

Raising Awareness, Developing Resources and Inspiring Hope

WHAT WE DO

- ✓ Free breast cancer screening clinic at the Dream Centre, Blantyre
- ✓ Increasing awareness about breast cancer throughout the country
- ✓ Rural outreach clinics
- ✓ Self-examination workshops
- ✓ Developing the support network for breast cancer patients

WHAT TO LOOK FOR

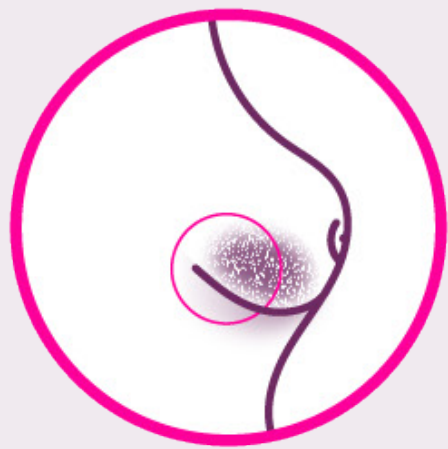
In most cases, change to the breast aren't due to cancer, but if you notice a change, see your doctor as soon as possible.



Lump



Skin dimpling



Change in skin colour or texture



Change in how the nipple looks (pulling in of the nipple)

