

Breast Cancer Awareness Month- October 2018

“Breast Cancer is not a death sentence. Early detection is associated with higher patient outcomes”. Dr. V. Mahidhar Reddy, General and Laproscopic surgeon, Narayana Medical College underlined these lines throughout his speech on breast cancer at Narayana Pharmacy College where he was the distinguished speaker on the eve of Breast Cancer Awareness programme organized by NSS unit. Different steps of diagnosis of breast cancer were well explained by him to Pharm. D students. Later Pharm. D post baccalaureate students distributed pamphlets to curb myths on this evil. Their effort on educating students about Breast cancer was applauded by Principal Dr. K. Harinadha Baba, Vice- Principal Dr. Sk. Karimulla, NSS coordinator Mr. A. Avinash and the faculty members.



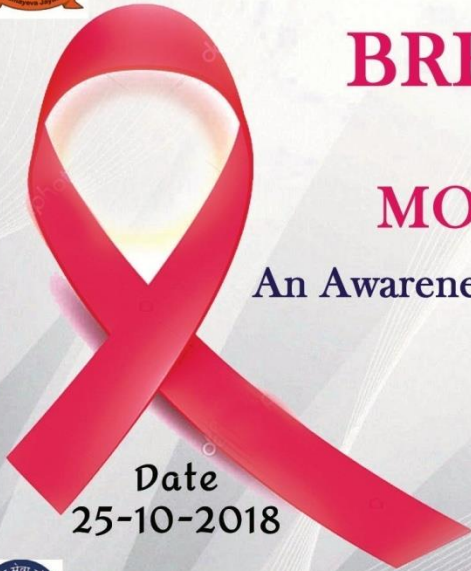






NARAYANA PHARMACY COLLEGE :: NELLORE

Approved by PCI, AICTE and Permanently Affiliated to JNTUA, Ananthapuramu.



BREAST CANCER AWARENESS MONTH - OCTOBER

An Awareness Speech on BREAST CANCER

By

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Dept. of General Surgery
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Date
25-10-2018



Organized by NPC -NSS Unit



NARAYANA PHARMACY COLLEGE - NELLORE

BREAST CANCER IS MORE COMMON THAN WE THINK

FIND FIGHT FIX



BREAST CANCER
AWARENESS MONTH

Breast cancer is the most common type of cancer in women except for cervical cancer and skin cancer

12.4%
WOMEN
DEVELOP
BREAST
CANCER IN
THEIR
LIFETIME

It is the **SECOND** leading causes of death where as **lung cancer** remains first
About 1% of males have chances of breast cancer

EARLY
SCREENING
DECREASES
THE DEATH
RATE BY
25%

Estimated new cases of breast cancer in 2018 are 266,120 (15.3%)

Estimated death rate in 2018 is 40,920 (6.7%)

SELF EXAMINATION STEPS

Perform self-examination after every cycle (period)

STEP 1: Look for any physical changes in breasts

STEP 2: Place your hands on hips and press firmly in to and fro motion with finger pads around the breasts

STEP 3: Place hands behind your back and explore any lumps in breasts

STEP 4: Move your in finger pads in circular motion from armpit to nipple

STEP 5: Lying with a cushion under your back, repeat all the previous steps

STEP 6: Place your thumb and forefinger on the area around the nipple and press, look for any abnormal discharge

RISK FACTORS
these may be responsible



Survival has tripled over past 10 years



Regular **MAMMOGRAMS** (every 2 years) increases life expectancy



Mammogram takes just **30 minutes**



Mammogram can detect a lump **2 years** before you feel it

MYTH BUST

"BREAST CANCER IS NOT DEATH SENTENCE"

DID YOU KNOW?

- Sprays and perfumes do not cause cancer
- 9 out of 10 lumps are not cancerous
- Both smaller and larger breasts can get cancer
- A person with no family history can get breast cancer
- Women with no children has increased chances of breast cancer



LET'S FIGHT TOGETHER AGAINST WOMEN'S WORST NIGHTMARE

DOCTOR OF PHARMACY POST BACCALAUREATE GROUP