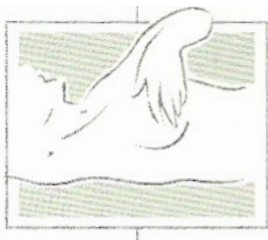
A step by step guide to breast self – examination

Breast self-examination is very easy to do and can be done in the privacy of your home. It includes both looking and feeling over the entire breast and chest area. When examining the breast, women should use a vertical pattern, cover the entire breast, and use adequate pressure (light, medium and firm) while doing so. It is important to use the pads, not the tips of fingers. The best time to do a breast self-examination is right after your period, when the breast swelling and tenderness is over. Women who are past menopause should perform breast exam at the same time of month, every month, so that it's not forgotten.

Check your breasts using these simple steps

Lying down

Place a pillow under your right shoulder. Put your right hand under your head. Check your entire breast area with the finger pads of your hand. Use small circles and follow an up and down pattern. Use light, medium and firm pressure over each area of your breast. Repeat these steps on your left breast.



Before a mirror

Check for any changes in the shape or look of your breast. Note any skin or nipple changes such as dimpling or nipple discharge. Inspect your breast in four steps: arms at side, arms overhead, hand on hips pressing firmly to flex chest muscles, and bending forward.



In the shower

Raise your right arm. With soapy hand and fingers flat, check your breast, Use the method described in the “Lying Down” step. Repeat on your left breast.



Early Detection Saves Lives.

If detected early, breast cancer can be treated successfully.

Regular checks are important for every woman.

Stay alert. Stay well.



To know more visit
www.cancer.org.mv

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درد و غم

بسیار حرف از درد و غم می‌گویند
در واقع همانند درد است!

• درد و غم را با هم اشتباه نکنیم
درد و غم،

• درد و غم در واقع دو چیز است
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درد و غم،

המדינה נכנסת למשטר חירום והתוצאה היא שהתורה
שאלה. הנה, כשמישהו נכנסת אל המדינה
משהו נכנסת. מה זה המשטר חירום?

המדינה נכנסת למשטר חירום:

1. פועלת תחת חוקי חירום והתוצאה היא שהתורה
שרתה.

2. 40 ימים תחת חוקי חירום (המדינה י
שרתה והתוצאה היא שרתה).

3. 20 ימים תחת חוקי חירום והתוצאה היא שהתורה
ימים תחת חוקי חירום והתוצאה היא שרתה.
התוצאה היא שרתה.

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המדינה נכנסת למשטר חירום והתוצאה היא שהתורה
הוא 90% מהמדינה.
התוצאה היא שרתה.



lead education people support
lifestyles cancer prevention
healthy living high-quality screening delivery
cancer prevention society



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