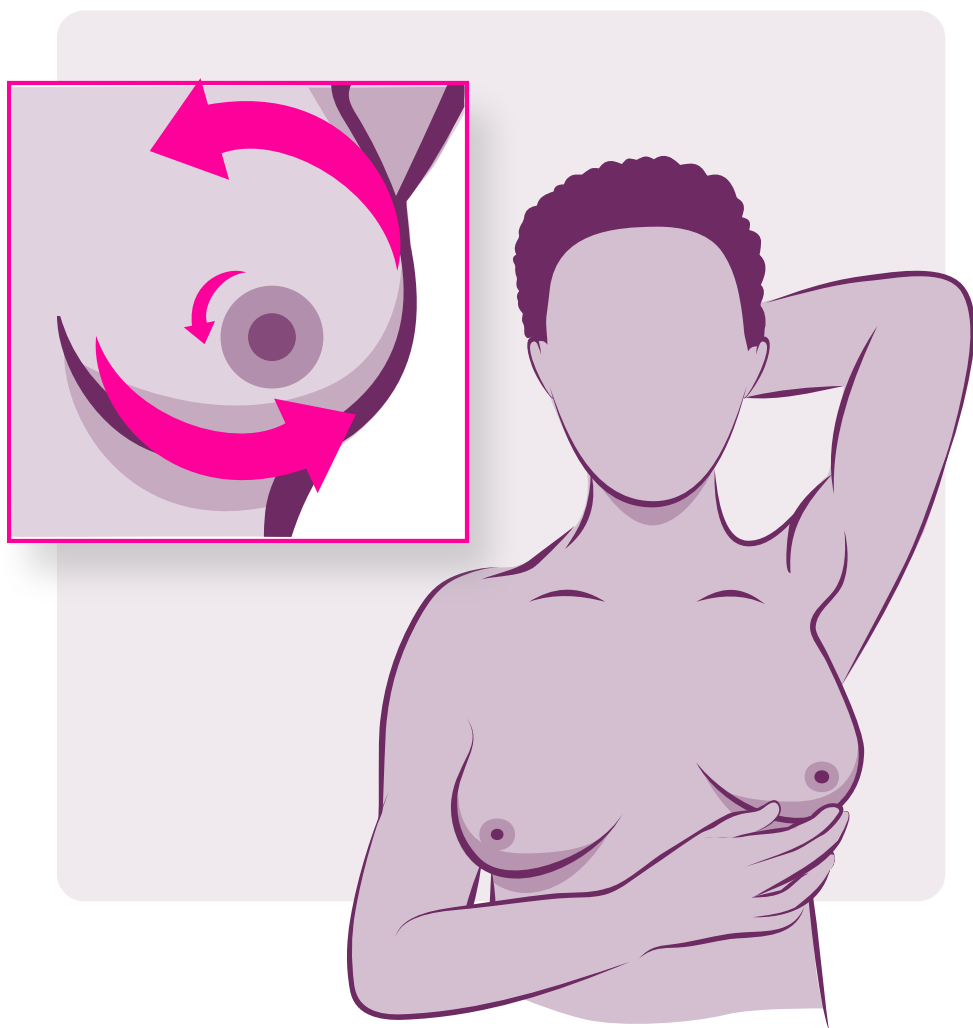


Clear or bloody fluid that leaks out of the nipple

Call +265 (0)98 255 4067
Email bccfmalawi@gmail.com

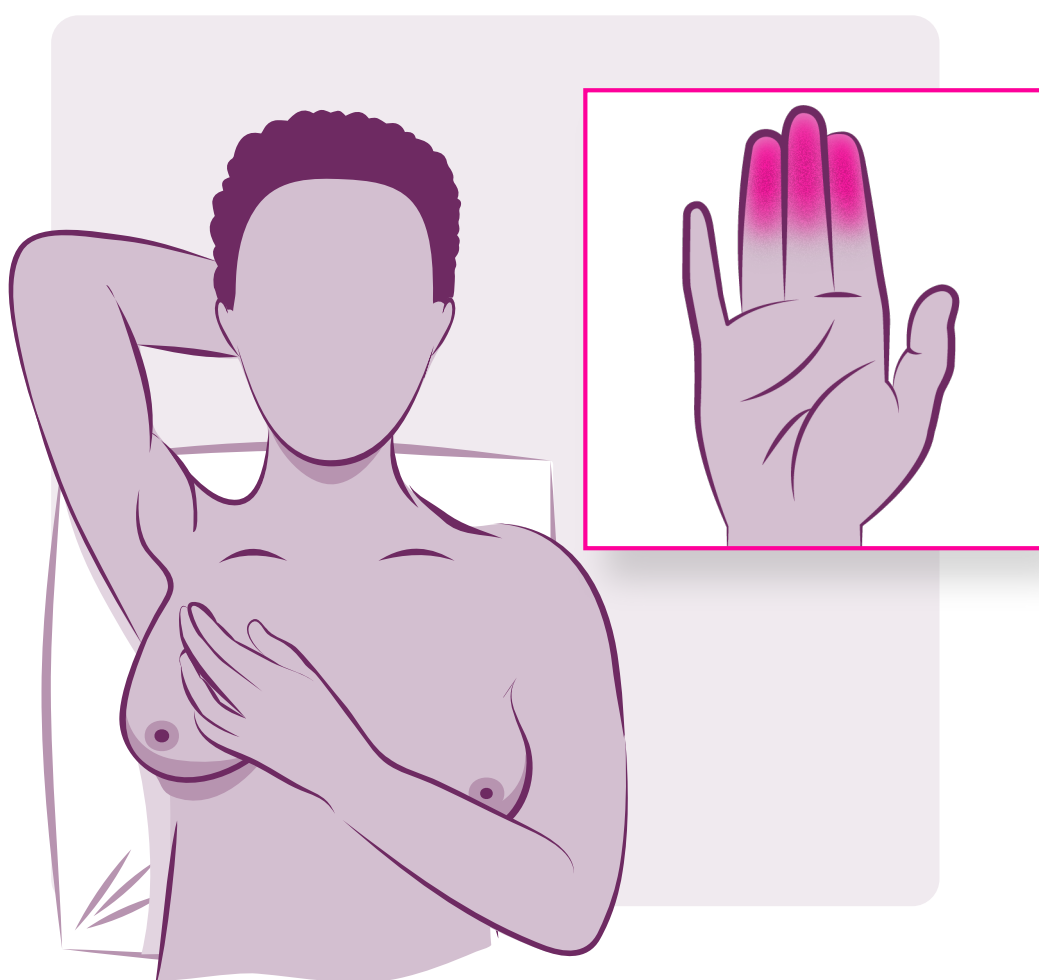


Breast Self-Exam



BASIC METHOD

With the flat surface of your three middle fingers, check the entire breast and armpit area pressing down with light, medium, and firm pressure in circular motions.

