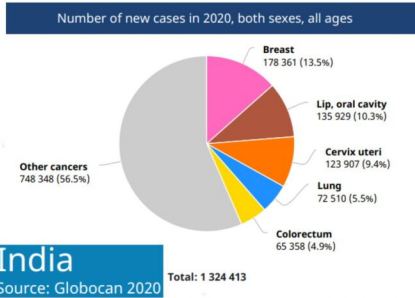







# Breast Cancer Awareness

BREAST CANCER IS THE **most common cancer** AMONG WOMEN IN THE WORLD

**1 in 8 women** WILL BE DIAGNOSED WITH BREAST CANCER IN HER LIFETIME



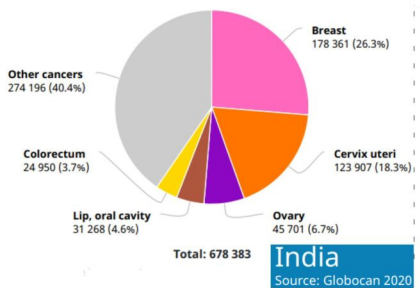
## Prevention Tips

- EXERCISE 
- TAKE VITAMIN D 
- EAT ORGANIC 
- DRINK LESS 
- REDUCE STRESS 
- KNOW THE SIGNS
- GET A THERMOGRAM

## Signs & Symptoms

- Nipple tenderness
- A lump or thickening in or near the breast or underarm
- A change in the skin texture or enlargement of pores in the skin of the breast like that of an orange peel
- A change in the size or shape of the breast
- Dimpling of the breast
- Swelling of the breast
- Shrinkage of the breast
- Spontaneous asymmetry of the breast
- Nipple is turned slightly inward or inverted
- Skin of the breast, areola, or nipple is scaly, red, or swollen

Number of new cases in 2020, females, all ages



There are more than **2.3 million** Breast cancer new cases in 2020 at global level  
Every 3 minutes a women is diagnosed and every 30 minutes a women dies with BC

**Be Aware. Get Involved. Show Support.**



Department of Bioresources  
University of Kashmir

&  
Indian Cancer Society, New Delhi  
in Collaboration with  
Jammu Kashmir Science Technology and  
Innovation Council Govt. of J&K (UT)

on  
**3rd November 2022**

Venue: **Gandhi Bhavan, University of Kashmir**



Prof. Nilofer Khan, Vice Chancellor, University of Kashmir; Shri Saurabh Bhagat, Administrative Secretary, JKST&IC Department; Dr. Nisar Ahmad Mir, Registrar, University of Kashmir; Dr. Manzoor Ahmad Mir, Dept. of Bioresources, University of Kashmir

## Breast Cancer awareness

### EARLY SCREENING AND DETECTION

- At-risk patients should be screened every 12 months
- Keep regularly scheduled GYN appointments that include a clinical breast exam
- Receive mammograms regularly after age 40
- Monitor your breasts for lumps and changes in skin, nipple, and size



### GENETIC COUNSELING

- Screening to determine risk
- Blood or saliva test if at risk
- Recommended exams and tests, with close follow-up if at risk
- Possible hormone therapy or prophylactic surgery

### SUPPORTIVE SERVICES

- Symptom management
- Educational resources
- Counseling (individual or group)
- Physical therapy
- Massage therapy
- Art therapy
- Writing therapy
- Yoga
- Acupuncture
- Mindfulness meditation
- Nutrition services
- Exercise physiology

### DIAGNOSIS AND TREATMENT

- Mammography
- Biopsy
- Surgery
- Chemotherapy
- Radiation therapy
- Hormonal therapy
- Plastic surgery
- Fertility counseling
- Clinical trials

### SURVIVORSHIP

- Planning and setting post-treatment goals

### ENGAGEMENT

- Programs for breast cancer survivors offer an opportunity to get involved and meet others who share similar journey
- Support groups