BREAST CANCER AS SIMPLE AS TLC

BREAST CANCER TLC:

TOUCH
LOOK
CHECK

T: TOUCH

TOUCH YOUR BREAST AND ARMPIT.

Can you feel anything unusual?

Any lump, rash or crusting?

L: LOOK

LOOK FOR CHANGES.

Is there any change in shape and texture?

Look out for: changes in skin texture, appearance or direction of nipple or nipple discharge.

C: CHECK

CHECK ANYTHING UNUSUAL WITH YOUR GP.

DON'T DELAY. DO IT NOW!

@britishIMA @BritishIMA @british.ima

BRITISH ISLAMIC MEDICAL ASSOCIATION

BREAST CANCER MYTH BUSTERS

MYTH #1:

I DON'T HAVE A FAMILY HISTORY OF BREAST CANCER, SO I CAN'T GET IT.

Most people diagnosed with breast cancer have **no known** family history.

MYTH #2:

INJURY TO THE BREAST CAN CAUSE CANCER.

There's **no scientific evidence** that injury to the breast can cause cancer.

MYTH #3:

USING UNDERARM ANTIPERSPIRANT CAN CAUSE BREAST CANCER.

There is no proven link between breast cancer and underarm antiperspirant.

MYTH #4:

CONSUMING TOO MUCH SUGAR CAUSES BREAST CANCER.

There is **no evidence** that high dietary sugar causes breast cancer.

@british.ima
@BritishIMA

BRITISH ISLAMIC MEDICAL ASSOCIATION

BREAST CANCER
BREAST SCREENING

WHY?

Breast screening can discover breast cancers **early**, when they are too small to see or feel. At this size, they are **usually easier to treat (and cure)** than larger ones.

Screening detects cancer in ~9 out of 1000 women. In the UK, it reduces the number of deaths from breast cancer by ~1300 a year.

WHO?

Women aged **50 to 70 are** invited for breast screening **every 3 years.**

After 70, women may request to be screened. Speak to your GP about availability in your local area.

HOW?

Breast screening takes **two x-rays** (known as **mammograms**) of each breast. You have one mammogram from **above**, and one from the **side on** each breast. The staff (mammographers) are always **female.**

WHAT NEXT?

You will get your results **within 2 weeks.** If it is **normal**, you will receive your next appointment for screening **3 years** later. If the results **aren't clear or shows any abnormal area**, you will be called back for **more tests.**

Please **do not worry** if you have been called back, it does not mean you definitely have cancer.

@BritishIMA   @british.ima

BRITISH ISLAMIC MEDICAL ASSOCIATION