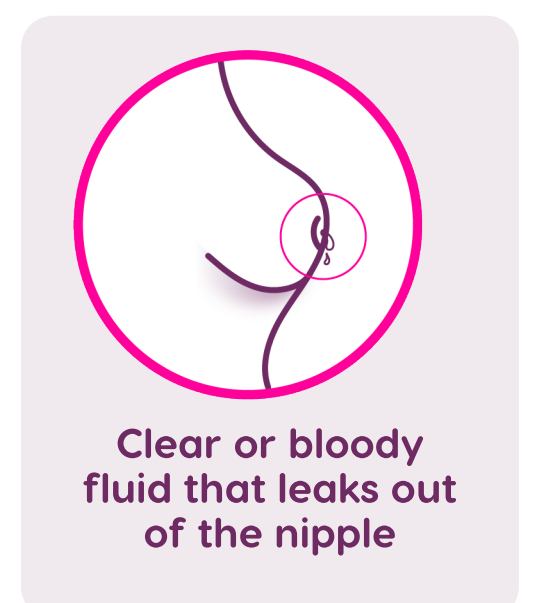
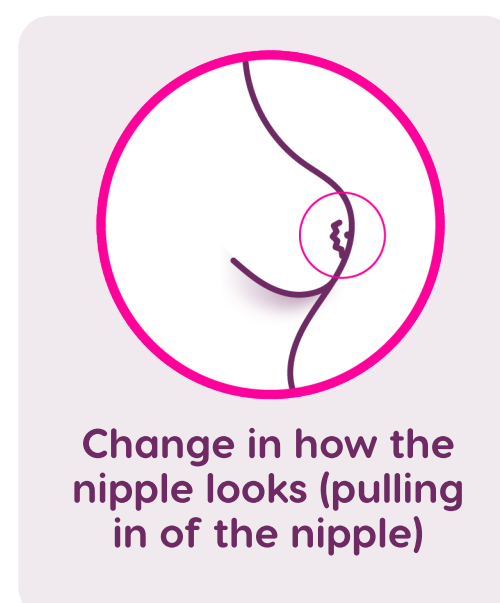
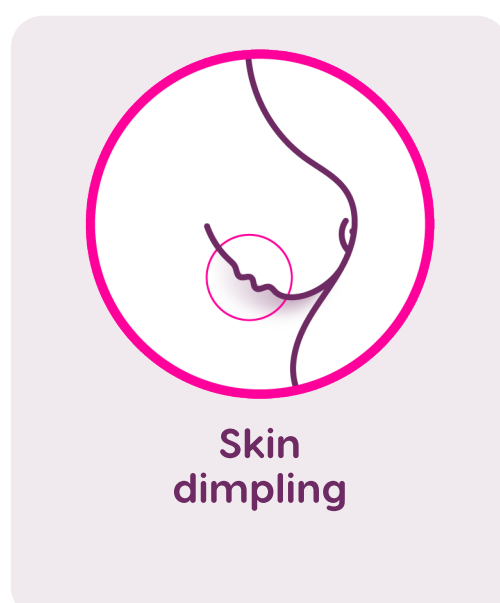
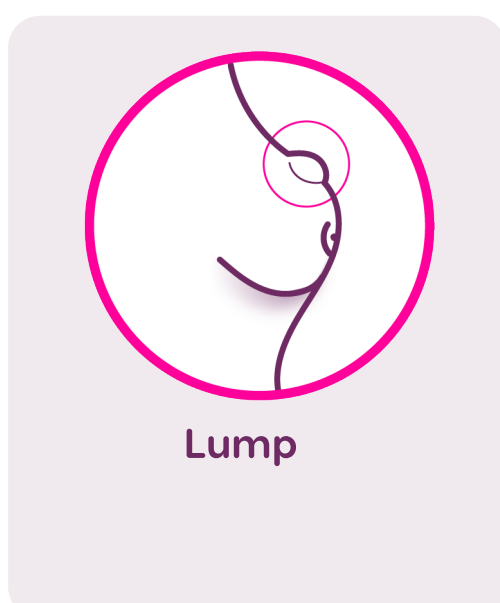


LYING DOWN

When lying down, the breast tissue spreads out evenly along the chest wall. Place a pillow or folded towel under your shoulder. Then examine your breasts using the basic method described above.

Check both breasts each month feeling for any lump, thickening, hardened knot, or any other breast changes.

WHAT TO LOOK OUT FOR





BREAST CANCER STATS

- Breast Cancer accounts for over 30% of all cancer world wide
- Breast Cancer is the most common form of cancer in Women
- Breast Cancer is the most common form of cancer death in Women
- 1 in every 8 women are diagnosed with Breast Cancer
- Early detection of Breast Cancer can save our lives
- 99% of people diagnosed with Breast Cancer are female but 1% are male



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