

# WHAT ARE THE SIGNS OF BREAST CANCER?

## Breast Cancer Symptoms



If you notice any of these signs or symptoms, see your doctor immediately. It could be nothing but it is better to play it safe. Always check with your doctor.

# WHO IS AT RISK?

The risk of breast cancer increases with age, especially for those who are aged 40 years and above. Other factors include:



# HOW TO CHECK YOUR BREAST FOR EARLY WARNING SIGNS?

## Breast Self Examination



Check once a month, 7-10 days after the start of your period. If you no longer menstruate, fix a date each month.



The best time to check your breasts is during or after showers.



Look for breasts changes in the mirror.



Raise your arm and place it behind your head



With three fingers, apply firm pressure



Check your breast up and down



Check your breast in a circle



Look for changes in skin texture such as dimpling or puckering



Feel for changes in size and shape, check for swelling or lumps



Gently pinch nipple to check for any discharge, bleeding or pain



Check for nipple inversion or any change in direction, nipple rash or crusting



These are the ways to help you check your breasts. Talk to your doctor if you notice any changes.



**Irene Tham**  
Breast Cancer Survivor

“Don't wait. Get yourself checked when you feel something is not right. The sooner you get it treated, the better.”

Through early detection and proper treatment, Irene is now a breast cancer survivor. If you are aged 40 years and above, you are at risk. But breast cancer can be cured; simply pay attention to your breasts and see your doctor now if there are any unusual changes. A yearly check-up is recommended if you are aged 50 years or above. So go for a check-up today.

## REACH OUT TO US!

For more info and to find out about breast cancer and breast cancer screening, you can:

Visit:  
[www.becanceralert.com](http://www.becanceralert.com)

Call:  
**1-800-88-1000**  
(Toll-Free Helpline)

A collaborative project by:



Supported by:



## DON'T BE SHY TO CHECK YOUR BREASTS

9 out of 10 women can survive breast cancer if it is found and treated early.

#becanceralert  
[www.becanceralert.com](http://www.becanceralert.com)  
Hotline: 1-800-88-1000

