



Breast Cancer Awareness Campaign..

What is breast cancer?

Breast cancer is an illness characterized by the uncontrolled growth of abnormal cells in the breast usually called lump or tumor.

Who is at risk of breast cancer?

Genetic predisposition: a positive family history increases the risk of breast cancer in first line relatives.

Hormone therapy: current and recent users of hormone replacement therapy are at higher risk of developing breast cancer than women who never used hormone therapy.

Hormonal factor: early beginning of menstruation before 12 yrs old and late menopause after the age of 55. menopause is the end of menstruation.

Pregnancy and breast feeding: woman who have no children or have children late in life have increased risk. Woman who never breast fed also have increased risk.

Environmental factor: the primary environmental factor that has been showed to have a direct link with breast cancer is exposure radiation.

Other factors:

Age, gender, diet, weight and life style are risk factors for developing breast cancer.

Diagnosis method for breast cancer?

Mammography is the single most effective way to detect early breast cancer because it can often identify the disease before the appearance of symptoms.

In addition to mammograms, clinical breast exam and breast self examination are more ways to screen for breast cancer. The clinical breast exam, which takes about 5 minutes, is performed carefully and systematically by a physician who feels the breasts using this method, the physician will checked the entire breast area, under the arms, ideally , the CBE should be a part of a regular health examination and should be scheduled shortly before a woman's mammogram.

Self breast examination:

Just as your period ends (or at the same time each month if you do not have periods), check for any changes in the normal look or feel of your breast. Report any changes to your doctor.

Step1- lying down:

1. Lie down on your back with a pillow under your right shoulder.
2. Use the pads of three middle fingers on your left hand to check your right breast.
3. Press using light, medium and firm pressure in a circle without lifting your fingers off the skin.
4. Follow an up and down pattern.
5. Feel for changes in your breast,
6. Repeat on your left breast using your right hand.



Step2 - in front of the mirror:

Look for any changes from normal, inspect your breast in four steps.

1. Holding your arms at your side.
2. Holding your arms over your head.
3. Pressing your hands on your hips and tighten your chest muscles.
4. Bend forward with your hands on your hips.



What are the warning symptoms of breast cancer?

Early breast cancer usually does not cause pain. In fact, when it first develops, breast cancer may cause no symptoms at all. As the cancer grows, it can cause these changes:

- * A lump or thickening in the breast
- * A change in the size or shape of the breast.
- * Discharge from the nipple or a nipple that is flat, inverted or retracted.
- * Redness, irritation or prominent veins in the breast.
- * A change in the color or texture of skin of the breast areola.

01/11 Dr.Mahmoud Al-Awadhi Endocrinology Dept.
 01/11 Dr.Hani Shokry Surgical Dept.
 04/11 Rashed Hamza Lab Dept.
 05/11 Asma Abdulhadi Pharmacy Dept.

Please welcome your new colleagues to Taiba Hospital.

Puzzles:
 10/11 Has teeth but can't bite?
 14/11 What is things can write but can't read?
 14/11 What is things that the more the lack of?
 15/11 What is things can't walk unless bitten?
 16/11 What is things we took from it grow?
 16/11 What is things green in land, black in market, red in home?

Game:
 21/11 Solution to game in previous issue:

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 30/11

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5	6	9	1	4	8	2	3	7
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3	5	2	4	9	1	7	8	6
9	4	6	3	8	7	5	1	2
8	7	1	6	2	5	3	4	9
7	3	8	9	5	4	6	2	1
1	2	5	8	6	3	9	7	4
6	9	4	7	1	2	8	5	3

- Kindly is advice all Taiba Hospital team to participate with the spirit in Taiba Newsletter.

If you have any questions or suggestions please contact:

rida@taibahospital.com
 zahra@taibahospital.com
 salsabeel@taibahospital.com

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