



*“Awareness Protects Beauty  
and Saves Lives”*





## Breast Cancer Awareness

This booklet is about cancer of the breast. It tells about the awareness and importance of early diagnosis, self-examination and follow-up care.

Breast cancer is curable if it is detected early. Do your part to help create awareness and pass this message on to your loved ones, friends and community. Let's be positive. You can make a difference.



This is a community health message from the National Cancer Control Programme in commemoration of World Breast Cancer Awareness Month - October.



## Awareness Protects Beauty and Saves Lives

- Know how your breasts normally look and feel
- Know what changes to look for
- Look and feel for changes
- Report any lump or changes of the breast to a doctor
- Meet a Doctor / Nursing Sister or Officer / Public Health Midwife for clinical breast examination.
  - \* Between 20-40 years every 3 years
  - \* Over 40 years - annually

*Breast cancer is curable if detected early*

*Face with Courage & be a Winner*

### **National Cancer Control Programme**

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