



AWARENESS

**OCTOBER IS BREAST
CANCER AWARENESS MONTH**

According to the World Health Organisation, breast cancer impacts 2.1 million women each year. In 2018, 15 per cent of all cancer deaths in women were due to breast cancer. But take note, men also develop breast cancer as the below information will show.

Fact vs. fiction

Distinguishing between fiction and fact when it comes to breast cancer awareness can be tricky, particularly if you don't personally know anyone who has/had it. Educate yourself with the below facts and fiction and spread the word this month.

Facts	vs.	Fiction
Men also get breast cancer, as do young people.	vs.	Only older women get breast cancer.
There is no scientific evidence that wearing a bra, wireless or not, causes breast cancer.	vs.	Bra's cause breast cancer.
Science shows no link between breast cancer and deodorant or anti-perspirant use.	vs.	Anti-perspirant or deodorant causes breast cancer.
Breast cancer can represent in a net-shape or small knots that are difficult to feel with fingers.	vs.	Breast cancer always represents as a lump.
Most patients diagnosed with breast cancer had no family history prior to diagnosis.	vs.	Having no history of breast cancer in your family, means you are not at risk of getting it.
Many healthy people develop breast cancer.	vs.	A healthy lifestyle means you won't get breast cancer.
Mammography is the best option we have right now, but it isn't always effective in detecting breast cancer early.	vs.	Annual mammograms are a guarantee that breast cancer will be detected in time.

Screening

The Centers for Disease Control and Prevention suggest the following:

- If you are a woman aged 50 and over, have a mammogram every two years to screen for breast cancer.

- If you have a history of breast cancer in your family, you can start having mammograms and/or MRI's from age 40.
- Self-examine monthly by using your hands to feel your breasts and underarms for irregularities. Report these irregularities to your health care provider.